

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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Hubungan *Sedentary Lifestyle* Dengan Fungsi Kognitif Pada Lansia Di UPT Panti Sosial Husnul Khotimah Kota Pekanbaru
XII + 40 halaman + 6 Tabel + 1 Skema + 6 Lampiran

ABSTRAK

Sedentary lifestyle merupakan perilaku duduk, bersandar, dan berbaring yang dilakukan mulai dari bangun tidur hingga sebelum tidur malam yang dilakukan terus-menerus. Umumnya, lansia memiliki banyak waktu luang dan mayoritas digunakan untuk *sedentary* sehingga waktu untuk beraktivitas fisik berkurang. *Sedentary lifestyle* dapat menghambat produksi neurotropin sehingga transmisi sinaps pada otak terganggu. Fungsi kognitif adalah kemampuan seseorang untuk berpikir rasional, merupakan proses belajar dalam mengingat dan menilai sesuatu, serta orientasi dan persepsi. Penelitian ini bertujuan untuk mengetahui hubungan *sedentary lifestyle* dengan fungsi kognitif pada lansia di UPT Panti Sosial Husnul Khotimah Kota Pekanbaru. Desain penelitian ini merupakan penelitian kuantitatif dengan pendekatan korelasi cross sectional. Sampel penelitian ini adalah 60 lansia yang berada di UPT Panti Sosial Husnul Khotimah kota pekanbaru dengan instrumen penelitian alat ukur yang digunakan untuk mengukur *sedentary lifestyle* adalah *Global Physical Activity Questionnaire(GPAQ)*, Alat ukur fungsi kognitif yang digunakan dalam penelitian ini adalah *Mini Mental State Exam*. Hasil uji statistic chi square didapatkan $p\ 0,00<0,05$ yang artinya H_0 ditolak, sehingga dapat disimpulkan terhadap hubungan *sedentary lifestyle* dengan fungsi kognitif pada lansia di UPT Panti Sosial Husnul Khotimah Kota Pekanbaru.

Kata kunci : Fungsi kognitif, *Sedentary Lifestyle*
Daftar pustaka : 28 (2019-2023)

**NURSING PROGRAM
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“The Relationship between Sedentary Lifestyle and Cognitive Function in the Elderly at UPT Husnul Khotimah Social Home Pekanbaru City”

XII + 40 Pages + 1 Schemes + 6 Appendixes

ABSTRACT

Sedentary lifestyle is the behavior of sitting, leaning and lying down which is carried out from waking up until before going to bed at night which is carried out continuously. Generally, elderly people have a lot of free time and the majority is used for sedentary activities so that the time for physical activity is reduced. A sedentary lifestyle can inhibit neurotrophin production so that synaptic transmission in the brain is disrupted. Cognitive function is a person's ability to think rationally, a learning process in remembering and assessing things, as well as orientation and perception. This research aims to determine the relationship between sedentary lifestyle and cognitive function in the elderly at the UPT Husnul Khotimah Social Institution, Pekanbaru City. The design of this research is quantitative research with a cross-sectional correlation approach. The sample for this research was 60 elderly people who were at the Husnul Khotimah UPT Social Institution, Pekanbaru City. The research instrument used to measure sedentary lifestyle was the Global Physical Activity Questionnaire (GPAQ). The cognitive function measuring tool used in this research was the Mini Mental State Exam. . The results of the chi square statistical test showed $p\ 0.00 < 0.05$, which means H_0 was rejected, so it can be concluded about the relationship between sedentary lifestyle and cognitive function in the elderly at UPT Husnul Khotimah Social Institution, Pekanbaru City.

Keywords: Cognitive function, Sedentary lifestyle

References : 28 (2019-2023)