

**PENGARUH SENAM OTAK TERHADAP FUNGSI KOGNITIF SISWA SD  
SELAMA PANDEMI COVID-19 DI KECAMATAN NGABLAK,  
KABUPATEN MAGELANG, JAWA TENGAH**

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**ABSTRAK**

Pandemi virus *Coronavirus-19* (COVID-19) memasuki Indonesia di awal tahun 2020 mengharuskan pemerintah memberlakukan kebijakan pembatasan aktivitas publik berskala besar, juga berdampak pada aktivitas belajar-mengajar anak-anak di sekolah, tidak terkecuali anak-anak usia Sekolah Dasar (SD). Hal ini dikhawatirkan akan berpengaruh terhadap kondisi psikologis maupun fungsi kognitif anak-anak usia SD yang merupakan *golden period* dalam pertumbuhan dan perkembangan otak. Salah satu upaya untuk meningkatkan fungsi kognitif adalah dengan senam otak. Penelitian ini berusaha membuktikan pengaruh senam otak terhadap perbaikan fungsi kognitif siswa SD di Kecamatan Ngablak, Kabupaten Magelang, Jawa Tengah menggunakan skor *Modified Mini Mental State Examination for Children* (MMMSEC) sebagai alat ukur. Penelitian dilakukan dengan metode *quasi* eksperimental. Subjek adalah anak SD berusia 9-11 tahun, dibagi menjadi kelompok perlakuan dan kelompok pembandingan. Skor MMMSEC dinilai sebelum dan setelah senam otak. Skor MMMSEC dikelompokkan menjadi domain orientasi, registrasi, kalkulasi, *recall memory*, dan bahasa. Analisis data dilakukan dalam 3 tahapan, yaitu analisis univariat, bivariat, dan multivariat. Domain orientasi, kalkulasi, dan skor total merupakan domain kognitif yang meningkat signifikan pada analisis univariat, bivariat, dan multivariat.

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Kata Kunci: senam otak, fungsi kognitif, covid-19, MMMSEC

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**THE EFFECT OF BRAIN GYM ON COGNITIVE FUNCTION OF  
ELEMENTARY STUDENTS DURING THE COVID-19 PANDEMIC IN  
NGABLAK SUBDISTRICT, MAGELANG DISTRICT, CENTRAL JAVA**

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**ABSTRACT**

The Coronavirus-19 (COVID-19) pandemic that entered Indonesia in early 2020 required the government to impose a policy of limiting large-scale public activities, which also had an impact on children's teaching and learning activities at school, including elementary school aged children (SD). It is feared that this will affect the psychological condition and cognitive function of children, where elementary school age children are the golden period in brain growth and development. One effort to improve cognitive function is brain gym. This study attempted to prove the effect of brain gym on improving cognitive function of elementary school students in Ngablak District, Magelang Regency, Central Java using the Modified Mini Mental State Examination for Children (MMMSEC) score as a measuring tool. The research was conducted using a quasi-experimental method. The sample is elementary school children aged 9-11 years, divided into a treatment group and a control group. The MMMSEC score was assessed by the researchers before and after the brain gym. MMMSEC scores are grouped into orientation, registration, calculation, recall memory, and language domains. Data analysis was carried out in 3 stages, namely univariate, bivariate, and multivariate analysis. The domains of orientation, calculation, and total score were increased significantly in all 3 analyses after brain gym.

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Keywords : brain gym, cognitive function, covid-19, MMMSEC

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