

## HUBUNGAN ANTARA STATUS KOGNITIF DAN TINGKAT KEMANDIRIAN DENGAN STATUS GIZI LANSIA DI DAERAH ISTIMEWA YOGYAKARTA

Intan Nurhaliza, Tony Arjuna, Probosuseno

Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan

Universitas Gadjah Mada

### ABSTRAK

**Latar Belakang:** Sekitar 55 juta lansia di dunia mengidap demensia, dengan lebih dari 60% terjadi di negara berpendapatan rendah dan menengah. Secara alamiah kemunduran fungsi kognitif terjadi akibat penuaan, tetapi menjadi suatu hambatan ketika lansia tidak lagi dapat menjalani aktivitas sehari-hari serta aktivitas sosialnya. Di Yogyakarta sebagai daerah dengan persentase penduduk lansia tertinggi di Indonesia perlu memberikan perhatian khusus pada aspek kognitif dan memori yang seringkali tidak terlihat secara fisik.

**Tujuan:** Mengetahui hubungan antara status kognitif dan tingkat kemandirian dengan status gizi lanjut usia di Daerah Istimewa Yogyakarta.

**Metode:** Studi ini menganalisis data sekunder dengan menggunakan rancangan penelitian potong-lintang yang melibatkan 114 subjek lansia pada 4 kecamatan (Panjatan, Girimulyo, Gondokusuman, Jetis) di Daerah Istimewa Yogyakarta. Periode waktu penelitian dilaksanakan selama Februari – Juni 2023. Variabel status kognitif, tingkat kemandirian, dan status gizi masing-masing diukur menggunakan kuesioner *Mini Mental State Examination*, *Indeks Katz*, *Instrumental Activities of Daily Living*, dan *Mini Nutritional Assessment*. Data dianalisis dengan *Spearman's Rank Correlation* dan Uji Regresi Logistik.

**Hasil:** Hasil analisis statistik menunjukkan bahwa variabel yang signifikan terhadap status gizi adalah status kognitif ( $p = 0,001$ ) dan tingkat kemandirian kompleks ( $p = 0,025$ ), sedangkan tingkat kemandirian dasar tidak menunjukkan adanya hubungan signifikan ( $p > 0,05$ ). Lansia yang mandiri cenderung memiliki skor MMSE yang lebih baik dibandingkan individu yang ketergantungan ( $R = 0,015$ ).

**Kesimpulan:** Terdapat hubungan positif antara status kognitif dan tingkat kemandirian kompleks dengan status gizi lansia di DIY.

**KATA KUNCI:** Status Kognitif, Tingkat Kemandirian, Status Gizi, Lansia.

## THE RELATIONSHIP BETWEEN COGNITIVE STATUS AND INDEPENDENCE LEVEL WITH NUTRITIONAL STATUS OF THE ELDERLY IN THE SPECIAL REGION OF YOGYAKARTA

Intan Nurhaliza, Tony Arjuna, Probosuseno

Faculty of Medicine, Public Health, and Nursing

Universitas Gadjah Mada

### ABSTRACT

**Background:** Around 55 million of elderly people worldwide suffer from dementia, with over 60% occurring in low- and middle-income countries. Naturally, cognitive decline occurs due to aging, but it becomes a barrier when the elderly can no longer carry out their daily activities and social engagements. In Yogyakarta, as a region with the highest percentage of elderly population in Indonesia, special attention needs to be given to cognitive and memory aspects which are often not physically visible.

**Objective:** To determine the relationship between cognitive status and level of independence with nutritional status among the elderly in the Special Region of Yogyakarta.

**Method:** This study analysed secondary data using a cross-sectional research design involving 114 elderly subjects in the Special Region of Yogyakarta. The study was conducted in February – June 2023. Cognitive status, level of independence, and nutritional status were measured using the Mini Mental State Examination questionnaire, Katz Index, Instrumental Activities of Daily Living, and Mini Nutritional Assessment, respectively. Data were analysed using Spearman's Rank Correlation and Logistic Regression Test.

**Results:** Statistical analysis results showed that significant variables affecting nutritional status were cognitive status ( $p = 0.001$ ) and complex level of independence ( $p = 0.025$ ), while the basic level of independence did not show any significant relationship ( $p > 0.05$ ). Independent elderly individuals tended to have better MMSE scores compared to dependent individuals ( $R = 0.015$ ).

**Conclusion:** There is a positive correlation between cognitive status and complex level of independence with nutritional status among the elderly in the Special Region of Yogyakarta.

**Key Words:** Cognitive Status, Level of Independence, Nutritional Status, Elderly.