



INTISARI

Latar Belakang: Proporsi populasi lanjut usia (lansia) di dunia terus meningkat. *World Health Organization* (WHO) menyebutkan bahwa kenaikan angka harapan hidup dan penurunan angka kelahiran dunia, untuk pertama kalinya, akan membuat jumlah populasi diatas 65 tahun melebihi jumlah populasi dibawah 5 tahun. Pertumbuhan populasi lansia di Indonesia diprediksi terus meningkat hingga melebihi populasi lansia di dunia pada tahun 2100. Daerah Istimewa Yogyakarta merupakan provinsi dengan angka harapan hidup tertinggi di Indonesia. Peningkatan jumlah lansia menyebabkan berbagai masalah kesehatan termasuk fungsi kognitif. Gangguan kognitif pada lansia meningkat seiring peningkatan populasi lansia dan memperburuk kualitas hidup lansia. Beban yang ditimbulkan dari masalah gangguan kognitif lansia menjadi semakin besar. Oleh karena itu perlu dilakukan penelitian guna mengetahui prevalensi penurunan kognitif pada lansia di Kecamatan Pakem, Kabupaten Sleman, Daerah Istimewa Yogyakarta.

Tujuan: Mengetahui besar prevalensi penurunan kognitif pada lansia di Kecamatan Pakem, Kabupaten Sleman, Daerah Istimewa Yogyakarta.

Metode: Penelitian ini merupakan penelitian deskriptif dengan desain potong lintang. Lokasi penelitian berada di Kecamatan Pakem, Kabupaten Sleman, Daerah Istimewa Yogyakarta. Besar sampel ditentukan dari besar populasi terjangkau dan teknik pengambilannya menggunakan *consecutive sampling*. Didapatkan besar sampel sebanyak 50 orang lansia yang memenuhi kriteria inklusi dan eksklusi. Data yang didapatkan berupa data primer dan diambil dengan melakukan anamnesis terkait karakteristik dasar lansia serta pemeriksaan penurunan kognitif menggunakan *Montreal Cognitive Assessment* versi Indonesia (MoCA-Ina).

Hasil: Terdapat sebanyak 30 orang (60%) dengan hasil penurunan kognitif dari sampel sebanyak 50 orang (100%). Kejadian penurunan kognitif tertinggi terdapat pada lansia perempuan dengan kelompok usia 60-65 tahun, kelompok pendidikan rendah (SMP), kelompok pekerjaan pensiunan, status gizi normal, bukan perokok, tanpa gangguan kecemasan, tanpa riwayat hiperkolesterol, tanpa riwayat diabetes, dan memiliki riwayat hipertensi.

Simpulan: Terdapat kejadian penurunan kognitif pada lansia di Kecamatan Pakem, Kabupaten Sleman dengan prevalensi sebesar 60%.

Kata Kunci: prevalensi, penurunan kognitif, lansia, penuaan, Pakem, Sleman



ABSTRACT

Background: Geriatric population around the world has increased magnificently. According to WHO, the decreasing both mortality rate and birth rate will create a situation where the number of age 65 and above surpasses age 5 and below for the first time in history. In Indonesia, the number of elderly population has exceptionally escalated and will exceed global elderly population by 2100 according to prediction. Yogyakarta is currently the province with highest life expectancy. The growth of elderly population is proportionate to cognitive impairment cases found in said population hence compromising their quality of life. This emerging problem becomes a new concern as it possesses tangible burden on public health. Therefore, this paper aims to identify prevalence of cognitive decline in geriatric population in Pakem Subdistrict, Sleman Regency, Special Region of Yogyakarta.

Objective: Knowing how much the prevalence of cognitive decline in geriatric population in Pakem Subdistrict, Sleman Regency, Special Region of Yogyakarta.

Method: This research is a descriptive study with cross sectional design and conducted in Pakem Subdistrict, Sleman Regency, Special Region of Yogyakarta. The sample size was determined from the accessible population size and the sampling technique used in this research was consecutive sampling. It was obtained a sample size of 50 people from inclusion and exclusion criteria. The data was obtained in the form of primary data and collected by performing a specific history taking related to characteristics of the elderly and cognitive decline examination using Montreal Cognitive Assessment Indonesian Version (MoCA-Ina).

Result: There were 30 people (60%) with positive results of cognitive decline from total sample of 50 people (100%). The highest prevalence of cognitive decline in elderly were in female elders, age 60-65, with lower education (junior high school), work in retirement, normal body mass index, non-smoker, without anxiety, without hypercholesterol history, without diabetes history, and have hypertension history.

Conclusion: There were occurrences of cognitive decline in geriatric population in Pakem Subdistrict, Sleman Regency with the prevalence of 60%.

Keywords: prevalence, cognitive decline, elderly, aging, Pakem, Sleman