

## INTISARI

**Latar Belakang:** Penurunan fungsi kognitif terjadi seiring dengan adanya proses penuaan pada lansia. Status nutrisi sering dikaitkan dengan penurunan fungsi kognitif pada lansia. Asupan nutrisi yang buruk dapat menyebabkan kekurangan nutrisi yang dibutuhkan untuk fungsi otak normal. Prevalensi malnutrisi lebih tinggi ditemukan pada lansia yang tinggal di rumah rawat lansia.

**Tujuan Penelitian:** Mengetahui hubungan antara status nutrisi dengan fungsi kognitif pada lansia di rumah rawat lansia Yogyakarta.

**Metode:** Penelitian ini merupakan penelitian analitik observasional dengan desain *cross-sectional*. Responden pada penelitian ini adalah 138 lansia berusia 60 tahun ke atas di Balai Pelayanan Sosial Tresna Werdha Abiyoso (Sleman) dan Budi Luhur (Bantul) yang dipilih dengan teknik *total sampling*. Data diambil menggunakan kuesioner *Mini Nutritional Assessment-Short Form* (MNA-SF) dan *Six-item Cognitive Impairment Test* (6-CIT) versi Bahasa Indonesia. Analisis penelitian menggunakan uji *Chi-square*.

**Hasil:** Terdapat 59 responden (42,8%) yang berisiko malnutrisi dan 9 responden (6,5%) dengan malnutrisi. Responden dengan kerusakan kognitif ringan berjumlah 6 orang (4,3%) sedangkan 54 orang (39,1%) mengalami kerusakan kognitif berat. Hasil analisis menemukan adanya hubungan status nutrisi dengan fungsi kognitif dengan nilai  $p < 0,001$ .

**Kesimpulan:** Terdapat hubungan antara status nutrisi dengan fungsi kognitif pada lansia di rumah rawat lansia Yogyakarta.

**Kata kunci:** kognitif, lansia, nutrisi, rumah rawat lansia

## ABSTRACT

**Background:** Cognitive decline occurs along with the aging process in the elderly. Nutritional status is often associated with decreased cognitive function in the elderly. Poor nutritional intake can lead to a lack of nutrients needed for normal brain function. A higher prevalence of malnutrition was found in the elderly living in nursing homes.

**Objective:** To determine the relationship between nutritional status and cognitive function of elderly in nursing homes Yogyakarta.

**Method:** This is a cross-sectional designed observational analytic study. Respondents in this study were 138 elderly people aged 60 years and over at Balai Pelayanan Sosial Tresna Werdha Abiyoso (Sleman) and Budi Luhur (Bantul) who were selected using total sampling. Data were collected using the Indonesian version of the Mini Nutritional Assessment-Short Form (MNA-SF) and Six-item Cognitive Impairment Test (6-CIT) questionnaire. Data were analyzed using the Chi-square test.

**Result:** There were 59 respondents (42.8%) who were at risk of malnutrition and 9 respondents (6.5%) with malnutrition. Respondents with mild cognitive impairment were 6 people (4.3%) while 54 people (39.1%) had severe cognitive impairment. The results of the analysis found that there was a relationship between nutritional status and cognitive function with  $p \text{ value} = <0.001$ .

**Conclusion:** There is a relationship between nutritional status and cognitive function of elderly in nursing homes Yogyakarta.

**Keywords:** cognitive, elderly, nutrition, nursing home