

## EFEKTIVITAS VIDEO BRAIN GYM EXERCISE TERHADAP PENINGKATAN FUNGSI KOGNITIF LANSIA

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Article Info	ABSTRAK
<p><b>Article History:</b> Received 16/02/2026. Revised - Accepted 10/03/2026.</p>	<p>Penurunan fungsi kognitif merupakan masalah umum pada lansia yang berdampak pada kemandirian, kualitas hidup, dan kemampuan menjalankan aktivitas sehari-hari. Intervensi non-farmakologis yang mudah diterapkan, aman, dan dapat dilakukan secara mandiri sangat dibutuhkan. <i>Brain gym exercise</i> dikenal sebagai latihan sederhana untuk menstimulasi kerja otak, namun pemanfaatan media video sebagai panduan latihan bagi lansia masih jarang dieksplorasi. Penelitian ini bertujuan menjelaskan pengaruh <i>brain gym exercise</i> berbasis video terhadap fungsi kognitif lansia. Penelitian kuantitatif ini menggunakan desain pre-eksperimental one group pretest–posttest. Sampel berjumlah 22 lansia yang dipilih dengan teknik purposive sampling sesuai kriteria inklusi. Pengukuran fungsi kognitif dilakukan menggunakan kuesioner Mini Mental State Examination (MMSE). Analisis data meliputi univariat dan bivariat dengan Uji Wilcoxon. Hasil penelitian menunjukkan bahwa sebelum intervensi, sebagian besar lansia mengalami gangguan kognitif ringan (63,6%). Setelah intervensi, sebagian besar lansia berada pada kategori fungsi kognitif normal (63,6%). Hasil uji Wilcoxon menunjukkan nilai <math>p = 0,000 (&lt; \alpha 0,05)</math>, yang berarti terdapat pengaruh signifikan <i>brain gym exercise</i> berbasis video terhadap peningkatan fungsi kognitif lansia. Pemanfaatan video sebagai media dalam brain gym exercise memberikan kemudahan bagi lansia dalam mengikuti gerakan secara mandiri, meningkatkan motivasi, serta berpotensi menjadi model intervensi promotif-preventif yang aplikatif dalam pelayanan keperawatan gerontik di komunitas.</p>
<p><b>Keywords:</b> Fungsi Kognitif Lansia Video Brain Gym Exercise</p>	<p><b>ABSTRACT</b> <i>Cognitive decline is a common problem among older adults, affecting independence, quality of life, and the ability to perform daily activities. There is a need for safe, simple, and self-administered non-pharmacological interventions. Brain gym exercise is recognized as a simple activity to stimulate brain function; however, the use of video media as an exercise guide for older adults remains underexplored. This study aimed to analyze the effect of video-based brain gym exercise on the cognitive function of older adults. This quantitative study employed a pre-experimental one group pretest–posttest design. A total of 22 older adults were selected using purposive sampling based on inclusion criteria. Cognitive function was measured using the Mini Mental State Examination (MMSE) questionnaire. Data analysis included univariate and bivariate analyses using the Wilcoxon test. The</i></p>

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*results showed that before the intervention, most participants experienced mild cognitive impairment (63.6%). After the intervention, most participants were categorized as having normal cognitive function (63.6%). The Wilcoxon test result showed  $p = 0.000$  ( $< \alpha 0.05$ ), indicating a significant effect of video-based brain gym exercise on improving cognitive function. The use of video as an exercise guide facilitates independent practice, increases motivation, and has the potential to become an applicable promotive-preventive intervention model in gerontological nursing practice in community settings.*

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