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Optimizing Health Care Quality
Through Research, Clinical
Treatment and Education

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CONTENTS

Contents	i
Greeting from Steering Committee	viii
Opening remarks from Rector of Nahdlatul Ulama Surabaya University	ix
Conference Schedule	xi
Plenary Sessions	
Interprofessional Collaboration In Education, Research And Practice Improving The Quality Of Health Care For A Better Future: The Implementation In Universitas Airlangga Teaching Hospital Nasronudin	1
Improving Health And Quality Of Life For People With Disability Tsan-Hon Liou	2
Beliefs And Practices During Pregnancy, Labor And Delivery, Postpartum And Infant Care Of Women In The Second District Of Ilocos Sur, Philippines Larguita P. Reotutar, Jousie B. Bermio	3
Contemporary Nursing Education: Challenges And Opportunities Lisa Mckenna	18
Indonesian Herbal Medicine From Traditional To Rational And Modern Phytopharmaca Handayani	19
Improving The Capacity Of Adult Aggregate Through The Diabetes Signs And Symptoms Management (Mandala Dm) In Srengseng Sawah Rusdianingseh	30
Oral and Poster Presentation	
The Concept Of Nursing In The Philippines From The Perspective Of Nurses In Region I Francis Don L. Nero, Phd, RN	36
Clinical Experiences: Milestones In Nursing Education Julieta T. Guinid	47
The Local Health Care System Of The Province Of Ilocos Sur Marlou R. Savella, DPA	59
<i>Detection And Characterization Of Anti-Ifn-γ Autoantibody In Patients With Adult-Onset Immunodeficiency Syndrome</i> Dyah Ika Krisnawati	72
Influence Of Disaster Preparedness Education On Sdn Pacet 1 Students' Preparedness Against Disaster At Mojokerto Endang Soelistyowati, Siswari Yuniarti, Adin Mu'afiro	73

Phase Of Chemotherapy With Nutritional Status Of Children With Leukemia At Room Bona 2 Dr. Soetomo Hospital Kiaonarni Ongko Waluyo, Adin Mu'afiro, Irine Christiany	79
Dietary Pattern And Arthritis Gout Recurrence In Puskesmas Krembangan Selatan Surabaya Siswari Yuniarti, Susilo Hadi, Agus Dwi S, Endang Soelistyowati	87
The Analysis Of Interest To Treatment Outpatients Back Based On Management Resource Approach (Man, Money, Material, Machine, Method / 5M) Ratna Wardani	91
Effectiveness Of Meney Extract (Turmeric Honey) To Decrease Of Upper Respiratory Tract Infection In Age 4-5 Years In The Coastal Area South Surabaya Hidayatus Sya'diyah, Yulia Aida Wardah.....	99 ✓
Differences Of Frequency And Depth Of Basic Life Support (Bls) Compression Based On American Heart Association (Aha) 2015 Between Rule Of Five And Rule Of Ten Techniques In Semester VII At Stikes Muhammadiyah Lamongan Laboratory Suratmi, Farida Juanita	105
Relationship Changes In Body Image With Anxiety Pregnant Women In Ngimbang Hospital Lamongan Heny Ekawati.....	111
Consumption Of Fe-Folat With Banana To The Hemoglobin Levels And Side Effects On Pregnant Woman Faizatul Ummah.....	117
Reducing Stress (Cortisol Hormone Levels) With Stress Manajemen Of Diabetes Mellitus Patients Dwiharini Puspitaningsih.....	126
Relationship Of Exclusive Breastfeeding Activities By Articles Of Ard Arrival In Children Age 6-24 Months (In Work Area Of Akbar Medika Clinic – Tambakagung- Puri - Mojokerto) Nunuk Nurhayati.....	130
The Correlation Of Stress Toward Examination With Gastritis Symptoms In XI Class students Of Senior High School Wachid Hasyim 2 Taman Sidoarjo Denis Farida	137
Relationship Of Previous Writing With Nutrition Status In Baby Age 0 - 6 Months In Posyandu Kalanganyar Village Sedati Sidoarjo M. Wahyu Purnomo.....	144

Personality Type Relationship With Smoking Behavior In Adolescent In Mtsn Pademawu, Pamekasan Madura Mohammad Shiddiq Suryadi	151
Effect Of Nurse Caring Behavior Against Client Satisfaction Levels In Nursing Care In Paviliun Maskin Of Waluyo Jati Hospital Kraksaan Probolinggo Dodik Hartono	158
The Influence Of Parent Presence In Inflective Invasive Measures Of Infusing On Reciprent Acceptance Of Children Age Pre School In Children Hospital Islam Surabaya Sulastri	166
The Influence Of Counseling To The Mother's Knowledge About The Giving Supported Food Of Breast Feeding By Baby Led Weaning (Blw) Methode For The Baby In Ages 6 – 12 Month Old Tri Dianti Nur Wahyuningtyas	170
Correlation Between Aplication Of Therapeutic Communication With Patient Satisfaction In Emergency Room Islamic Hospital Surabaya Sulistyorini.....	178
Implementation Of Procedure Management Of Sets Of Instruments By Operating Room Nurses At The Islamic Hospital Surabaya M. Fatkan	185
Correlation Between Nurses Self Efficacy And Employee Engagement In The Inpatient Room Of Surabaya Islamic Hospital Imamatul Faizah, Yanis Kartini.....	191
The Role Of Nurses As Advocates And Communicators In The Implementation Of Informed Consent Preoperative In Cempaka Room Dr. Iskak Hospital Tulungagung Retno Ayu Yuliasuti	196
The Correlation Between The A Diet And The Incidence Of Pseudodemensia Happening To The Sixth Semester Students Of S1 Nursing Program Of University Nahdlatul Ulama Surabaya Riska Rohmawati.....	201
The Effectiveness Of Abdominal Stretching Exercise On Menstrual Pain Level In students Of Semester VIII Prodi S1 Nursing University Nu Surabaya Ratna Yunita Sari.....	207
Role Of The Family Relationships With Compliance Taking The Drug In Patients Of Hypertension In The Village Of The Subdistrict Duren Source Krucil Probolinggo Regency Qori Maryanto.....	212
The Different Healing Time Of Circumcision With Electric Cautter And Conventional Method Held In Genteng – Banyuwangi. Hirdes Harlan Yuanto	221

The Relationship Between Nutritional Status And Age At Menarche In The Fifth And Sixth Grade Students Of Sdn Pabean 1 Sedati Sidoarjo Rahmadaniar Aditya Putri.....	227
The Effects Of Cupping Therapy On Level Of Dysmenorrhea In Adolescent In Rw. 06 Wonoayu Gempol Pasuruan Siti Nur Hasina.....	233
The Correlation Between The Nurse's Knowledge, Attitude, And The Implementation Of Patient Safety In The In-Patient Ward Of Rumah Sakit Islam Surabaya Yanis Kartini, Rifdatul Khoirot	240
Relationship Between Self Efficacy With Self Adaptation On Santris Of Darussalam Tambak Madu Surabaya Islamic Boarding School Khamida, Febrianti Mas Ula.....	249
Influence Of Gadget On Social Personal Of Early Childhood Uliyatul Laili	256
The Influence Of Nutrition And Rest Against The Spending Colostrum On Postpartum Mothers Yunik Windarti	261
The Relationship Nutritional Status With The Menstrual Cycle And Dismenorea Incident In Midwifery Diploma Unusa Esty Puji Rahayu.....	266
Differences Between Massage Tui Na And Acquisit Point BL 20, BL 21 And SP 6 In Overcoming Eating Difficulty Annif Munjidah, Fritria Dwi A.....	273
Effectiveness Of Triple C Parenting To Caregivers Perseptions About Emotional Intellegence Development Of Children Aged 3-5 Years Old Elly Dwi Masita	280
Relationship Between Characteristics Of Midwife And Social Awareness In Fe Tablets Administration To Pregnant Women In Public Health Centers Agus Aan Adriansyah, nyoman Anita Damayanti, windhu Purnomo	288
Effectiveness Of Endorphin Massage Against Anxiety The Face Of Labor On Mother Primigravida In The Region Of Clinics Jagir Surabaya R. Khairiyatul Afiyah.....	295
Healthcare Seeking Behavior's Trend Of Family Planning In Indonesia Wiwik Afridah, Nurul Jannatul Firdausi	303
Sangkuriang Catfish (<i>Clarias Gariepinus</i> Var) Skin Extract Activity On Fibroblast And Collagen Synthesis For Skin Burn Healing Ary Andini, Retno Handajani, Soetjipto.....	325

The Influence Of Play Therapy In Developing The Intelligence Of School Age Children With Mental Retardation Machmudah, Wesiana Heris Santy	330
Effects Of Balance Exercise And Somatosensory Stimulation On Somatosensory Response In Diabeticperipheral Neuropathy Zahra Sativani, Bambang Purwanto, Dwikora Novembri Utomo	343
Analysis Of Influence Factors Auotonomousness Of Hypertension Elder Based On Self Care Orem Theory Perspective In Rw 03 Wonokromo Surabaya Umdatus Soleha, Firdaus	351
Identifying Waste Using Value Stream Mapping To Accelerating Patient Flow: A Case Studi In Emergency Department Of Rsud Dr Moewardi Nurul Jannatul Firdausi; Trisasi, Lestari; Kuncoro, Harto Widodo	356
The Effectiveness Diabetic Foot Spa To Peripheral Blood Circulation Of DM Type 2 Patient In Puskesmas Wonokromo Surabaya Puji Astuti	366
The Effects Of Elderly Gymnastics On The Blood Glucose Level In The Elderly With Diabetes Mellitus Type 2 Nety Mawarda Hatmanti	375
The Effectiveness Of Baby Massage Against Appetite In Toddler Nutrition Less 1-3 Years Of Age In Work Areas The Health Grounds Sidoarjo Fauziyatun Nisa, Zaidatul Amaliyah	380
Internal Factrors Affecting Length Of Stay Stroke Patient In Hospital Nur Ainiyah, Siti Nurjanah	390
The Effects Of Progressive Muscle Relaxation On The Level Of Anxiety Experienced By The Primigravid Women In The Third Trimester In Bpm Ika Mardiyanti Prambon Sidoarjo Ika Mardiyanti	390
The Effectivity Of Paria Ta To Reduce The Blood Glucose Level On The Diabetes Mellitus Elderly People In Rekso Werda Intregated Health (Posyandu) Of Wonokromo Surabaya Firdaus, Umdatus Soleha	403
Relationship Between Self-Concept And The Intensity Of Cyber Bullying In Class XI Of Dharma Wanita Senior High School Surabaya Nur Hidayaaah, Anggerbayu Muhamad Farizi	409
The Relationship Of Stress With The Levels Of Cortisol TB Sufferers Chilyatiz Zahroh	414

The Decrease Of Depression Level In Elderly With Cooking Group Therapy As Modality Therapy In Panti Werdha Surabaya Dhian Satya Rachmawati, Ari Susanti, Marlina Meiningrum	417
Correlation Between Dietary Intake With Protein Energy Malnutrition Of Child 1-5 Years Old In Posyandu Kenanga 3 Bulak Banteng Surabaya Astrida Budiarti, Puji Hastuti, Vita Aristiarini	427
Stress In Patients With Diabetes Mellitus Christina Yuliasuti, Yuana.....	432
The Correlation Between Gestational Age And The Incidence Of Physiological Neonates Jaundice In Rsud Dr. Mohamad Soewandhi Surabaya Dwi Ernawati	439
The Effect Of Brain Gym On Cognitive Function Of The Elderly In Surabaya Dini Mei W	445
Feeding Response Neonates Based On Gestational Age, Hypoglycemia, Hyperbilirubnemia And Infection In Surabaya Qori' Ila Saidah.....	451
The Event Of Maternity Blues Been Reviewed From Paritas Ibu Nifas In BPM Nanik Cholid Sidoarjo Yasi Anggasari.....	458
Environmental Health Management Of Cement Industry Muslikha Nourma Rhomadhoni, Friska Ayu, Rizka Novembrianto	466
Correlation Of Days Of Fever And The Number Of Trombosit On Secondary And Primary Dengue Hemorrhagic Fever Infection Rahayu Anggraini	472
Pain Adaptation Relationship In First Stage Of The Labor With Relaxation Technique In BPM Bashori Surabaya Nur Masruroh.....	479
Effects Of Coffee On Prevention Of Oxidative Stress And Inflammation Induced By Cigarette Smoke In Male Rats (Rattus Norvegicus) M. Khafid.....	486
The Effectiveness Of The Implementation Of Home Planning With The Structured Method On Family Preparation In Giving Early Mobilization On Patient Cerebro Vascular Attack In Rs. Islam Surabaya Siti Damawiyah, Nur Ainiyah.....	495
The Influence Psychoeducation On Menstrual Care Towards Menstrual Personal	

Hygiene On Female Teenagers With Mental Retardation Nurul Kamariyah, Sri Hartatik.....	487
Relationship Of Energy And Nutrients Adequacy On Nutritional Status Of Football Players Aged 9-12 Years Nur Amin, Yanesti Nuravianda Lestari	502
Correlation Of Equalization Technical To Barotrauma Events In Traditional Divers Village Kedung Cowek, District Bulak, Kenjeran, Surabaya Diyah Arini, Imroatul Farida, Rafika Rosita Sari	509
Body Mass Index Application Permadina Kanah Arieska.....	518

THE EFFECT OF BRAIN GYM ON COGNITIVE FUNCTION OF THE ELDERLY IN SURABAYA

Dini Mei W, S.Kep., Ns., M. Kep
Stikes Hang Tuah Surabaya

ABSTRACT

The problem happened at the elderly people are cognitive impairment. Those could be solved by "Brain Gym." This researched is to know-how "Brain Gym" will be effective for the elderly. This researched using Quasi-Experiments with non equivalent control group approach. Simple random sampling is used to the make the accurate elderly population. Mini Mental State Examination (MMSE) is used to collect the population sampling. The 66 people divided into 2 groups: 33 people of control groups, 33 people of of intervention group. Those data were been Analyzed by Wilcoxon signed rank test and the Mann Whitney U-test. Wilcoxon is use to Analyzed MMSE both of before-after-control groups and intervention group. Mann Whitney U-test is use to Analyzed MMSE post-intervention, intervention group and control groups. The result of Wilcoxon test of MMSE intervention group are $P = 0.046 < \alpha = 0.05$, control group $P = 0.480 > \alpha = 0.05$. Mann Whitney U-test are $Z -3591$. Asymp.Sig (2-tailed) $0.000 > 0.05$. The conclusion: the intervention group with Brain Gym acre effect to repair the cognitive function than the control groups without Brain Gym. The writer recommended to solve the problem of elderly's cognitive impairment with Brain Gym Methode, three times a week.

Keywords: Brain Gym, Cognitive, Elderly

A. Introduction

Brain gymis one kind of brain exercise can stimulate the individual's cognitive function. The older the more experienced a progressive decline in cognitive function including that effecting the lives and activities of daily living (Nugroho, 2014). This brings the impact of concern for the family and the people around him.

According to the World Health Organization (WHO) recorded a decline in cognitive function of elderly an estimated 121 million people of which 5.8% of men and 9.5% of women (Djojosingito ahmad 2002 in Pipit, 2011). And in Indonesia prevalensia decline of cognitive function of elderly vulnerable age 65 is 5% of the elderly population and increased to 20% in the elderly aged 85 years and over (Amirullah 2011 in Guslinda 2013). Also according to the chairman of the Association of Indonesian Psikogeriatri, Martina Wiwik's easy to forget to mention

common in the elderly and 30% said memory disorders occur at the age of 50-59 years, 35-39% occurred at the age of 65 years and 85% were aged 80 years (Provincial, 2013). The research results Pipit, no 53-year media journal XVIII in February 2011, data obtained before action Brain Gym was found that out of 20 respondents in the treatment and control group, the treatment group experienced an increase in cognitive function 7 respondents (70%) and the control group of respondents (0%), after doing Brain Gym showed that 20 respondents who have received treatment interventions have increased seven respondents (70%) and a third of respondents (30%) konstand, whereas in the control group 10 respondents (100%) konstand. And the data obtained in December 2016 is currently in the Regional field Griya Elderly St. Yosef Surabaya with the number of elderly people today to 130 people and 60 to 80 year age range 73 or

54% in the case of diabetes mellitus, stroke and cognitive impairment, of 73 elderly, 66 people acquired cognitive impairment (orientation, registration, attention,

Increasing age also decreased the work function of the brain will affect the process of information with the loss of orientation, registration, attention, memory, language, making the elderly daily activities become interrupted. If not treated immediately will cause a decline in cognitive function of elderly gradually and affect daily activities (Activities of Daily Living ADL) can decrease the quality of life of the elderly and the independence of the elderly do daily activities (Nugroho, 2014).

To reduce cognitive decline Elderly is to do brain gym. Brain Gym has a beneficial effect on cognitive function and the elderly combines movement of the feet, hands in the optimization of left and right brain functions so as to improve cognitive function that were damaged or decrease. He is also one of the efforts to prevent the disruption of cognitive function. Brain Gym effect on cognitive function are more frequent and the longer someone doing Brain Gym, it can reduce the risk of cognitive decline. Based on the survey and the problems outlined above, researchers are interested in taking the title of "Influence Brain Gym on cognitive function of elderly in Surabaya.

B. Formulation of the problem

Based on the above description of the background research problems can be formulated as follows. "Is the Brain Gym influence on cognitive function in the elderly Surabaya?".

C. Research purposes

Brain Gym analyze the effect on cognitive function of elderly in Surabaya.

D. Research methodology

Design for Effects of Brain Gym research on cognitive function in the elderly Surabaya is to use a quasi-experimental research design (Quasi Exsperimen) method Non equivalent time sample design.

To determine the population that all elderly aged 60-80 years who began to experience cognitive decline in Surabaya as many as 73 people. The sampling technique used is Probability sampling technique sampling Simplerandom. The samples used are from populsai were randomly selected and divided into two groups at the Griya Elderly St. Yosef Surabaya as many as 33 elderly treatment group and 33 elderly control group. Data collection techniques in pre intervention by measuring the ability of two groups of elderly people with MMSE, the interventions are elderly as the treatment group performed Brain Gymatau brain exercise, while the elderly as a control group did not do Brain Gymatau brain exercise, the post intervention 2 elderly group to evaluate the ability of elderly by using the MMSE. Further data processing performed on data obtained Editing, Coding, Processing and Cleaning. Statistical tests performed by the data analysis: Wilcoxon-test Mann Whitney U test.

In this study, which is the independent variable is the provision of Brain Gym elderly, while its dependent variable is the cognitive function of the elderly.

Data normality test is used to determine the distribution of the data in variables that will be used in research that is by using the Wilcoxon-test Mann Whitney U test when tested with the provisions of significant $p > \alpha = 0.05$ then the normal distribution of data.

E. Results and Discussion Custom Data Pre and Post Group Intervention

Table 5:29 Respondents characteristics prior to Brain Gym in Surabaya.

Based on Table 5:29 Data obtained pre Brain Gym score of 17-23 (probable cognitive impairment) amounted to 4 elderly (12.1%), score 24-30 (Normal) amounted to 29 elderly (87.9%).

Table 5:30 Respondents Characteristics after Brain gymdi Surabaya.

Score	frequency	Percent
24-30 (Normal)	33	100
Total	33	100

0 Data obtained after Brain Gym score of 24-30 (Normal) of 33 elderly people (100%).

Pre and Post Custom Data Control Group

Table 5:31 Characteristic Brain control group before gymdi Surabaya.

Score	frequency	Percent
0-16 (Definitive cognitive impairment)	5	15.2
17-23 (Probable Cognitive disorders)	9	27.3
24-30 (Normal)	19	57.6
Total	33	100.0

Based on Table 5:31 Data obtained pre Brain Gym score 0-16 (definitive cognitive impairment) totaled 5 seniors (15.2%), score 17-23 (probable cognitive impairment) amounted to 9 elderly

(27.3%), score 24-30 (Normal) totaled 19 elderly (57.6%).

Score	frequency	Percent
17-23 (Probable Cognitive disorders)	4	12.1
24-30 (Normal)	29	87.9
Total	33	100.0

B

Tabel.5.32 characteristics of the control group after Brain Gym in Surabaya

Score	frequency	Percent
0-16(Definitive cognitive impairment)	5	18.2
17-23(Probable Cognitive disorders)	3	15.2
24-30(Normal)	25	66.7
Total	33	100.0

Based on Table 5:32 post data obtained Brain Gym score 0-16 (definitive cognitive impairment) totaled 5 seniors (18.2%), score 17-23 (probable cognitive impairment) totaled 3 elderly (15.2%), score 24-30 (Normal) totaled 22 elderly (66.7%).

Brain Gym influence on cognitive function of elderly

Effects of Brain Gym Tabel.5.33 on cognitive function of elderly in Surabaya

Data	Control		Intervention	
	Pre (%)	Post (%)	Pre (%)	Post (%)
Cognitive disorders Defintf (0-16)	5 (15.2)	5 (18.2)	-	-
Probable Ggg Kognf (17-23)	9 (27.3)	3 (15.2)	4 (12.1)	-
Normal (24-30)	19 (57.6)	25 (66.7)	29 (87.9)	33 (100)
Total	33	33	33	33

n = 66 (the control group and the intervention group = 33 = 33) Mann Whitney U-Test = 0.000

Based on Table 5:33 Brain Gym influence data obtained control group score 0-16 (definitife cognitive impairment) pre 5 elderly (15.2) and post 5 elderly (15.2), a score of 17-23 (probable cognitive impairment) pre 9 elderly (27.3) and post three elderly (15.2) and a score of 24-30 (Normal) pre 19 elderly (57.6) and post 25 elderly (66.7) and the intervention group score of 17-23 (probable cognitive impairment) 4 pre elderly (12.1) and a score of 24-30 (Normal) pre 29 elderly (87.9) and post 33 elderly (100.0).

Tabulate the data analysis and data processing withneyU rated Mann-Test, Value Z -3591 with Asymp. Sig (2-tailed) 0.000atau smaller than 0.05 then H1 accepted, which means there is the influence of the Brain Gym against dibandingdengan Intervention group Control group

On the 3rd respondent control group cognitive impairment this case we can know about the stages of cognitive decline. Cognitive function includes the process of learning, perception, comprehension, attention, causing the reaction and behavior of the elderly becomes increasingly slow. It is that in accordance with the passage of age, the elderly experience cognitive

decline and willingness decreased as well. Willingness decreased in the elderly is influenced by previous experience where elderly men more difficult to accept old age than elderly women. Due to the previous experience of elderly men doing more physical activity when compared to women.

In the intervention group megalami 4 respondents cognitive function increase in this case we can know the benefits of brain exercise. Brain exercises can improve memory, increase the sharpness of hearing, vision, reduce reading errors, memory and the ability of the comprehensive in the group with a language disorder so as to improve the response to visual stimuli. This happens because there is a stimulus, by looking at the movement of the body to improve blood circulation in the body to the brain. One with the Brain Gym makes the elderly motivated, and increased cognitive, stimulated blood circulation to the brain which makes cognitive elderly increases.

The ability of cognitive function can be influenced by: age, gender, education and socioeconomic status, psychosocial, and environmental factors work factor. Gymnastics brain is a series of

simple movements that can balance all the parts of the brain or simple body movement-based exercises that can be done anywhere and anytime. The benefits of brain exercise, among others: Allows to learn and work without stress, does not require materials or special place, can be used in all situations including at work, increased confidence, show results immediately, can be explained in neurophysiology, is very effective in penanganann someone who is having barriers balance, a person's independence in terms of learning, activate all the potential and skills of a person and one of the most well studied technique by the National Learning Foundation USA. This can be seen in the intervention group and the control group there were differences in cognitive function in the elderly.

Brain Gym influence on cognitive function in the elderly Surabaya based on test results obtained statistical p value = 0.000atau smaller than α (0:05), meaning that statistically H_0 is rejected. So there is a difference dapatdisimpulkan Brain Gym influence on group interventions with control group.

F. Conclusion

Based on research conducted with respondents 66 people on September 16 to October 9, 2015 on the Effects of Brain Gym on cognitive function of elderly in Surabaya. It can be deduced as follows: in the control group before and after Brain Gym MMSE results on average no change in cognitive function or settle on a value that is increased and decreased cognitive function decline in cognitive function

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