

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN GIZI
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Gambaran Fungsi Kognitif, dan Status Gizi pada Lansia peserta Prolanis di Puskesmas Karang Anyar Lampung Selatan

xiv + 35 halaman+ 9 tabel, 2 gambar, 10 lampiran

ABSTRAK

Badan Pusat Statistik (BPS) melaporkan, persentase penduduk lanjut usia (lansia) di Indonesia sebesar 11,75% pada 2023. Angka tersebut naik 1,27% poin dibandingkan dengan tahun sebelumnya yang sebesar 10,48%. Permasalahan yang sering muncul pada lansia adalah mulai kehilangan tujuan hidup, risiko terkena penyakit, terisolasi dari lingkungan, merasa kesepian, kehilangan teman, kehilangan anggota keluarga dan kehilangan pasangan hidup. Beberapa masalah tersebut dapat menyebabkan lanjut usia menjadi lebih rentan mengalami masalah kesehatan mental berupa penurunan fungsi kognitif.

Tujuan penelitian ini untuk mengetahui gambaran fungsi kognitif dan status gizi (IMT) pada lansia di Puskesmas Karang Anyar, Lampung Selatan. Jenis penelitian ini adalah penelitian deskriptif, penelitian ini mencakup variabel pada status gizi, riwayat penyakit tidak menular, kualitas hidup dan status gizi. Subjek penelitian ini adalah lansia. Waktu penelitian dilakukan pada April dan Mei 2025 dan tempat penelitian di Puskesmas Karang Anyar Lampung Selatan. Jenis penelitian ini menggunakan *accidental* sampling, dengan Populasi seluruh lansia peserta Prolanis yang berjumlah 180 orang, dan jumlah sampel yang didapat berjumlah 68 orang. Analisis penelitian ini menggunakan analisa univariat yang digunakan untuk mendapatkan gambaran dari setiap variabel.

Hasil penelitian diketahui bahwa mayoritas lansia memiliki kemampuan kognitif lansia dengan kategori kognitif buruk atau berat sebanyak 16.2%, ringan sebanyak 52.2%, dan relatif baik atau normal sebanyak 30.4%. Status gizi lansia dengan kategori sangat kurus sebanyak 5,8%, kurus sebanyak 13.0%, normal sebanyak 55.1%, gemuk sebanyak 11.6%, dan obesitas sebanyak 13,0%. Seluruh lansia memiliki aktivitas fisik lansia yang rendah. Berdasarkan hasil penelitian, disarankan lansia melakukan aktivitas fisik penting untuk fungsi kognitif yang optimal, melakukan membaca koran, atau majalah dapat membantu menjaga pikiran tetap aktif dan memperluas pengetahuan.

Kata kunci : status gizi, fungsi kognitif, lansia
Daftar Bacaan : 32 (2017-2024)

HEALTH POLYTECHNIC OF TANJUNGKARANG
Final Report, May 2025

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**Description of Cognitive Function and Nutritional Status in Elderly Prolanis
Participants at Karang Anyar Community Health Center, South Lampung**

xiv + 35 pages+ 9 tables, 2 pictures, 10 attachment

ABSTRACT

The Central Statistics Agency (BPS) reported that the percentage of the elderly population in Indonesia was 11.75% in 2023. This figure increased by 1.27% points compared to the previous year which was 10.48%. Problems that often arise in the elderly are starting to lose their purpose in life, the risk of getting sick, being isolated from the environment, feeling lonely, losing friends, losing family members and losing a life partner. Some of these problems can cause the elderly to be more susceptible to mental health problems in the form of decreased cognitive function.

The purpose of this study was to determine the description of cognitive function and nutritional status (BMI) in the elderly at the Karang Anyar Health Center, South Lampung. This type of research is descriptive research, this study covers variables on nutritional status, history of non-communicable diseases, quality of life and nutritional status. The subjects of this study were the elderly. The time of the study was conducted in April and May 2025 and the place of research was at the Karang Anyar Health Center, South Lampung. This type of research uses accidental sampling, with a population of all elderly Prolanis participants totaling 180 people, and the number of samples obtained was 68 people. The analysis of this study uses univariate analysis which is used to obtain a description of each variable.

The results of the study showed that the majority of elderly people have cognitive abilities with poor or severe cognitive categories of 16.2%, mild as much as 52.2%, and relatively good or normal as much as 30.4%. The nutritional status of the elderly with the category of very thin as much as 5.8%, thin as much as 13.0%, normal as much as 55.1%, fat as much as 11.6%, and obesity as much as 13.0%. All elderly people have low physical activity of the elderly. Based on the results of the study, it is recommended that the elderly do important physical activities for optimal cognitive function, reading newspapers or magazines can help keep the mind active and expand knowledge.

Keywords : nutritional status, cognitive function the elderly
Reference : 32 (2017-2024)