

ABSTRAK

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Penerapan Intervensi Crossword Puzzle dalam Asuhan Keperawatan Gerontik pada Lansia dengan Gangguan Fungsi Kognitif di UPT Pelayanan Sosial Tresna Werdha (PSTW) Jember
VIX + 79 halaman + 3 tabel + 2 Diagram + 5 lampiran

Abstrak

Introduksi : Gangguan fungsi kognitif merupakan masalah yang sering terjadi pada lansia akibat proses penuaan yang ditandai dengan penurunan daya ingat, konsentrasi, orientasi, dan kemampuan berpikir. Kondisi ini dapat memengaruhi kemandirian serta kualitas hidup lansia. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk meningkatkan fungsi kognitif adalah terapi *crossword puzzle* sebagai bentuk stimulasi kognitif. **Tujuan :** Mendeskripsikan penerapan terapi *crossword puzzle* pada asuhan keperawatan lansia dengan gangguan fungsi kognitif di UPT PSTW Jember. **Metode :** Penelitian ini menggunakan desain deskriptif dengan pendekatan studi kasus pada tiga lansia yang mengalami gangguan fungsi kognitif. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, serta penilaian fungsi kognitif menggunakan instrumen Mini Mental State Examination (MMSE) dan Short Portable Mental Status Questionnaire (SPMSQ). Intervensi berupa terapi *crossword puzzle* diberikan selama lima hari dengan frekuensi satu sesi per hari. Data dianalisis secara deskriptif berdasarkan hasil pengkajian, diagnosis, implementasi, dan evaluasi keperawatan. **Hasil :** Hasil penelitian menunjukkan adanya peningkatan fungsi kognitif pada seluruh klien setelah diberikan terapi *crossword puzzle*. Skor MMSE pada klien 1 meningkat dari 15 menjadi 18, klien 2 dari 15 menjadi 18, dan klien 3 dari 16 menjadi 20. Selain itu, terjadi peningkatan kemampuan konsentrasi, daya ingat, orientasi, serta partisipasi klien dalam mengikuti kegiatan terapi.

Kata Kunci: lansia, gangguan kognitif, gangguan memori, crossword puzzle, MMSE

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ABSTRACT

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*Application of Crossword Puzzle Therapy in Nursing Care for Elderly with
Cognitive Impairment at UPT PSTW Jember*
VIX + 79 pages + 3 tables + 2 Diagrams + 5 appendices

Abstract

Introduction : Cognitive impairment is a common problem among older adults resulting from the aging process, characterized by a decline in memory, concentration, orientation, and thinking skills. This condition can affect the independence and quality of life of older adults. One non-pharmacological intervention that can be used to improve cognitive function is crossword puzzle therapy as a form of cognitive stimulation. **Objective :** To describe the application of crossword puzzle therapy in the nursing care of older adults with cognitive impairment at the UPT PSTW Jember. **Methods:** This study employed a descriptive design with a case study approach involving three older adults with cognitive impairment. Data collection was conducted through interviews, observations, physical examinations, and cognitive function assessments using the Mini Mental State Examination (MMSE) and the Short Portable Mental Status Questionnaire (SPMSQ). The intervention, consisting of crossword puzzle therapy, was administered over five days at a frequency of one session per day. Data were analyzed descriptively based on the results of the assessment, diagnosis, implementation, and nursing evaluation. **Results:** The study results showed an improvement in cognitive function in all clients after receiving crossword puzzle therapy. The MMSE score for Client 1 increased from 15 to 18, Client 2 from 15 to 18, and Client 3 from 16 to 20. Additionally, there was an improvement in concentration, memory, orientation, and partition

Keywords: elderly, cognitive impairment, memory impairment, crossword puzzle, MMSE.

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