

ABSTRAK

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IMPLEMENTASI JIGSAW PUZZLE TERHADAP PENINGKATAN FUNGSI
KOGNITIF PADA LANSIA DI UPT PELAYANAN SOSIAL TRESNA
WERDHA JEMBER

xix + 79 Halaman + 3 Tabel + 1 Gambar + 12 Lampiran

Abstrak

Latar Belakang: Gangguan fungsi kognitif merupakan salah satu masalah kesehatan yang sering dialami lansia akibat proses penuaan, yang menyebabkan penurunan memori, perhatian, kecepatan berpikir, dan fungsi eksekutif. Kondisi ini dapat mengurangi kemampuan lansia dalam mengambil keputusan, menyelesaikan masalah, dan melakukan aktivitas sehari-hari secara mandiri. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk meningkatkan fungsi kognitif adalah terapi stimulasi kognitif Jigsaw Puzzle. **Tujuan:** Mendeskripsikan implementasi terapi Jigsaw Puzzle terhadap fungsi kognitif lansia di UPT Pelayanan Sosial Tresna Werdha Jember. **Metode:** Penelitian menggunakan desain studi kasus pada tiga lansia dengan gangguan kognitif, yaitu Ny. T, Ny. M, dan Ny. J. Terapi diberikan selama lima hari berturut-turut, dua kali sehari, masing-masing 15–20 menit. Fungsi kognitif dievaluasi menggunakan Mini Mental State Examination (MMSE) sebelum dan sesudah intervensi. **Hasil:** Terjadi peningkatan skor MMSE pada seluruh klien, yaitu Ny. T dari 19 menjadi 23, Ny. M dari 18 menjadi 23, dan Ny. J dari 19 menjadi 21. Seluruh klien mengalami perubahan kategori gangguan kognitif dari sedang menjadi ringan serta menunjukkan peningkatan fokus, keaktifan, dan interaksi sosial. **Kesimpulan:** Terapi Jigsaw Puzzle efektif meningkatkan fungsi kognitif lansia dan dapat menjadi intervensi keperawatan nonfarmakologis yang mudah diterapkan di panti sosial.

Kata Kunci: *Jigsaw Puzzle*, Gangguan Memori, Lansia, Fungsi Kognitif, MMSE.

ABSTRACT

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Implementation of Jigsaw Puzzles to Improve Cognitive Function Among the Elderly at the Tresna Werdha Social Service Unit in Jember

xix + 79 Pages + 3 Tables + 1 Figures + 12 Appendices

Abstract

Background: Cognitive impairment was a common health problem among older adults caused by the aging process, leading to declines in memory, attention, processing speed, and executive function. These changes may reduce older adults' ability to make decisions, solve problems, and perform activities of daily living independently. Jigsaw Puzzle cognitive stimulation therapy was a non-pharmacological intervention that may help improve cognitive function. **Objective:** To describe the implementation of Jigsaw Puzzle therapy for improving cognitive function among older adults at UPT Pelayanan Sosial Tresna Werdha Jember. **Methods:** This study employed a case study design involving three older adults with cognitive impairment (Mrs. T, Mrs. M, and Mrs. J). Jigsaw Puzzle therapy was administered twice daily for five consecutive days, with each session lasting 15–20 minutes. Cognitive function was assessed before and after the intervention using the Mini-Mental State Examination (MMSE). **Results:** MMSE scores improved in all participants. Mrs. T's score increased from 19 to 23, Mrs. M's from 18 to 23, and Mrs. J's from 19 to 21. All participants showed improvement from moderate to mild cognitive impairment and demonstrated better concentration, greater participation, and improved social interaction. **Conclusion:** Jigsaw Puzzle therapy effectively improved cognitive function in older adults and may serve as a simple, practical, non-pharmacological nursing intervention for use in residential care settings.

Keywords: Jigsaw Puzzle, Memory Impairment, Elderly, Cognitive Function, MMSE.