

EFFECT OF BRAIN GYM ON ADULTS MEMORY

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ABSTRACT

Increasing age was accompanied by physical and mental deterioration, including deterioration of brain function. Deterioration of brain functions is characterized by memory loss. Memory decline in the aging process can be slowed by multiplying the activities associated with brain function. Exercise the brain has been investigated to increase brain activity through simple movements designed to activate the whole brain. Brain gym exercises performed on a group of adults RW 06 Ratu Jaya Village, District Pancoran Mas, Depok City for 1 month can increase mean of short-term memory test score significantly. The results of short-term memory tests before and after exercise the brain in the 27 participants showed that an increase in the mean of score 7.74 (95% CI: 3.36 to 11.8, $p < 0.05$). Greatest increase occurred in the elderly (60 years) than in middle adult groups ($p > 0.05$). Brain gym activities are carried out regularly by a group of middle-aged adults and elderly are expected to prevent and slow down memory loss as a result of the aging process. Support from various groups in community, health services units, and local governments are expected to support government programs to improve the life expectancy of Indonesia.

Key words: adults memory, brain gym, dementia, elderly,