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## GROUP ACTIVITY THERAPY TO IMPROVE COGNITIVE FUNCTION OF THE ELDERLY BY GUESSING THE PICTURE

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### ABSTRACT

The activity of providing Group Activity Therapy given to elderly about Cognitive Therapy by guessing pictures for the elderly at UPT PMKS Mojopahit Mojokerto is one form of community service in the form of Activity Therapy activities which are expected to reduce problems that occur in the elderly, especially cognitive problems that are often experienced by Elderly. The implementation of the activity on April 22, 2022 took place at UPT PMKS Mojopahit Mojokerto. With the target is the elderly residents of UPT PMKS Mojopahit Mojokerto. Before the activity is carried out, there is a process of preparing activities for approximately 3 weeks before the activity is carried out, starting from determining the type of Activity Therapy to applying for permits to the relevant parties. As a form of evaluation, the activity was attended by 25 elderly people, the participants took part in the activity very enthusiastically, the Group Activity Therapy activity could run on time and smoothly.

Keywords: *Cognitive Therapy; Guessing Pictures; Elderly; Group Activity Therapy.*

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## INTRODUCTION

Elderly is someone who has reached the age of 60 years. In line with this, a person will experience aging and undergo physical, psychosocial or social changes. One of the most visible changes is physical changes which are marked by changes in biological functions that cannot be prevented (Kemenkes, 2017). Decreased organ function causes physical decline. The physical decline experienced by the elderly can also be caused by stress that occurs in an elderly person. Stress experienced by the elderly can be caused by several factors, including internal factors and external factors. One of the internal stressor factors in the elderly is self-esteem (Smeltzer & Bare, 2015).

An elderly friendly intervention is needed to reduce the problems that occur in the elderly. An activity that is positive, fun and provides an opportunity for the elderly to interact with their fellow elderly. Broadly speaking, the elderly experience disturbances in perception, sensory and cognitive. With picture guessing games, it will help the elderly to hone their cognitive, sensory and motor skills so that the elderly can remember, describe and mention what they see. Guess the picture is a simple brain teaser activity to test imagination, logic and reason/reason. Guess the picture is a form of game where the game allows participants to enjoy various exciting game activities and eliminate boredom and can be assessed for gross motor skills, fine motor skills, language and cognition and socialization according to their age group. Guess the picture is an activity where someone has to guess the picture or mention what other people have drawn.

## OBJECTIVES

### *General Purpose*

Cognitive therapy carried out by community service practitioners aimed to maintain the cognitive function of the elderly which is starting to decrease due to a decrease in the ability of the elderly to remember the information received.

### *Special Purpose*

The implementation of cognitive therapy is intended so that the elderly is able to:

1. Remembering shapes and describing objects that have been shown; and
2. Train concentration in focusing attention in accordance with the instructions given.

## PLAN OF ACTION

### *Strategy Plan*

The planning activities carried out by the implementers of this community service activity are as follows.

1. Coordinate with the UPT PMKS Mojopahit Mojokerto for the implementation of cognitive therapy activities for the elderly.
2. Establish a time contract for the implementation of this cognitive therapy with the elderly.
3. Prepare the media that will be used in the implementation of cognitive therapy.
4. Prepare the place for the implementation of cognitive therapy activities.
5. Implement cognitive therapy for the elderly in accordance with the agreed time contract.

### *Implementation*

In accordance with the plan, the

implementers of community service activities coordinated with the UPT PMKS Mojopahit Mojokerto to obtain permits for the implementation of cognitive therapy activities for the elderly who were at the UPT PMKS Mojopahit Mojokerto. Previously, the implementation of this community service activity had obtained an implementation permit from the Health Polytechnic of Kerta Cendekia with the number 236/PP/KC/III/2022.

In the process of coordinating with the UPT PMKS Mojopahit Mojokerto, the implementers of community service activities prepared media that would be used in the implementation of cognitive therapy activities for the elderly.

After the application for permission for the implementation of cognitive therapy activities for the elderly has been approved by the UPT PMKS Mojopahit Mojokerto, the implementers of community service activities re-coordinated with the UPT PMKS Mojopahit Mojokerto regarding the preparation of the place for the implementation of the cognitive therapy activities. After all the preparations have been completed, cognitive therapy for the elderly is carried out according to the activity plan that has been mutually agreed upon.

#### *Setting*

Cognitive therapy activities for the elderly have been carried out on April 22, 2022 at UPT PMKS Mojopahit Mojokerto.

#### *Target*

The participants in this cognitive therapy activity for the elderly are all the elderly who live in UPT PMKS Mojopahit Mojokerto and are able to carry out daily activities with minimal assistance.

## **RESULTS AND DISCUSSION**

The implementation of cognitive therapy activities for the elderly has been carried out in accordance with the plans that have been prepared by the implementers of community service activities and have also been mutually agreed with the UPT PMKS Mojopahit Mojokerto. Media readiness and good place settings also support the implementation of cognitive therapy activities quite well. The preparations carried out for the implementation of this activity were carried out for approximately 3 weeks in advance, starting from licensing to media preparation and place settings, until the implementation of the cognitive therapy activities took place. The UPT PMKS Mojopahit Mojokerto also provided good support for the implementation of cognitive therapy activities for the elderly.

A total of 25 elderly people who participated in the implementation of cognitive therapy activities by guessing the picture. During the implementation of the cognitive therapy activities, the participants seemed enthusiastic in participating in the cognitive therapy activities. The participants also followed all instructions given by the leader of the cognitive therapy activity. During the activity, no participants left the place before the cognitive therapy activity was completed.

The results of the evaluation of the implementation of cognitive therapy activities in the elderly found that almost all participants (92%) were able to remember and guess the pictures shown by the leader. The participants also expressed feelings of pleasure towards the implementation of this cognitive therapy activity because this activity was considered capable of providing its own entertainment to the elderly so that the boredom they experienced was slightly reduced.



**Figure 1.** Assistance in the Implementation of Group Activity Therapy Activities to Improve Cognitive Functional Ability in the Elderly.



**Figure 2.** The Implementers of Community Service Activities Ask Questions to Evaluate the Results of Cognitive Therapy That Has Been Given.

## CONCLUSION

Group activity therapy to improve cognitive function in the elderly needs to be supplemented. It aims to maintain the ability of the cognitive function of the elderly who are starting to decrease in ability. In addition, this group activity therapy is also a friendly activity for the elderly and is able to reduce the level of boredom experienced by the elderly while in the nursing home.

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