

CHAPTER III

CONCEPTUAL FRAMEWORK, HYPOTHESIS, AND OPERATIONAL DEFINITIONS

A. Concept Framework

The conceptual framework of research is the relationship or relationship between one concept and the other of the concept of the problem to be researched. The conceptual framework is obtained from the concept of science/theory that is used as the basis for research. The Independent Variables in this study are *Brain Gym Therapy* and *Puzzle Therapy*, while the Dependent Variable is the improvement of cognitive function in the elderly. This study aims to develop an intervention on the influence of *Brain Gym* and *Puzzle Therapy* on improving cognitive function in the elderly.

Based on the description of these concepts, the conceptual framework in this study is :

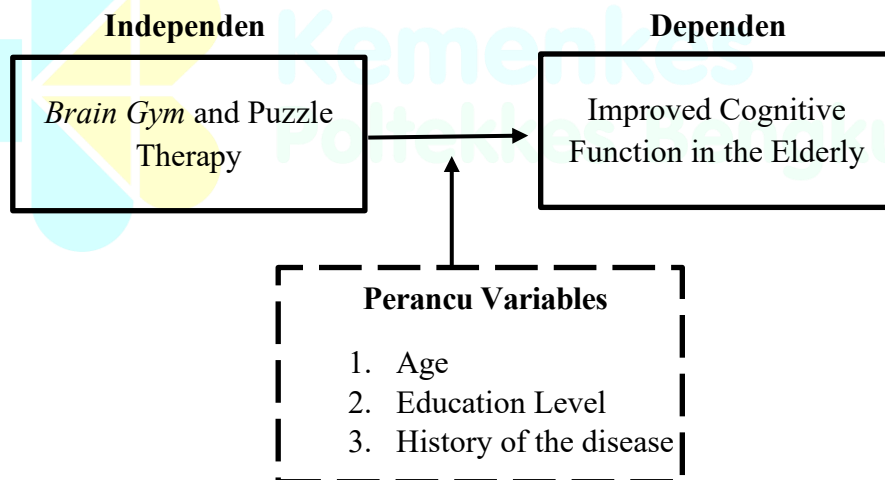


Chart 3. 1 Concept Framework

Description:



: Variables studied



: Variables not examined



: Relationship of the variable

B. Research Hypothesis

Hypotheses are temporary answers that must be tested. The test aims to prove whether a hypothesis is accepted or rejected. The hypotheses in this study are:

Ha : There is an influence of *Brain Gym* therapy and puzzle therapy on cognitive function in the elderly

C. Operational Definition

Table 3. 1 Operational Definition

Variabel	Operational definition	Measuring instruments	How to measure	Measurement results	Scale
Independent variable:					
<i>Brain Gym</i> and Puzzle Therapy	<i>Brain Gym therapy</i> is carried out through a series of simple physical movements that aim to stimulate brain work and improve cognitive abilities. Each session lasts for 15 minutes, starting with a light warm-up, then continuing with cross-body movements and breathing exercises, and ending with a cool-down movement. After the <i>Brain Gym</i> activity, it is followed by Puzzle play therapy as a	SOP Combination of <i>Brain Gym</i> and <i>Puzzle Therapy</i>	Checklist	1= given <i>Brain Gym</i> and <i>Puzzle Therapy</i> 2= <i>memory training</i>	Nominal

Memory Training form of cognitive stimulation, which is compiling patterns or images gradually for 10 minutes each session. This entire series of activities was carried out twice a week for two consecutive weeks.

Practical exercises designed to assist the elderly in improving their ability to recall newly received information.

Memory training was given 4 times for 2 weeks.

Dependent variable:

Cognitive Function	Ability to think, remember, judge, and pay attention.	Kuesioner <i>Mini Mental State Examination (MMSE)</i>	Interview	Score 11-26	Ratio
	Cognitive Function Examination is performed before and after Brain Gym therapy and <i>Puzzle therapy</i>				

Variables of Perancu:

Age	A person's length of life in the world determined from the date of birth	Data collection form	Interview	The value is expressed in.... Year	Ratio
Education Level	A person's educational history completed based on the last diploma	Data collection form	Interview	1:Low(SD) 2 : Medium (Junior High School, High School) 3: Height (Higher Education, D1 – S3)	Ordinal
Disease History	Respondents who have a history of previous and present illnesses at the time of taking data is done.	Data collection form	Interview	1: have 1-2 diseases 2: ≥ 3 diseases 3: Have no disease	Nominal
Gender	Characteristics that differentiate between men and women	Filling out the data collection form	Data collection form	1 : Male 2:Female	Nominal