

CHAPTER VII

CONCLUSION

A. Conclusion

Based on the results of research and discussion of the influence of *Brain Gym* therapy and *Puzzle therapy* on improving cognitive function in the elderly in the working area of the small bridge health center in Bengkulu City in 2026, conclusions can be made as follows:

1. Based on the characteristics of the respondents, the number of respondents in this study was 44 people consisting of 22 intervention group respondents and 22 control group respondents. The average age of respondents in the intervention group was 60.23 years and in the control group 60.14 years. Most of the respondents had a moderate level of education (junior high school/high school), which was 63.6% in the intervention group and 68.2% in the control group. In addition, most respondents had no history of disease, 68.2% in the intervention group and control group, respectively.
2. The average cognitive function score before being given *Brain Gym* and *Puzzle* therapy in the intervention group was 19.68, while after being given the intervention increased to 23.55 with an average increase of 3.86 points. In the control group, the average cognitive function score before the intervention was 19.45 and increased to 21.73 after the second measurement with an average improvement of 2.27 points.
3. There was a significant difference between cognitive function scores before and after the intervention in the intervention group, with the median score increasing from 19.50 to 23.50 and a $p=0.000$ ($p<0.05$). In the control group, there was also a significant difference, where the average cognitive function score increased from 19.77 ± 4.06 to 21.68 ± 3.96 with a value of $p=0.000$ ($p<0.05$).

4. There is an effect of *Brain Gym* and *Puzzle therapy* on improving cognitive function in the elderly in the Bengkulu City Small Bridge Health Center Working Area in 2025. The results of the Mann-Whitney test showed a value of $U=126,000$ with $p=0.000$ ($p<0.05$). The median difference in cognitive function score in the intervention group was 4.00 higher than the control group of 1.00, so that *Brain Gym* and *Puzzle therapy* was proven to be effective in improving cognitive function in the elderly.

B. Suggestions

Based on the findings and analysis of the research, the researcher intends to convey suggestions to several related parties, including:

1. For the Bengkulu City Small Bridge Health Center, *Brain Gym* and *Puzzle therapy* can be used as a routine program in elderly posyandu activities or elderly health services as an effort to improve and maintain cognitive function.
2. For health workers, especially nurses, it is expected to provide education and assistance to the elderly and families regarding the importance of physical and cognitive stimulation through *Brain Gym* and *Puzzle therapy* to prevent cognitive function decline.
3. For the elderly and families, it is recommended to do *Brain Gym* exercises and *Puzzle* games regularly at home as a form of stimulation that can help maintain memory, concentration, and thinking skills.
4. For educational institutions, the results of this research can be used as reference materials and learning resources in the development of gerontic nursing science related to nonpharmacological interventions to improve the cognitive function of the elderly.
5. For future researchers, it is recommended to conduct studies with a larger sample count, longer intervention time, and control for other factors that can affect cognitive function so that more optimal and comprehensive results are obtained.
6. For the next researcher, it is recommended to be able to provide more specific explanations and details about the number of pieces and the

estimated time to solve *the jigsaw puzzle* in the research method section. Clarity of operational standards related to the complexity of this media is very necessary so that there is a clear reference to the *puzzle* therapy provided, so that the researcher can then measure the adaptability and fine motor capacity of the respondents more measurably.

