

THESIS

**THE EFFECT OF THE COMBINATION OF REMINISCENCE
THERAPY AND CROSSWORD PUZZLE THERAPY ON
IMPROVING COGNITIVE FUNCTION AMONG
OLDER ADULTS AT TRESNA WERDHA
SOCIAL HOME BENGKULU CITY 2026**



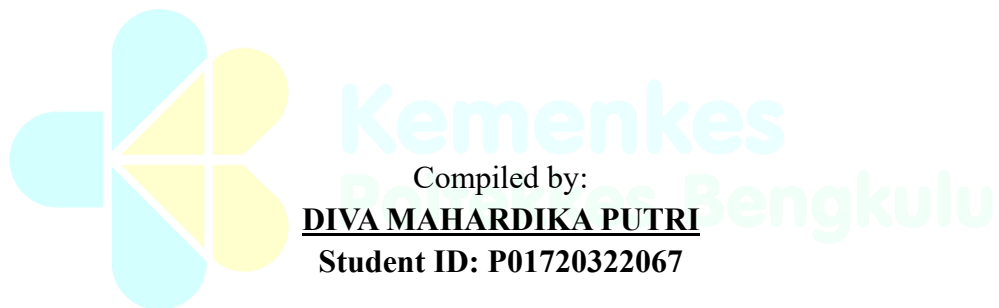
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**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
MINISTRY OF HEALTH POLYTECHNIC OF HEALTH, BENGKULU
BACHELOR OF APPLIED NURSING STUDY PROGRAM
NURSING DEPARTMENT
YEAR 2025/2026**

THESIS TITLE PAGE

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Submitted as one of the requirements to obtain a Bachelor of Applied Nursing (STr)
degree in the Bachelor of Applied Nursing Study Program, Nursing Department,
Poltekkes Kemenkes Bengkulu



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THESIS APPROVAL PAGE

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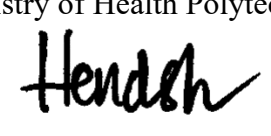

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I declare that this thesis is my own work (ORIGINAL), and the contents of this thesis do not contain any work that has ever been submitted by another person to obtain an academic degree at an educational institution, and to the best of my knowledge there are no works or opinions that have been written and/or published by another person, except those that are writtenly referred to in this manuscript and mentioned in the bibliography.

Thus this statement and if in the future it is proven that there are elements of plagiarism in this thesis, then I am willing to be responsible in accordance with the applicable provisions.

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MOTTO AND DEDICATION

إِنَّ يَعْلَمَ اللَّهُ فِي قُلُوبِكُمْ خَيْرًا يُؤْتِكُمْ خَيْرًا

"If Allah knows that there is goodness in your heart, surely He will give you something better than what was taken from you and He will forgive you." Allah is

Most Forgiving, Most Merciful."

(QS. Al-Anfal [8]: 70)

MOTTO

ꦱꦸꦤꦏꦭꦶꦗꦒ

"Life is urup"

-Sunan Kalijaga-

OFFERING

The author dedicates this thesis to:

- ❖ Allah ﷻ, the One who knows the contents of the heart. Thank you for every blessing, lesson and help you give. In every prostration, hope, and tear, only to You does the writer ask for strength. By Your grace and permission, I have finally been able to make the journey that felt so difficult to this point. All praise is only for You.
- ❖ Prophet Muhammad (peace be upon him), a role model for all time, an inspiration in every step of life. May blessings and peace always be upon the Prophet Muhammad (peace be upon him). Thank you for the legacy of faith, knowledge, morals, and exemplary conduct that continues to shine for humanity to this day.
- ❖ My Beloved Parents, Mr. E and Mrs. A. The reason behind every struggle of the author. Thank you for your infinite love, never-ending prayers, countless sacrifices, and the trust you always give. Thank you for being a home to return to, a place to strengthen the heart, and a reason to continue to rise in every situation. No words can describe how valuable every prayer and sacrifice that you have given. This

thesis is dedicated by the author as a form of gratitude and devotion. May Allah always bestow health and happiness upon you. Amen.

- ❖ My two beloved siblings, Mbak S and Kak B. Thank you for always being my encouragement every step of the way. Thank you for your unceasing prayers, sincere concern, and support that always strengthens me when this journey feels difficult. You are part of the reason why I continue to rise and fight until I am able to complete this journey.
- ❖ To my school friends, I and C. Thank you for being a part of my life journey from high school until today. Thank you for always being there in every story, being a place to share laughter, complaints, and support each other amidst various challenges. May the friendship that has been built so far always be maintained, filled with blessings, and continue to be a place to strengthen each other in every step of life.
- ❖ To the author's best friend, "5 strong friends, fellow students," thank you for being part of my journey throughout my studies. Thank you for always being there for me throughout the process of writing this thesis, encouraging me, sharing knowledge, and bringing laughter amidst the fatigue and challenges I faced. Our time together has become a precious memory that I will always remember.
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- ❖ To the author's foster family. To the author's older siblings, thank you for the advice and guidance you've provided. To the author's younger siblings, thank you for your continued support, enthusiasm for your studies, and continued success.
- ❖ My fellow Applied Nursing students, Class of 2022, especially the International Class Pilot Batch 1, whose names cannot be mentioned one by one, thank you for providing me with so much experience and lessons during this study period.
- ❖ *Last but not least*, to the author herself, Diva Mahardika Putri. Thank you for choosing to keep going, even when the path feels so difficult. Thank you for making peace with the long journey that is not always easy to go through, rising

from every fatigue, and continuing to believe that every effort will find its results at the right time. This work is proof that all prayers, struggles, tears, and patience are never in vain. Thank you for persevering until you are able to complete this journey. Keep growing, keep shining, and always remember that the best journey is the one that brings you closer to Allahﷻ.



FOREWORD

The author would like to express his gratitude to Allah SWT for all His Grace and Guidance, so that the author can complete the thesis entitled "The Effect of Combination of Reminiscence Therapy and Crossword Puzzle Therapy on Improving Cognitive Function in the Elderly at the Tresna Werdha Social Home in Bengkulu City in 2026". The preparation of this thesis was carried out as one of the requirements in completing the Applied Bachelor's study program.

In the process of compiling this thesis, the author received support, direction, and assistance from various parties. Therefore, the author would like to express his gratitude to:

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2. Mrs. Ns. Erni Buston, SST., M.Kes., as Head of the Nursing Department of the Ministry of Health Polytechnic of Bengkulu.
3. Mr. Hendri Heriyanto, M.Kep., as Head of the Applied Nursing Undergraduate Study Program, Ministry of Health Polytechnic of Bengkulu.
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6. Dr. Nur Elly, S.Kp., M.Kes., as Chair of the Board of Examiners who has provided guidance and direction with great patience in preparing this thesis.
7. Mr. Ns. Nehru Nugroho., S.Kep., M.Kep as Examiner I who has provided guidance and direction with great patience in the preparation of this thesis.
8. All lecturers and staff of the Nursing Department of the Ministry of Health Polytechnic of Bengkulu.

The author realizes that this proposal still has shortcomings. Therefore, the author greatly appreciates constructive criticism and suggestions for future improvements. Thank you.

Bengkulu, 2026



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ABSTRACT

Background: Cognitive decline is one of the most common health problems experienced by older adults due to the aging process; Therefore, non-pharmacological interventions such as the combination of Reminiscence Therapy and Crossword Puzzle Therapy are needed to help improve cognitive function. **Objective:** This study aimed to determine the effect of the combination of Reminiscence Therapy and Crossword Puzzle Therapy on improving cognitive function among older adults at Tresna Werdha Social Nursing Home, Bengkulu City, in 2026. **Methods:** This study employed a quasi-experimental design with a pretest–posttest control group design involving 42 respondents selected using a purposive sampling technique, consisting of 21 participants in the intervention group who received a combination of Reminiscence Therapy and Crossword Puzzle Therapy and 21 participants in the control group who received Brain Gym. Cognitive function was assessed using the Mini-Mental State Examination (MMSE) before and after the intervention. Data were analyzed using the Wilcoxon Signed-Rank Test and the Mann–Whitney U Test with a significance level of $\alpha < 0.05$. **Results:** The results showed that the combination of Reminiscence Therapy and Crossword Puzzle Therapy produced a greater improvement in cognitive function than Brain Gym, with a statistically significant difference ($p < 0.05$).

Keywords: Brain Gym, Cognitive Function, Crossword Puzzle Therapy, Elderly, MMSE, Reminiscence Therapy.

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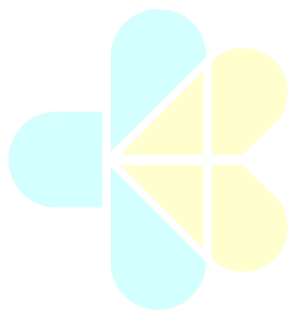
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LIST OF ABBREVIATIONS

ADL : Activities of Daily Living

CPT: Crossword Puzzle Therapy

MCI: Mild Cognitive Impairment

MMSE: Mini Mental State Examination

PSTW: Tresna Werdha Social Home

Republic of Indonesia : Republic of Indonesia

RT: Reminiscence Therapy

Elementary School : Elementary school

SENIOR HIGH SCHOOL : Senior High School

SMP : Junior High School

SOP: Standard Operating Procedure

SPSS : Statistical Package for the Social Sciences

WHO: World Health Organization

Min :Minimum

Max : Maximum