

CHAPTER III

CONCEPTUAL FRAMEWORK, HYPOTHESES AND OPERATIONAL DEFINITION

A. Conceptual Framework

This conceptual framework is built on theories of cognitive psychology, geriatrics, and non-pharmacological interventions for the elderly, with the aim of providing a systematic understanding of how these combined therapies can affect cognitive function. This study was designed to develop and test the effects of a combined intervention of Reminiscence Therapy and Crossword Puzzle Therapy, with a focus on improving thinking and memory skills in the elderly.

Based on the conceptual basis above, the following is the proposed variable relationship model:

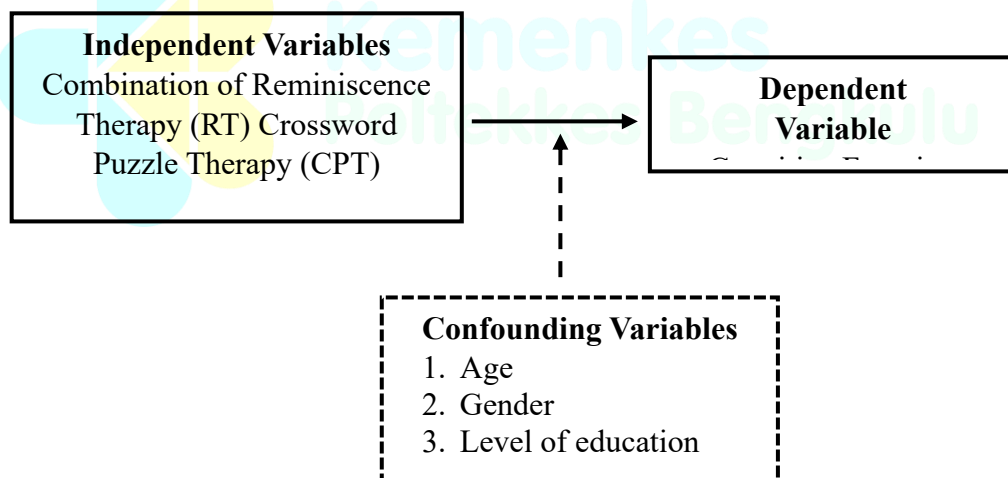


Chart 3.1 Conceptual Framework

Information :

: Variables Studied

: Not Researched

: Influential

B. Operational Definition

Table 3.1 Operational Definition

Variables	Operational Definition	Measuring instrument	How to Measure	Measurement Results	Measuring Scale
Independent Variables:					
Reminiscence Therapy and Crossword Puzzle Therapy	Providing therapy to remember old memories for the elderly (through discussion) followed by providing crossword puzzles (stimulation of semantic memory and executive function) with a total duration of 40 minutes, applied 2 x 1 week for 3 weeks (a total of 6 sessions and 6 meetings).	Standard Operating Procedure (SOP) for Combination of Reminiscence Therapy and Crossword Puzzle Therapy	Checklist	1 = Given Reminiscence Therapy and Crossword Puzzle Therapy 2 = Given Brain Gym	Nominal
Brain Gym	The therapy is provided in the form of coordinated brain gymnastics exercises for 30 minutes per session, 2 x 1 week for 3 weeks (a total of 6 sessions, 6 meetings).	Brain Gym Standard Operating Procedure (SOP)			
Dependent Variable:					
Cognitive Function	Cognitive abilities include thinking, remembering, judging, and paying attention. Evaluation of these cognitive functions is conducted before and after RT and CPT therapy.	Mini-Mental State Examination (MMSE) Questionnaire	Interview	Score 18-23	Ratio
Confounding Variables:					
Age	The length of time the respondent has lived, calculated from the date of birth to the date of data collection, expressed in years.	Observation Sheet	Interview	Expressed in years	Ratio
Gender	The biological identity of the respondent is officially recorded in	Observation Sheet	Interview	1= Male 2= Female	Nominal

		the administrative documents of the Tresna Werdha Social Home.				
Level of education	of	The highest level of formal education completed by the respondent and proven through documents or records from the orphanage.	Observation Sheet	Interview	1=Elementary School/No School 2=Junior High School/Equivalent 3=High School/Equal 4=College	Ordinal

C. Hypothesis

The research hypothesis which is the basis of the argument of this research is:

H_a : There is a significant effect of providing a 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.