

CHAPTER VII

CLOSING

A. Conclusion

Based on the results of research and discussion regarding "The Effect of the 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 following conclusions were obtained:

1. The average age of respondents in the intervention group was 70.38 years and in the control group 69.62 years. Most respondents were female (52.4%), and the majority had primary school education or no schooling (61.9%).
2. The average cognitive function score before treatment in the intervention group was 19.14 and in the control group was 19.38. After treatment, the average cognitive function score in the intervention group increased to 24.86, while in the control group it increased to 22.29.
3. There were differences in cognitive function before and after treatment in both the intervention and control groups. The combination of Reminiscence Therapy and Crossword Puzzle Therapy, as well as Brain Gym, both had an impact on improving cognitive function in the elderly.
4. The combination of RT and CPT is more effective in improving the cognitive function of the elderly compared to Brain Gym in the elderly at the PSTW in Bengkulu City in 2026..

B. Suggestion

Based on the results of the research and discussions that have been carried out, the researcher provides several suggestions to the relevant parties as follows:

1. For Students

It is hoped that the results of this study can serve as a reference source and learning material in the field of geriatric nursing, particularly regarding the application of non-pharmacological interventions to improve cognitive function in the elderly. Furthermore, this study can broaden students' understanding of the benefits of combining Reminiscence Therapy and Crossword Puzzle Therapy as a form of therapy easily implemented in geriatric nursing practice.

2. For the Tresna Werdha Social Home in Bengkulu City

It is hoped that the combination of Reminiscence Therapy and Crossword Puzzle Therapy can be implemented as a routine activity program for the elderly to help maintain and improve cognitive function. This combination can support efforts to improve the quality of care for the elderly through a non-pharmacological approach.

3. For Educational Institutions

It is hoped that educational institutions will use the results of this study as a reference for developing learning and research in the field of geriatric nursing. Furthermore, educational institutions can facilitate research activities that develop non-pharmacological interventions to improve cognitive function in older adults, thus generating innovations that benefit nursing practice.

4. For Further Researchers

It is hoped that future researchers can expand this study by involving a larger sample size, using a more robust research design, and extending the duration and frequency of the intervention to achieve a more optimal observable therapeutic effect. Furthermore, further research could also examine other variables related to cognitive function in older adults.