

## BIBLIOGRAPHY

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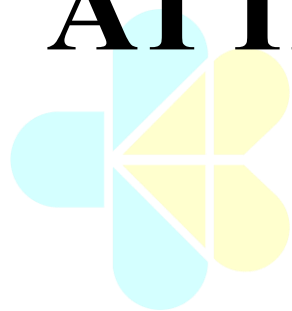
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Kemenkes  
Poltekkes Bengkulu

# ATTACHMENT



Kemenkes  
Poltekkes Bengkulu

*Attachment 1 Supervisor Approval Sheet 1*

**KESEDIAAN SEBAGAI DOSEN PEMBIMBING  
SKRIPSI MAHASISWA PRODI SARJANA TERAPAN KEPERAWATAN JURUSAN  
KEPERAWATAN POLTEKKES KEMENKES BENGKULU**

Nama Dosen : Ns. Agung Riyadi, S.Kep.,M.Kes  
NIP : 196810071988031005  
No. HP : +62 85383234488

Dengan ini menyatakan **BERSEDIA** / ~~**TIDAK BERSEDIA**~~\* sebagai Dosen Pembimbing I Skripsi mahasiswa Program Studi Sarjana Terapan Keperawatan dibawah ini :

Nama : Diva Mahardika Putri  
NIM : P01720322067

**Kewajiban sebagai dosen pembimbing Skripsi adalah sebagai berikut:**

1. Membimbing mahasiswa dalam penulisan proposal hingga penulisan laporan Skripsi. Jumlah pertemuan konsultasi penulisan proposal dan laporan Skripsi masing-masing adalah minimal 6 kali dengan total seluruh pertemuan adalah 12 kali.
2. Bimbingan dilaksanakan sesuai jadwal yang disepakati bersama antara pembimbing dan mahasiswa (antara jam 08.00 – 16.00 WIB) dan dilakukan di lingkungan Poltekkes Kemenkes Bengkulu.
3. Pembimbing Skripsi mengisi dan memberi paraf pada lembar bukti bimbingan, dilengkapi catatan-catatan mengenai saran perbaikan materi Skripsi, pada setiap akhir pertemuan bimbingan (*log book*)

Bengkulu, 30 Juli 2025  
Dosen Pembimbing I

  
Ns. Agung Riyadi, S.Kep.,M.Kes  
NIP. 196810071988031005

*Attachment 2 Supervisor Approval Sheet 2*

**KESEDIAAN SEBAGAI DOSEN PEMBIMBING  
SKRIPSI MAHASISWA PRODI SARJANA TERAPAN KEPERAWATAN JURUSAN  
KEPERAWATAN POLTEKKES KEMENKES BENGKULU**

Nama Dosen : Sariman Pardosi, S.Kp., M.Si(Psi)  
NIP : 196403031986031005  
No. HP : +62 8121576382

Dengan ini menyatakan **BERSEDIA / ~~TIDAK-BERSEDIA~~\*** sebagai Dosen Pembimbing 2 Skripsi mahasiswa Program Studi Sarjana Terapan Keperawatan dibawah ini :

Nama : Diva Mahardika Putri  
NIM : P01720322067

**Kewajiban sebagai dosen pembimbing Skripsi adalah sebagai berikut:**

1. Membimbing mahasiswa dalam penulisan proposal hingga penulisan laporan Skripsi. Jumlah pertemuan konsultasi penulisan proposal dan laporan Skripsi masing-masing adalah minimal 6 kali dengan total seluruh pertemuan adalah 12 kali.
2. Bimbingan dilaksanakan sesuai jadwal yang disepakati bersama antara pembimbing dan mahasiswa (antara jam 08.00 – 16.00 WIB) dan dilakukan di lingkungan Poltekkes Kemenkes Bengkulu.
3. Pembimbing Skripsi mengisi dan memberi paraf pada lembar bukti bimbingan, dilengkapi catatan-catatan mengenai saran perbaikan materi Skripsi, pada setiap akhir pertemuan bimbingan (*log book*)

Bengkulu, 31 Juli 2025

Dosen Pembimbing II



**Sariman Pardosi, S.Kp.,M.Si (Psi)**

**NIP. 196403031986031005**

*Attachment 3 Thesis Title Approval*

**HALAMAN PERSETUJUAN JUDUL  
SKRIPSI MAHASISWA PRODI SARJANA TERAPAN KEPERAWATAN JURUSAN  
KEPERAWATAN POLTEKKES KEMENKES BENGKULU**

Nama : Diva Mahardika Putri  
Tempat, Tanggal Lahir : Sambirejo, 26 Juni 2005  
Nomor Induk Mahasiswa : P01720322067  
Judul Skripsi yang Diajukan : Pengaruh Kombinasi Terapi Reminiscence dan Crossword  
Puzzle terhadap Fungsi Kognitif Lansia di Panti  
Jompo Tresna Werdha Kota Bengkulu Tahun 2026  
Disetujui Pada Tanggal :

Bengkulu, 31 Juli 2025

**Pembimbing I**

  
**Ns. Agung Rivadi, S.Kep., M.Kes**  
**NIP. 196810071988031005**

**Pembimbing II**

  
**Sariman Pardosi, S.Kp., M.Si (Psi)**  
**NIP. 196403031986031005**

Mengetahui

Ketua Program Studi Sarjana Terapan Keperawatan  
Jurusan Keperawatan Poltekkes Kemenkes Bengkulu

  
**Ns. Hendri Herivanto, M.Kep**  
**NIP. 198205152002121004**

**Attachment 4 Pre-Research Permit Letter from the Bengkulu Ministry of Health Polytechnic**



**Kementerian Kesehatan**  
**Direktorat Jenderal**  
**Sumber Daya Manusia Kesehatan**  
Politeknik Kesehatan Bengkulu  
Jalan Indragiri No.3 Padang Harapan  
Bengkulu 38225  
(0736) 341212  
<https://www.poltekkesbengkulu.ac.id>

13 Agustus 2025

Nomor : PP.06.02/F.XXIII.1/ *62nd* /2025  
Perihal : Izin Pra Penelitian

Yth.

Kepala Dinas Kesehatan Kota Bengkulu

di

Tempat

Sehubungan penyusunan tugas akhir dalam bentuk Skripsi Mahasiswa Program Studi Keperawatan Program Sarjana Terapan Jurusan Keperawatan Politeknik Kesehatan Kemenkes Bengkulu Tahun Akademik 2025/2026, dengan ini mohon Bapak/Ibu dapat memberikan izin pengambilan data, Pra Penelitian pada mahasiswa dibawah ini :

Nama Mahasiswa : Diva Mahardika Putri

Nim : P01720322067

Tempat : Dinas Kesehatan Kota Bengkulu

Judul : Pengaruh Kombinasi Terapi Reminiscence Dan Crossword Puzzle Terhadap Fungsi Kognitif Lansia Di Panti Jompo Tresna Werdha Kota Bengkulu Tahun 2026

No Handphone : 082279094034

Demikianlah, atas perhatian dan kerjasamanya kami mengucapkan terimakasih.

Wakil Direktur Bidang Akademik  
  
Septiyanti, S.Kep, Ners, M.Pd

*Attachment 5 Pre-Research Permit Letter from the Bengkulu City Health Office*



**PEMERINTAH KOTA BENGKULU  
DINAS KESEHATAN**

Jl. Letjen Basuki Rahmat No. 8 Kel. Belakang Pondok Kec. Ratu Samban  
Kota Bengkulu Telp. 085216000810 Email [dinkeskotabengkulu1@gmail.com](mailto:dinkeskotabengkulu1@gmail.com).  
[www.dinkes.bengkulkota.go.id](http://www.dinkes.bengkulkota.go.id) Kode Pos 34223

**REKOMENDASI**

Nomor : 000.9.2/1847 /D.Kes/2025

Dasar Surat Wakil Direktur I Bidang Akademik Poltekkes Kemenkes Bengkulu Nomor: PP.06.02/F.XXIII.1/6420/2025 Tanggal 13 Agustus 2025 Perihal : Permohonan Izin Pengambilan data untuk penyusunan tugas akhir proposal skripsi atas nama

Nama : Diva Mahardika Putri  
NPM : P01720322067  
Program Studi : Keperawatan  
Judul/Data : Pengaruh kombinasi terapi reminiscence dan crossword puzzle terhadap fungsi kognitif lansia di panti jompo Tresna Werdha Kota Bengkulu  
Tempat penelitian : 1. Dinas Kesehatan Kota Bengkulu  
2. Tresna Werdha Kota Bengkulu  
Lama Kegiatan : 19 Agustus 2025 s/d 30 Agustus 2025

Pada prinsipnya Dinas Kesehatan Kota Bengkulu tidak berkeberatan diadakan pra penelitian/kegiatan yang dimaksud dengan catatan ketentuan :

- Tidak dibenarkan mengadakan kegiatan yang tidak sesuai dengan penelitian yang dimaksud.
- Harap mentaati semua ketentuan yang berlaku serta mengindahkan adat istiadat setempat.
- Apabila masa berlaku Rekomendasi Pra Penelitian ini sudah berakhir, sedangkan pelaksanaan belum selesai maka yang bersangkutan harus mengajukan surat perpanjangan Rekomendasi Pra Penelitian.
- Setelah selesai mengadakan kegiatan diatas agar melapor kepada Kepala Dinas Kesehatan Kota Bengkulu (tembusan).
- Surat Rekomendasi Pra Penelitian ini akan dicabut kembali dan dinyatakan tidak berlaku apabila ternyata pemegang surat ini tidak mentaati ketentuan seperti tersebut diatas.

Demikianlah Rekomendasi ini dikeluarkan untuk dapat dipergunakan sebagaimana mestinya.

Bengkulu, Agustus 2025  
Kepala Dinas Kesehatan  
Kota Bengkulu

Joni Haryadi Thabrani, SKM, MM  
Pembina Tk.I - IV/b  
NIP.197406081994021002

Tembusan :

- Yth.Sdr.Ka. Tresna Werdha Kota Bengkulu
- Yang Bersangkutan

## Attachment 6 Supervisor's Thesis Guidance Sheet

### LEMBAR BIMBINGAN PROPOSAL

PEMBIMBING I : Nk. Agung Riyadi, M. Kes

MAHASISWA : Diva Mahardika Putri

NIM : 20170322067

JUDUL SKRIPSI : Perbaikan kombinasi Reminiscence Therapy dan Crossword Puzzle Therapy terhadap Peningkatan Fungsi kognitif pada lansia PSTW Tk 2026

| NO | HARI /<br>TANGGAL | TOPIK                                                        | SARAN                                                                                                                                                                                                                                                | PARAF<br>PEMBIMBING |
|----|-------------------|--------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| 1. | 31 Juli 2025      | Konsul Judul Penelitian                                      | <ul style="list-style-type: none"> <li>Cari masalah terkait penelitian yang diminati</li> <li>Alasan mengenai pengambilan judul</li> </ul>                                                                                                           | h                   |
| 2. | 1 Agustus 2025    | Konsul Judul Penelitian                                      | <ul style="list-style-type: none"> <li>Perbanyak referensi terkait judul yang diminati</li> <li>Lakukan survey lapangan</li> </ul>                                                                                                                   | h                   |
| 3. | 14 Agustus 2025   | Konsul Judul Penelitian                                      | <ul style="list-style-type: none"> <li>ACC Judul Skripsi</li> <li>Lanjutkan ke BAB I, cari sumber yang relevan dari buku dan jurnal.</li> </ul>                                                                                                      | h                   |
| 4. | 4 September 2025  | Konsul BAB I                                                 | <ul style="list-style-type: none"> <li>Tambahkan Data</li> <li>Perbaiki penulisan</li> <li>Perbaiki Rumusan Masalah dan tujuan Penelitian</li> <li>Perbanyak Sumber Matero</li> <li>Tambahkan EBN terkait</li> <li>Perhatikan data target</li> </ul> | h                   |
| 5. | 20 September 2025 | Konsul Perbaikan BAB I, dan dilanjutkan BAB II dan BAB III   | <ul style="list-style-type: none"> <li>Perbaiki sistematika penulisan BAB II</li> <li>Memperbaiki latar belakang</li> <li>Menambahkan materi alat ukur dalam BAB II</li> <li>Perbaikan definisi Operasional</li> </ul>                               | h                   |
| 6. | 14 November 2025  | Konsul Perbaikan BAB I, BAB II, dan BAB III, dilanjutkan BAB | <ul style="list-style-type: none"> <li>Perbaikan Penulisan</li> <li>Perbaikan kerangka Konsep, Definisi Operasional, dan hipotesis</li> <li>Perbaikan kelompok kontrol</li> </ul>                                                                    | h                   |

|     |                       |                                                                    |                                                                                                                                                                                                                                     |   |
|-----|-----------------------|--------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
|     |                       | IV dan lampiran .                                                  | <ul style="list-style-type: none"> <li>• Perbaikan Tabel dan bagan</li> <li>• Perbaikan SOP</li> </ul>                                                                                                                              |   |
| 7.  | 20 November 2025      | Konsul Perbaikan BAB I, BAB II, dan BAB III, BAB IV dan lampiran . | <ul style="list-style-type: none"> <li>• Perbaikan Penulisan &amp; Penggunaan Mendeley</li> <li>• Perbaikan Kelompok kontrol</li> <li>• Perbaiki analisis bivariat</li> <li>• Perbaikan SOP</li> </ul>                              | h |
| 8.  | 17 Desember 2025      | Konsul BAB I-IV                                                    | <ul style="list-style-type: none"> <li>• Perbaikan Kelompok kontrol</li> </ul>                                                                                                                                                      | h |
| 9.  | 18 Desember 2025      | Konsul BAB I-IV                                                    | <ul style="list-style-type: none"> <li>• ACC Proposal</li> <li>• ACC Ujian Sempro</li> </ul>                                                                                                                                        | h |
| 10. | Senin/ 22 Juni 2026   | Konsultasi Revisi BAB V, VI, VII                                   | <ul style="list-style-type: none"> <li>• Perbaiki analisa jalannya penelitian pada BAB V.</li> <li>• Perbaiki tabel karakteristik dan persentase hasilnya.</li> </ul>                                                               | h |
| 11. | Selasa/ 23 Juni 2026  | Konsultasi Revisi BAB V, VI, VII                                   | <ul style="list-style-type: none"> <li>• Perbaiki penjelasan di bawah tabel analisa di BAB V</li> <li>• Konsultasi Revisi BAB V, VI, VII Tambahkan penjelasan patofisiologi hingga terjadinya perubahan nyeri di BAB VI.</li> </ul> | h |
| 12. | Rabu / 24 Juni 2026   | Konsultasi Revisi BAB V, VI, VII                                   | <ul style="list-style-type: none"> <li>• Perbaiki kesimpulan.</li> <li>• Masukkan semua dokumentasi terapi.</li> </ul>                                                                                                              | h |
| 13. | Kamisa/ 25 Juni 2026  | Konsultasi Revisi BAB V, VI, VII                                   | <ul style="list-style-type: none"> <li>• Lengkapi lampiran.</li> <li>• Sumber semuanya diperbaiki harus sesuai Mendeley.</li> <li>• emudian cek kembali skripsi.</li> <li>• Lengkapi buku bimbingan.</li> </ul>                     | h |
| 14. | Jum'at / 26 Juni 2026 | Konsultasi Revisi BAB I - VII                                      | <ul style="list-style-type: none"> <li>• ACC Skripsi</li> </ul>                                                                                                                                                                     | h |

### LEMBAR BIMBINGAN PROPOSAL

**PEMBIMBING II** : Sarimen pardosi, S.Kp. M.Si

**MAHASISWA** : Dinda Mahardika Putri

**NIM** : 101720312061

**JUDUL SKRIPSI** : Pengaruh kombinasi Reminiscence therapy & crossword puzzle therapy terhadap lansia untuk peningkatan fungsi kognitif di Paroki Sosial Thema Wierda Kota Bengkulu thn 2026

| NO | HARI /<br>TANGGAL | TOPIK                                                  | SARAN                                                                                                                                                                                                                                                                                               | PARAF<br>PEMBIMBING |
|----|-------------------|--------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| 1. | 31 Juli 2025      | Konsul Judul Penelitian                                | <ul style="list-style-type: none"> <li>Cari masalah terkait penelitian yang diminati</li> <li>Alasan mengenai pengambilan judul</li> </ul>                                                                                                                                                          | M                   |
| 2  | 1 Agustus 2025    | Konsul Judul Penelitian                                | <ul style="list-style-type: none"> <li>Perbanyak referensi terkait judul yang diminati</li> <li>Lakukan survey lapangan</li> </ul>                                                                                                                                                                  | M                   |
| 3. | 14 Agustus 2025   | Konsul Judul Penelitian                                | <ul style="list-style-type: none"> <li>ACC Judul Skripsi</li> <li>Lanjutkan ke BAB I, cari sumber yang relevan dari buku dan jurnal.</li> </ul>                                                                                                                                                     | M                   |
| 4. | 20 November 2025  | Konsul BAB I, BAB II, BAB III                          | <ul style="list-style-type: none"> <li>Perhatikan Penulisan</li> <li>Perbaiki Latar Belakang BAB I</li> <li>Perbaiki Materi BAB II</li> <li>Tambahkan Sumber dan data</li> <li>Tambahkan EBN terkait</li> <li>Penambahan materi dan tindakan pada kelompok kontrol</li> <li>Perbaiki SOP</li> </ul> | M                   |
| 5. | 11 Desember 2025  | Konsul BAB I, BAB II, BAB III, BAB IV, Serta Ilampiran | <ul style="list-style-type: none"> <li>Perbaiki Penulisan</li> <li>Perbaiki pada materi Kelompok Kontrol</li> <li>Tambahkan penanganan Farmakologi dan Non-Farmakologi</li> </ul>                                                                                                                   | M                   |

|     |                      |                 |                                                                                                                                               |   |
|-----|----------------------|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------|---|
| 6.  | 18 Desember 2025     | Konsul BAB I-IV | <ul style="list-style-type: none"> <li>• ACC Proposal Penelitian</li> <li>• ACC Ujian Sempro</li> </ul>                                       | 7 |
| 7.  | Kamis, 18 Juni 2026  | BAB V, VI, VII  | <ul style="list-style-type: none"> <li>• Perbaiki tabel hasil di BAB V.</li> <li>• Perbaiki master tabel.</li> </ul>                          | 7 |
| 8.  | Jumat, 19 Juni 2026  | BAB V, VI, VII  | <ul style="list-style-type: none"> <li>• Tambahkan paragraf pendapat peneliti di BAB VI.</li> </ul>                                           | 7 |
| 9.  | Senin, 22 Juni 2026  | BAB V, VI, VII  | <ul style="list-style-type: none"> <li>• Tambahkan pembahasan menurut jurnal lain yang sejalan dengan penelitian.</li> </ul>                  | 7 |
| 10. | Selasa, 23 Juni 2026 | BAB V, VI, VII  | <ul style="list-style-type: none"> <li>• Kesimpulan masukan sesuai tujuan.</li> <li>• Cari jurnal yang memperkuat lama penelitian.</li> </ul> | 7 |
| 11. | Rabu, 24 Juni 2026   | BAB V, VI, VII  | <ul style="list-style-type: none"> <li>• Perbaiki penjelasan di bagian paragraf BAB VI dan tambahkan paragraf.</li> </ul>                     | 7 |
| 12  | Rabu, 24 Juni 2026   | BAB I - VII     | <ul style="list-style-type: none"> <li>• ACC Skripsi</li> </ul>                                                                               | 7 |

*Attachment 7 Informed Consent Sheet and Research Explanation*

**INFORMED CONSENT AND  
RESEARCH EXPLANATION**

Dear.

Potential Respondents

Yours faithfully,

I, the undersigned below :

Name : Diva Mahardika Putri  
Study Program : STr. Nursing and Nursing Profession  
Student ID Number : P01720322067  
No. Mobile Phone : 0822-7909-4034

He is a student at the Bengkulu Ministry of Health Polytechnic who is currently conducting research with the title **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 purpose of this study is to increase knowledge about how to overcome academic stress by using non-pharmacological therapy in the form of Reminiscence Therapy and Crossword Puzzle Therapy to Improve Cognitive Function in the Elderly at the Tresna Werdha Social Home in Bengkulu City.

This research does not cause any harm, danger or side effects. Any questions for respondents. If you are a respondent and experience any aggravating circumstances, you may report this to the researcher or withdraw from the study by contacting the researcher at the telephone number listed above. Respondents will receive compensation for their time spent completing this questionnaire, an amount determined by the researcher.

The confidentiality of all information provided will be maintained and will only be used for research purposes. All records or respondent data will be stored in Poltekkes Kemenkes Bengkulu. If you agree, I would like to ask for your willingness to sign the consent form as a research respondent. Thank you for your attention, cooperation, and willingness to be a respondent.

Bengkulu, 2026

( )

*Attachment 8 Respondent's Application Letter*

**APPLICATION LETTER**

**RESPONDENTS**

Yours faithfully,

I, the undersigned, am a student of the Applied Nursing Undergraduate Study Program at the Bengkulu Ministry of Health Polytechnic:

Name : Diva Mahardika Putri

Nim : P01720322067

I will conduct a research entitled "**The Effect of 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**"

In light of this, I humbly request your participation as a respondent to this research. The data obtained from this study will be useful in increasing respondents' knowledge and benefiting the community, healthcare workers, and educational institutions. Confidentiality will be guaranteed for the information obtained. nnya and is only used for research data. Thus this request, for your attention and participation I express my gratitude.

**Yours faithfully,**

**Diva Mahardika Putri  
NIM.P01720322067**

*Attachment 9 Respondent's Consent Letter*

**APPROVAL LETTER**

**RESPONDENTS**

I, the undersigned below:

Name :

Age :

Gender :

Address :

Declaring willingness to be a respondent in research conducted by:

Name : Diva Mahardika Putri

Nim : P01720322067

Address : Jl. Kuala Alam Lempuing, Ratu Agung, Bengkulu City

Title : 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

I agree to undergo measurements and examinations for research purposes. I understand that all test results will be kept confidential and used solely for scientific purposes.

Thus, I make this statement truthfully, so that it can be used as it should.

Bengkulu, 2026

( )

*Attachment 10 MMSE Measurement Sheet*

**MINI MENTAL STATE EXAMINATION (MMSE) ASSESSMENT**

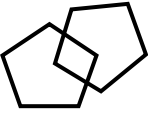
Patient Name : ..... (Lk / Pr) Age : .....

Education : ..... Assessment Date : .....

Medical History:      DM ( ) Hypertension ( ) Stroke ( ) Heart Disease ( )

Other Diseases: .....

| Item | Test                                                                                                                                                                                                                                                                      | Max Value | Mark  |
|------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------|
|      | <b>ORIENTATION</b>                                                                                                                                                                                                                                                        |           |       |
| 1    | What day is it (year), (season), (month), (date)?                                                                                                                                                                                                                         | 5         | ..... |
| 2    | Where are we? (country), (province), (city), (season), (orphanage)                                                                                                                                                                                                        | 5         | ..... |
|      | <b>REGISTRATION</b>                                                                                                                                                                                                                                                       |           |       |
| 3    | Name three objects (orange, money, rose), giving each object 1 second. Ask the patient to repeat the names of the three objects. Score 1 point for each correct object name. Repeat until the patient can name the object correctly and record the number of repetitions. | 3         | ..... |
|      | <b>ATTENTION AND CALCULATION</b>                                                                                                                                                                                                                                          |           |       |
| 4    | Subtract 7 from 100. Score 1 point for each correct answer. Stop after 5 answers.                                                                                                                                                                                         | 5         | ..... |
|      | <b>RECALL</b>                                                                                                                                                                                                                                                             |           |       |
| 5    | The patient is asked to repeat the names of the three objects above (orange, money, rose)                                                                                                                                                                                 | 3         | ..... |
|      | <b>LANGUAGE</b>                                                                                                                                                                                                                                                           |           |       |
| 6    | The patient is asked to name the object shown (pencil, watch)                                                                                                                                                                                                             | 2         | ..... |
| 7    | The patient is asked to repeat a series of words: "without ifs and or buts"                                                                                                                                                                                               | 1         | ..... |
| 8    | The patient is asked to carry out the command: "Take this paper with your right hand, fold it in half and place it on the floor."                                                                                                                                         | 3         | ..... |

|                                     |                                                                                   |    |       |
|-------------------------------------|-----------------------------------------------------------------------------------|----|-------|
| 9                                   | The patient is asked to read and carry out the command: "Raise your left hand"    | 1  | ..... |
| 10                                  | The patient is asked to write a sentence (spontaneously)                          | 1  | ..... |
| 11                                  | The patient is asked to imitate the picture below.                                | 1  | ..... |
|                                     |  |    | ..... |
| Score                               |                                                                                   | 30 |       |
| Source : (Manungkalit et al., 2021) |                                                                                   |    |       |

The MMSE scores include the following:

| MMSE Score | Category | Note:                                                                                                                                                                                                                                                                 |
|------------|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 24-30      | Normal   | Cognitive function that is within normal or good limits.                                                                                                                                                                                                              |
| 18 - 23    | Light    | Elderly people in this category show symptoms of forgetfulness, tend to neglect housework, have difficulty completing simple tasks, but are still friendly with others, can remember their own address, and have limited but still understandable speaking abilities. |
| ≤ 17       | Heavy    | This condition is characterized by the inability to remember one's own address, as well as experiencing significant impairment in speech ability.                                                                                                                     |

**Attachment 11 SOP Combination of RT and CPT**

| <b>COMBINATION STANDARD OPERATING PROCEDURE<br/>REMINISCENCE THERAPY AND CROSSWORD PUZZLE THERAPY</b>                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>EVALUATION ITEMS</b>                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                |
| <b>Understanding</b>                                                                                                                                                                                                                                                                                                                                                                | <i>Reminiscence Therapy</i> (Memory Recollection Therapy) is a systematic, non-pharmacological therapy involving the activity of remembering and discussing past events or experiences, particularly positive memories. Crossword Puzzle Therapy (TTS) is a structured cognitive activity involving solving crossword puzzles. |
| <b>Objective</b>                                                                                                                                                                                                                                                                                                                                                                    | This SOP aims to provide guidelines for implementing a combination of Reminiscence Therapy and Crossword Puzzle Therapy so that the elderly can improve their cognitive function through stimulation of memory, attention, language, and thinking skills.                                                                      |
| <b>1. Preparation of Tools and Materials</b>                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                |
| <ul style="list-style-type: none"><li>• Crossword Puzzle Sheet</li><li>• Pencil and eraser</li><li>• writing mat</li><li>• <i>Stopwatch</i>/O'clock</li><li>• Observation sheet</li></ul>                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                |
| <b>2. Orientation Stage</b>                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                |
| <ol style="list-style-type: none"><li>1. Say hello.</li><li>2. Introduce myself.</li><li>3. Ensure the identity of the respondent.</li><li>4. Explain the purpose of the activity.</li><li>5. Explain the duration of the activity (40 minutes).</li><li>6. Ensure the elderly are comfortable.</li><li>7. Asking the elderly to be willing to participate in activities.</li></ol> |                                                                                                                                                                                                                                                                                                                                |
| <b>3. Working Stage</b>                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                |

## **Reminiscence Therapy Stage (30 Minutes)**

### **Session 1 Theme: Childhood (1st Meeting)**

The nurse asks the following questions.

- What was your nickname when you were little?
- Where was your place of birth?
- How was your house when you were little?
- Who is your most memorable playmate?
- What game do you like most?
- What was your favorite food as a child?
- Who was closest to you when you were little?
- What is your happiest childhood memory?
- What were your aspirations when you were little?
- Is there an experience that you still remember until now?

### **Session 2: School Period (2nd Meeting)**

- Invite seniors to remember their experiences during school, such as favorite teachers, school friends, favorite subjects, school activities, achievements, and the most memorable experiences during school.

### **Session 3: Adolescence (3rd Meeting)**

- Inviting seniors to reminisce about experiences during their teenage years, such as daily activities, hobbies, friendships, organizational experiences, ideals, and the most memorable events during that period.

### **Session 4: Adulthood/Work (4th Meeting)**

- Invite seniors to share their experiences when they started working, the type of work, the most memorable work experiences, challenges they have faced, successes they have achieved, and life lessons they have learned while working.

### **Session 5: Family Life (5th Meeting)**

- Inviting seniors to reminisce about life after marriage, the birth of children, experiences of raising a family, togetherness with partners and family, and the happiest moments in family life.

### **Session 6: The Most Memorable Life Experiences and Hope (6th Meeting)**

- Invite seniors to share their most memorable life experiences, proudest achievements, life lessons learned, gratitude for their life journey, and hopes and messages they wish to convey to their families and the next generation.

#### **Crossword Puzzle Therapy Stage (10 Minutes)**

1. Share the Crossword Puzzle sheet.
2. Sharing pencils.
3. Explain how to do it.
4. Provides an example of filling.
5. Ask the elderly to do it according to the instructions.
6. Provide assistance if the elderly have difficulty understanding instructions.
7. Discuss the answers together after finishing.

#### **4. Termination Stage**

1. Subjective Evaluation: Ask the elderly again about their feelings after telling the story and playing crosswords.
2. Follow-up Plan: Encourage the elderly to share their stories with other friends at the orphanage.
3. Time Contract: Announce the time and topic for the next session. Say a closing remark.

**Source:(Gultom et al., 2021) (Kusumastuti, 2025)(Safitriana & Al Jihad, 2023)**

**Attachment 12 SOP Brain Gym**

| STANDARD OPERATING PROCEDURE<br>BRAIN GYM                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| EVALUATION ITEMS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                         |
| Understanding                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Brain Gym is a series of simple body movements designed to integrate the work of the right and left brain so that it can improve concentration, memory, attention, coordination, and cognitive function.                                |
| Objective                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | This SOP aims to serve as a guideline for implementing Brain Gym so that the elderly can obtain brain stimulation through simple movements in a structured, systematic, and safe manner so that it can help improve cognitive function. |
| A. Tools and materials                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                         |
| Chair<br>Stopwatch/clock                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                         |
| ORIENTATION STAGE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                         |
| <ol style="list-style-type: none"><li>1. Say hello.</li><li>2. Introduce myself.</li><li>3. Explain the purpose of the activity.</li><li>4. Ensure the elderly are in comfortable conditions.</li><li>5. Ask the elderly to sit in a comfortable position</li></ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                         |
| IMPLEMENTATION STAGE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                         |
| <ul style="list-style-type: none"><li><input type="checkbox"/> Researchers asked the elderly to sit up straight and relax.</li><li><input type="checkbox"/> Both hands are placed in front of the chest or on the table.</li><li><input type="checkbox"/> The elderly are asked to lift the thumb of their left hand at the same time as lifting the little finger of their right hand.</li><li><input type="checkbox"/> Next, the elderly are asked to exchange positions, namely lifting the thumb of the right hand at the same time as lifting the little finger of the left hand.</li><li><input type="checkbox"/> The movements are carried out alternately and repeatedly at a speed that is adjusted to the abilities of the elderly.</li><li><input type="checkbox"/> The researcher gives an example of the movement first, then the elderly follow it independently.</li><li><input type="checkbox"/> If the elderly experience difficulties, researchers provide guidance until the elderly are able to perform the movements correctly.</li><li><input type="checkbox"/> The movement is carried out for <math>\pm 30</math> minutes with several short breaks if necessary.</li></ul> |                                                                                                                                                                                                                                         |

| TERMINAL STAGE                                                                                                                                                                                                                                                                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Stop the activity.</li> <li><input type="checkbox"/> Ask the elderly how they feel after doing Brain Gym.</li> <li><input type="checkbox"/> Provide appreciation for the participation of the elderly.</li> <li><input type="checkbox"/> Convey the benefits of exercise.</li> <li><input type="checkbox"/> Close the activity with greetings.</li> </ul> |
| <p><b>Source:</b>(Abbott, 2025) (Sualang &amp; Waas, 2023) (Rizky &amp; Ayubi, 2022)</p>                                                                                                                                                                                                                                                                                                                                  |



## Attachment 13 Letter of Ethics



### Kementerian Kesehatan Poltekkes Bengkulu

Jalan Indragiri No. 3 Padang Harapan  
Bengkulu 38225  
(0736) 341212  
<https://poltekkesbengkulu.ac.id>

#### KETERANGAN LAYAK ETIK DESCRIPTION OF ETHICAL EXEMPTION "ETHICAL EXEMPTION"

No.KEPK.BKL/470/04/2026

Protokol penelitian versi 1 yang diusulkan oleh :  
*The research protocol proposed by*

Peneliti utama : Diva Mahardika Putri  
*Principal In Investigator*

Nama Institusi : Poltekkes Kemenkes Bengkulu  
*Name of the Institution*

Dengan judul:  
*Title*

**"PENGARUH KOMBINASI REMINISCENCE THERAPY DAN CROSSWORD PUZZLE THERAPY TERHADAP  
PENINGKATAN FUNGSI KOGNITIF PADA LANSIA DI PANTI SOSIAL TRESNA WERDHA KOTA BENGKULU  
TAHUN 2026"**

*"THE EFFECT OF A COMBINATION OF REMINISCENCE THERAPY AND CROSSWORD PUZZLE THERAPY ON  
IMPROVING COGNITIVE FUNCTION IN THE ELDERLY IN TRESNA WERDHA SOCIAL ASSOCIATES IN BENGKULU  
CITY IN 2026"*

Dinyatakan layak etik sesuai 7 (tujuh) Standar WHO 2011, yaitu 1) Nilai Sosial, 2) Nilai Ilmiah, 3) Pemerataan Beban dan Manfaat, 4) Risiko, 5) Bujukan/Eksploitasi, 6) Kerahasiaan dan Privacy, dan 7) Persetujuan Setelah Penjelasan, yang merujuk pada Pedoman CIOMS 2016. Hal ini seperti yang ditunjukkan oleh terpenuhinya indikator setiap standar.

*Declared to be ethically appropriate in accordance to 7 (seven) WHO 2011 Standards, 1) Social Values, 2) Scientific Values, 3) Equitable Assessment and Benefits, 4) Risks, 5) Persuasion/Exploitation, 6) Confidentiality and Privacy, and 7) Informed Consent, referring to the 2016 CIOMS Guidelines. This is as indicated by the fulfillment of the indicators of each standard.*

Pernyataan Laik Etik ini berlaku selama kurun waktu tanggal 16 April 2026 sampai dengan tanggal 16 April 2027.

*This declaration of ethics applies during the period April 16, 2026 until April 16, 2027.*



April 16, 2026  
Chairperson,



apt. Zamharira Muslim, M.Farm

## Attachment 14 DPMPTSP Recommendation Letter



### PEMERINTAH PROVINSI BENGKULU DINAS PENANAMAN MODAL DAN PELAYANAN TERPADU SATU PINTU

Jalan Batang Hari No.108, Kelurahan Tanah Patah, Kecamatan Ratu Agung, Kota Bengkulu

Website: <https://dpmptsp.bengkuluprov.go.id> | Email: [dpmptsp@bengkuluprov.go.id](mailto:dpmptsp@bengkuluprov.go.id)

BENGKULU 38224

#### REKOMENDASI

Nomor : 503/82.650/796/DPMPTSP-P.4/2026

#### TENTANG PENELITIAN

- Dasar :
1. Peraturan Gubernur Bengkulu Nomor 13 Tahun 2022 Tentang Pendelegasian Wewenang Penyelenggaraan Pelayanan Perizinan Berusaha Berbasis Resiko dan Non perizinan Kepada Kepala Dinas Penanaman Modal dan Pelayanan Terpadu Satu Pintu.
  2. Surat Wakil Direktur I Bidang Akademik Poltekkes Kemenkes Bengkulu  
Nomor : PP. 01.01/F.XXIII.1/5084/2026, Tanggal 20 April 2026 Perihal Rekomendasi Penelitian. Permohonan diterima tanggal 23 April 2026.

|                           |                                                                                                                                                                                |
|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Nama / NPM                | : DIVA MAHARDIKA PUTRI/P01720322067                                                                                                                                            |
| Pekerjaan                 | : Mahasiswa                                                                                                                                                                    |
| Maksud                    | : Melakukan Penelitian                                                                                                                                                         |
| Judul Proposal Penelitian | : Pengaruh Kombinasi <i>Reminiscence Therapy</i> dan <i>Crossword Puzzle Therapy</i> terhadap Peningkatan Fungsi Kognitif pada Lansia di Panti Sosial Tresna Werdha Tahun 2026 |
| Daerah Penelitian         | : Panti Sosial Tresna Werdha Kota Bengkulu                                                                                                                                     |
| Waktu Penelitian/Kegiatan | : 27 April 2026 s.d 13 Juni 2026                                                                                                                                               |
| Penanggung Jawab          | : Wakil Direktur I Bidang Akademik Poltekkes Kemenkes Bengkulu                                                                                                                 |

Dengan ini merekomendasikan penelitian yang akan diadakan dengan ketentuan :

- a. Sebelum melakukan penelitian harus melapor kepada Gubernur/Bupati/Walikota Cq.Kepala Badan Kesatuan Bangsa dan Politik atau sebutan lain setempat.
- b. Harus mentaati semua ketentuan Perundang-undangan yang berlaku.
- c. Selesai melakukan penelitian agar melaporkan/menyampaikan hasil penelitian kepada Kepala Badan Kesatuan Bangsa dan Politik Provinsi Bengkulu.
- d. Apabila masa berlaku Rekomendasi ini sudah berakhir, sedangkan pelaksanaan penelitian belum selesai, perpanjangan Rekomendasi Penelitian harus diajukan kembali kepada instansi pemohon.
- e. Rekomendasi ini akan dicabut kembali dan dinyatakan tidak berlaku, apabila ternyata pemegang surat rekomendasi ini tidak mentaati/mengindahkan ketentuan-ketentuan seperti tersebut di atas.

Demikian Rekomendasi ini dikeluarkan untuk dapat dipergunakan sebagaimana mestinya



Ditetapkan di : Bengkulu  
Pada tanggal : 23 April 2026

KEPALA DINAS PENANAMAN MODAL DAN  
PELAYANAN TERPADU SATU PINTU  
PROVINSI BENGKULU



**KHIRDES LAPENDO PASJU, S.STP.,M.Si**

Pembina Utama Muda (IV/c)  
NIP. 198112282000121001

Tembusan disampaikan kepada Yth :

1. Kepala Badan Kesatuan Bangsa dan Politik Provinsi Bengkulu
2. Kepala Dinas Sosial Provinsi Bengkulu
3. Wakil Direktur I Bidang Akademik Poltekkes Kemenkes Bengkulu
4. Yang Bersangkutan

*Attachment 15 Campus Research Permit Letter*



**Kementerian Kesehatan  
Direktorat Jenderal  
Sumber Daya Manusia Kesehatan**

Politeknik Kesehatan Bengkulu

Jalan Indragiri No.3 Padang Harapan  
Bengkulu 38225

(0736) 341212

<https://www.poltekkesbengkulu.ac.id>

15 April 2026

Nomor : PP. 01.01/F.XXIII.1/5084/2026  
Perihal : Izin Penelitian

Yth,  
Kepala Panti Sosial Tresna Werdha  
di  
Tempat

Sehubungan penyusunan tugas akhir mahasiswa dalam bentuk Skripsi Program Studi Keperawatan Program Sarjana Terapan Jurusan Keperawatan Politeknik Kesehatan Kemenkes Bengkulu Tahun Akademik 2025/2026, dengan ini kami mohon Bapak/Ibu dapat memberikan izin pengambilan data untuk penelitian kepada:

Nama : Diva Mahardika Putri  
NIM : P01720322067  
Tempat Penelitian : Panti Sosial Tresna Werdha  
Waktu Penelitian : 27 April 2026 s.d 13 Juni 2026  
Judul : Pengaruh Kombinasi Reminiscence Therapy dan Crossword Puzzle Therapy Terhadap Peningkatan Fungsi Kognitif Pada Lansia di Panti Sosial Tresna Werdha Tahun 2026  
No Handphone : 082279094034

Demikianlah, atas perhatian dan kesediaan Bapak/Ibu diucapkan terimakasih.

a.n. Direktur Poltekkes Kemenkes Bengkulu  
Wakil Direktur I Bidang Akademik



Septiyanti, S.Kep, Ners, M.Pd



## ***Attachment 16 Documentation***

### **1. MMSE Pre-Test Screening**



### **2. Therapy Provision in the Intervention Group (Combination of RT & CPT)**



### **3. Administration of Therapy to the Control Group (Brain Gym)**





#### 4. MMSE Post-Test Screening



Poltekkes Bengkulu

*Attachment 17 Research Completion Letter*



**PEMERINTAH PROVINSI BENGKULU  
DINAS SOSIAL  
UPTD PANTI SOSIAL TRESNA WERDHA PAGAR DEWA**

Jalan Adam Malik KM. 9 BengkuluTelp. (0736) 26403

Website : <http://dinsos.bengkuluprov.go.id> email : [bengkulupstw@gmail.com](mailto:bengkulupstw@gmail.com)

**SURAT KETERANGAN**

Nomor : 469.1/096/ Dinsos VI.1/VI/2026

Yang bertanda tangan di bawah ini :

- a. Nama : TIMOR DIYANTO, SH.,M.Si
- b. Jabatan : Kepala UPTD Panti Sosial Tresna Werdha Pagar Dewa

dengan ini menerangkan bahwa :

- a. Nama/NIM : **DIVA MAHARDIKA PUTRI /NIM. P01720322067**
- b. Prodi : DIV Keperawatan Poltekkes Kemenkes Bengkulu
- c. Judul Penelitian : Pengaruh Kombinasi *Reminiscence Therapy* dan *Crossword Puzzle Therapy* Terhadap Peningkatan Fungsi Kognitif Pada Lansia di UPTD Panti Sosial Tresna Werdha Bengkulu Tahun 2026

- d. Waktu Penelitian : Tanggal 27 April 2026 s.d 13 Juni 2026

Demikian Surat Keterangan Selesai Penelitian ini dibuat untuk dipergunakan seperlunya.

Bengkulu, 15 Juni 2026

a.n. Kepala UPTD Panti Sosial Tresna  
Werdha Pagar Dewa Bengkulu

Kasubag Tata Usaha

**ANTON DAMIRIL, S.Sos.**

Penata Muda Tk. I/ III.b

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