

SOCIAL ACTIVITIES AND POSSIBLE DEMENTIA AMONG THE ELDERLY IN RURAL AND URBAN AREAS

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Introduction

38.9 % of Indonesian elderly had memory problem

70 % had a good ADL score

Active in the family and participated in social activities

Objective

To investigate the association of social activities with less risk of possible dementia

Methodology

Cross sectional surveys

Citengah, Sumedang - West Java and in West and Central Jakarta

313 subjects

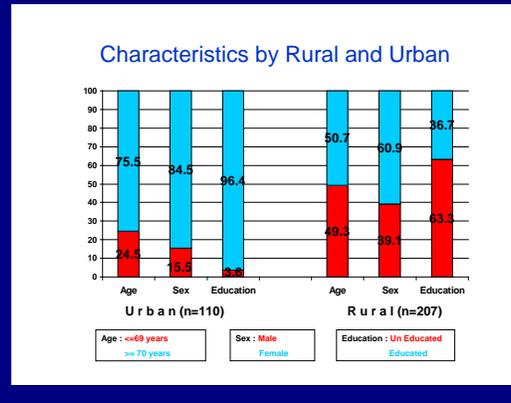
Self-reported of their social activities.

Mini-Mental Status Examination (MMSE)

Cut-off score of 24.5

Chi – square

Results



Results

More cases with possible dementia in rural ; in the older ; and in less educated elderly ($p < 0.0001$)

Associated with less risk of possible dementia were :

- reading
- watching TV
- talking with others
- social gatherings
- praying together
- community activities ($p < 0.0001$)

Discussion

Participants with dementia might engage in fewer activities

Social activities had positive contribution in less risk of possible dementia

Hence, cause and effect in the present cross-sectional study are unclear

Mental stimulation could reverse cognitive impairment in affected animals

Future longitudinal studies will investigate these associations in more detail

Conclusion

Mental and social activities may have a significant contribution in preventing cognitive impairment and possible dementia

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