

ABSTRACT

Introduction: The problem in the elderly is known as geriatric syndrome. One of them is intellectual disorders in the form of cognitive disorders or dementia and the condition of the elderly who are prone to hypercholesterol problems. **The purpose** of this study was to analyze the effect of fasting Monday as a self-care agent on symptoms of total cholesterol and dementia in the elderly. **Method:** The design of this study was cross sectional. The variables in this study were the independent variable on Monday fasting as the independent variable, total cholesterol and dementia symptoms as the dependent variable and self-care agents as the intervening variable. The population of this study was the elderly with inclusion and exclusion criteria in PPDU ITQON Jombang with a total sample of 120. Sampling was using consecutive sampling technique. The research instrument was a fasting questionnaire Monday, Thursday, total cholesterol using the EBB instrument and dementia symptoms using the MMSE instrument, which was then tested using the chi square equivalence test and independent t-test statistical test. **Results:** There was an effect of Monday fasting as a self-care agent on total cholesterol with the result of the t-test p-value = 0.020 and dementia symptoms (0.000). **Conclusion:** Based on the research results, fasting Monday as a self-care agent can stabilize total cholesterol and reduce symptoms of dementia in the elderly.

Key words: fasting Monday thursday, orphanage, dementia, total cholesterol