

ABSTRAK

PENGARUH *BALANCE EXERCISE* TERHADAP KEKUATAN OTOT PADA LANSIA DI DUSUN PESISIR BARAT KAMPUNG KASUR PASIR DESA LEGUNG TIMUR KECAMATAN BATANG - BATANG

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Setelah melewati era bonus demografi, Indonesia akan menghadapi lonjakan penduduk lansia yang pertumbuhannya akan semakin meningkat setiap tahunnya. Perubahan ini akan berdampak terhadap lini kehidupan ditambah dengan masalah kesehatan yang sering berkaitan dengan penurunan fungsi tubuh pada lansia seperti halnya penurunan fungsi otot yang dapat mengganggu aktivitas sehari-hari lansia.

Penelitian ini adalah merupakan kuantitatif dengan desain pra-eksperimen. Rancangan penelitian menggunakan *one group pra-posttest design*. Responden dalam penelitian terdiri dari lansia di dusun pesisir barat kampung kasur pasir berjumlah 52 orang. Teknik pengambilan sampel menggunakan *purposive sampling* sebanyak 17 orang. Data dikumpulkan melalui observasi terstruktur dengan menggunakan SOP (standart operasional prosedur). Variabel dalam penelitian ini terdiri dari variabel bebas yakni pelatihan *Balance Exercise* dan variabel terikat yakni kekuatan otot pada lansia. Analisa data menggunakan uji *wilcoxon*.

Hasil penelitian menunjukkan bahwa terdapat pengaruh antara *Balance Exercise* terhadap kekuatan otot pada lansia karena berdasarkan uji Wilcoxon menunjukkan bahwa *p-value* 0.000. Karena nilai $p < 0.05$, maka terdapat Pengaruh *Balance Exercise* Terhadap Kekuatan Otot Pada Lansia Di Dusun Pesisir Barat Kampung Kasur Pasir Desa Legung Timur Kecamatan Batang – Batang.

Kesimpulan: adanya pengaruh pemberian latihan keseimbangan terhadap kekuatan otot pada lansia menunjukkan bahwa lansia masih mempunyai harapan untuk mensejahterahkan dirinya seiring dengan penurunan fungsi tubuhnya. pelaksanaan praktik *balance exercise* yang dilakukan secara berkesinambungan bisa menjaga tubuh lansia tetap seimbang, koordinasi antara bagian tubuh, mencegah resiko jatuh dan secara luas berdampak pada aktivitas sehari-hari lansia.

Kata Kunci: *Balance Exercise*, lansia, Kekuatan Otot

ABSTRACT

THE EFFECT OF BALANCE EXERCISE ON MUSCLE STRENGTH IN THE ELDERLY IN THE WEST COAST HAMLET OF THE SAND MATTRESS VILLAGE OF THE EASTERN LEGUNG VILLAGE OF BATANG BATANG SUB-DISTRICT

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After passing through the era of demographic bonuses, Indonesia will face a surge in the elderly population whose growth will increase every year. These changes will have an impact on life lines coupled with health problems that are often associated with decreased bodily functions in the elderly as well as decreased muscle function that can interfere with the daily activities of the elderly.

This research is a quantitative with pre-experimental design. The research design uses one group pre-posttest design. Respondents in the study consisted of elderly people in the west coast hamlet of the sand mattress village totaling 52 people. The sampling technique used purposive sampling as many as 17 people. Data is collected through structured observation using standard operating procedures (SOP). The variables in this study consisted of independent variables namely Balance Exercise training and the dependent variable namely muscle strength in the elderly. Data analysis used Wilcoxon test.

The results showed that there was an influence between Balance Exercise on muscle strength in the elderly because based on the Wilcoxon test showed that the p-value was 0.000. Because the value of $p < 0.05$, then there is the effect of balance exercise on muscle strength in the elderly in the west coast hamlet of the sand mattress village of the eastern legung village of batang batang sub- district.

Conclusion: the influence of providing balance training on muscle strength in the elderly shows that the elderly still have hope to prosper themselves along with the decline in body function. The implementation of balance exercise practices carried out on an ongoing basis can keep the body of the elderly remains balanced, coordination between body parts, prevent the risk of falls and broadly impact the daily activities of the elderly.

Keywords: Balance Exercise, elderly, Muscle Strength