

ABSTRAK

Gita Anjali¹, Syavira Nooryana²

Pengaruh Kombinasi *Square Step Exercise* dan *Resistance Theraband Therapy* Terhadap Keseimbangan Dinamis pada Lanjut Usia di Desa Kaibahan Kecamatan Kesesi Kabupaten Pekalongan

Pendahuluan: Lanjut usia mengalami penurunan kemampuan fisik dalam menjaga keseimbangan tubuh dalam bergerak. Keseimbangan yang terganggu menyebabkan lanjut usia mudah terjatuh sehingga mengganggu aktivitas sehari-hari. Upaya untuk meningkatkan keseimbangan dinamis dapat dilakukan dengan latihan fisik berupa kombinasi *square step exercise* dan *resistance theraband therapy*

Tujuan: Penelitian ini bertujuan untuk mengetahui pengaruh kombinasi *square step exercise* dan *resistance theraband therapy* terhadap keseimbangan dinamis pada lanjut usia di Desa Kaibahan Kecamatan Kesesi Kabupaten Pekalongan

Metode: Penelitian menggunakan metode *quasi experimental study* dengan tipe rancangan *one group pre-test and post-test design*. Teknik pengambilan sample menggunakan *Purposiv Sampling*. Pengukuran keseimbangan dinamis menggunakan alat ukur *time up and go test* yang dilakukan 12 kali latihan dengan frekuensi 3 kali dalam seminggu selama 4 minggu. Penelitian ini menggunakan uji statistik nonparametrik *Wilcoxon Sign Ranks Test*.

Hasil: Hasil nilai mean sebelum diberikan intervensi 19,00 detik, nilai median 19,27 detik dan nilai mean sesudah diberikan intervensi 13,23 detik nilai median 12,63 detik. Hasil uji pengaruh menggunakan uji *wilcoxon sign ranks test* di dapatkan *p value* 0,000 (<0,005), yang berarti ada pengaruh yang signifikan dari kombinasi *square step exercise* dan *resistance theraband therapy* terhadap keseimbangan dinamis pada lanjut usia di Desa Kaibahan Kecamatan Kesesi Kabupaten Pekalongan.

Simpulan: Kombinasi *square step exercise* dan *resistance theraband therapy* dapat meningkatkan keseimbangan dinamis pada lanjut usia

Saran: Kombinasi *square step exercise* dan *resistance theraband therapy* dapat menjadi referensi bagi fisioterapis untuk meningkatkan keseimbangan dinamis pada lanjut usia yang mengalami gangguan keseimbangan

Kata Kunci: *Square Step Exercise*, *Resistance Theraband Therapy*, Keseimbangan Dinamis, Lanjut Usia

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ABSTRACT

Gita Anjali¹, Syavira Nooryana²

The Effect of Square Step Exercise and Resistance Theraband Therapy on Dynamic Balance in the Elderly in Kaibahan Village, Kesesi District, Pekalongan Regency

Introductions: Elderly people get a decrease in physical ability to maintain body balance while moving. Disturbed balance causes the elderly to fall easily so that it interferes with daily activities. Therefore, to improve dynamic balance, physical training can be done in the form of a combination of square step exercise and resistance theraband therapy.

Objectives: this study aims to determine the effect of square step exercise and resistance theraband therapy on dynamic balance in the elderly in Kaibahan Village, Kesesi District, Pekalongan Regency.

Methods: the study has applied quasi experimental study with one group pre-test and post-test design. The purposive sampling was taken as the technique. Measurement of dynamic balance using a time up and go test which was carried out 12 times with a frequency of 3 exercises a week for 4 weeks. Therefore, it used nonparametric statistical test of Wilcoxon Sign Ranks Test.

Results: the result of mean value before intervention was 19,00 seconds, the median value was 19,27 seconds, and the mean value after giving intervention was 13,23 seconds, while the median value was 12,62 seconds.

Meanwhile, the result of effect test using Wilcoxon Sig Ranks obtained p value 0,000 (<0,005), it means there is significant effect of square step exercise and resistance theraband therapy on dynamic balance in the elderly in Kaibahan Village, Kesesi District, Pekalongan Regency.

Conclusions: the combination of square step exercise and resistance theraband therapy was proven to improve the dynamic balance in the elderly.

Suggestions: the combination of square step exercise and resistance theraband therapy can be one of references for the physiotherapists in improving dynamic balance in the elderly who get balance disorders.

Keywords: *Square Step Exercise, Resistance Theraband Therapy, Dynamic Balance, Elderly.*

References: 43 (2013-2023)