

ABSTRAK

Hesti Amaliya¹, Dyah Putri Aryati², Ragil Prasetyo Triwibowo³

Penerapan *Balance Exercise* Terhadap Tingkat Keseimbangan Lansia Dengan Risiko Jatuh Di Wisma Wiyasa Panti Pelayanan Sosial Lanjut Usia Bisma Upakara Pemalang

Introduction (Pendahuluan)

Lanjut usia adalah seseorang yang mencapai usia 60 tahun ke atas. Peningkatan jumlah lansia berdampak pada kesehatan fisik dan mental. Survey *Indonesian Family Life Survey* (IFLS), usia >65 tahun sebesar 30% dan >80 tahun sebesar 50% mengalami jatuh setiap tahunnya. Tujuan penelitian ini untuk mengetahui penerapan *Balance Exercise* terhadap tingkat keseimbangan lansia dengan risiko jatuh.

Method (metode)

Jenis penelitian yang digunakan adalah studi kasus yang disusun berdasarkan laporan asuhan keperawatan meliputi pengkajian, diagnosa keperawatan, intervensi, implementasi dan evaluasi. Implementasi studi ini berdasarkan EBN dengan kuesioner *Berg Balance Scale* dan *Morse Fall Scale* sebagai sumber pengkajian. Penerapan *Balance Exercise* dilakukan 1 kali sehari selama 3 hari selama 30 menit.

Result (Hasil)

Hasil penerapan sebelum diberikan *Balance Exercise* tingkat keseimbangan pada skor 33 dan risiko jatuh skor 50, setelah diberikan *Balance Exercise* skor keseimbangan 37 dan skor risiko jatuh 40, meskipun kategori hasil dalam rentang klasifikasi yang sama, namun terdapat peningkatan skor yang menunjukkan adanya perbaikan sebelum dan sesudah penerapan *Balance Exercise*.

Simpulan

Penerapan *Balance Exercise* efektif untuk meningkatkan keseimbangan lansia dengan risiko jatuh dan dapat diterapkan bagi lansia dengan gangguan keseimbangan untuk meningkatkan keseimbangan. Saran agar peneliti selanjutnya dapat menambahkan kelompok kontrol agar mendapatkan hasil lebih baik.

Kata Kunci : *Balance Exercise, keseimbangan, risiko jatuh*

ABSTRACT

Hesti Amaliya¹, Dyah Putri Aryati², Ragil Prasetyo Triwibowo³

The Implementation of Balance Exercise to the Balance Level of Elderly People at Risk of Falling at Wisma Wiyasa, Bisma Upakara Elderly Social Service Center, Pemalang

Introduction

An elderly person is defined as someone who is 60 years of age or older. The growing population of elderly individuals has significant implications for both physical and mental health. According to the Indonesian Family Life Survey (IFLS), 30% of people aged 65 and older, and 50% of those aged 80 and over, experience falls annually. This study aims to examine the effect of balance exercises on the balance levels of elderly individuals who are at risk of falling.

Method

The research involved a case study that focused on a nursing care report, which included the assessment, nursing diagnosis, intervention, implementation, and evaluation processes. The study utilized the EBN (National Nursing Assessment) questionnaire and incorporated the Berg Balance Scale and the Morse Fall Scale as assessment tools. Balance exercises were conducted once a day for three days, with each session lasting 30 minutes.

Result

Before the application of Balance Exercise, the balance score was 33, and the risk of falling score was 50. After completing the Balance Exercise, the balance score increased to 37, while the risk of falling score decreased to 40. Although both scores remained in the same classification range, the increase in balance score and decrease in fall risk indicate an improvement following the Balance Exercise.

Conclusion

The application of effective Balance Exercise improves the elderly's balance at risk of falling and it can be applied for them with balance disorder to improve the balance. Therefore, for the further researcher, it is expected to expand the study by adding controlled group to achieve the better result.

Keywords: *Balance Exercise, balance, risk of fall*