

ABSTRACT

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The Effect of Walking Tandem and Bridging Exercises on Balance in Elderly Residents of Ponolawen Village, Kesesi District, Pekalongan Regency

Background: An elderly person is someone who is 60 years or older. As people age, they undergo changes in their musculoskeletal system, leading to reduced muscle strength, slower muscle contractions, and decreased reaction speed. These changes can affect their ability to maintain balance. Balance problems among the elderly can be reduced and prevented using coordination exercise therapy, such as walking tandem and bridge exercises.

Purpose: The purpose of this study was to determine how walking tandem exercise and bridging exercise affected balance in the elderly in Ponolawen village, Kesesi sub-district, Pekalongan district.

Research Method: This study used a quasy experimental with one group pre- and post-test design. Total sampling was used in this study. There were 20 participants involved in this study. Data were analyzed by using Wilcoxon Sign Rank. This intervention was administered six times for two weeks.

Result: The results showed that the average balance score was 14.56 before the intervention and improved to 11.82 after the intervention. The Wilcoxon Sign Rank showed a significant result with p -value < 0.001 .

Conclusion: The walking tandem and bridging exercises may increase balance in Elderly.

Suggestion: This study may be able to used as a reference for physiotherapist for reducing balance problems among elderly.

Keywords : *Physiotherapy, balance, walking tandem, bridging exercise*

Bibliography : 71 (2014-2024).