

ABSTRAK

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Pengaruh Kombinasi Walking Turning Around dan Ankle Strategy Exercise Terhadap Risiko Jatuh Pada Lanjut Usia di Desa Rowokembu

Latar Belakang: Lanjut usia merupakan fase dalam hidup yang akan dilewati setiap orang dalam suatu kehidupannya. Lanjut usia juga mengalami permasalahan pada sistem musculoskeletal dapat mengakibatkan penurunan kekuatan otot. Lanjut usia yang mengalami penurunan kekuatan otot dapat berisiko jatuh yang berdampak pada keterbatasan dalam melakukan aktivitas. Upaya untuk meminimalisir risiko jatuh dapat dilakukan dengan latihan kekuatan otot berupa *walking turning around* dan *ankle strategy exercise*.

Metode Penelitian: Penelitian ini menggunakan desain penelitian *quasi experimental design* dengan tipe *one grup pre-test and post-test design*. Teknik pengambilan sampel menggunakan *purposive sampling*. Penelitian ini menggunakan *uji paired samples T test* dengan 18 responden. Penelitian ini dilaksanakan pada 28 Juni sampai 25 Juli 2024 yang dilakukan sebanyak 12 kali pertemuan selama 1 bulan 3 kali seminggu.

Hasil Penelitian: Hasil penelitian yang diperoleh dari 18 responden mendapatkan nilai rata-rata risiko jatuh sebelum diberikan intervensi sebesar 14,46 detik dan sesudah diberikan intervensi sebesar 12,69 detik. Hasil uji statistik menggunakan *paired samples t-test* menunjukkan nilai *p value* ($0,000 \leq 0,05$) yang berarti ada pengaruh dari intervensi kombinasi *walking turning around* dan *ankle strategy exercise* terhadap risiko jatuh pada lanjut usia di Desa Rowokembu.

Diskusi: Pemberian kombinasi *walking turning around* dan *ankle strategy exercise* dapat meminimalisir risiko jatuh pada lanjut usia di Desa Rowokembu. Hasil kombinasi *walking turning around* dan *ankle strategy exercise* dapat dijadikan sebagai sumber referensi bagi fisioterapi untuk meminimalisir risiko jatuh pada lanjut usia.

Kata Kunci : Ankle strategy exercise, Risiko Jatuh, Walking turning around

Daftar Pustaka : 51 (2014-2024)

ABSTRACT

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The Effect of Combination of Walking Turning Around and Ankle Strategy Exercises on the Risk of Falls in the Elderly in Rowokembu Village

Introduction: Elderly is a phase in life that everyone will go through in a lifetime. The elderly also experience problems in the musculoskeletal system which can result in decreased muscle strength. The elderly who experience decreased muscle strength can be at risk of falling which has an impact on limitations in carrying out activities. Efforts to minimize the risk of falling can be done with muscle strength training in the form of walking turning around and ankle strategy exercises.

Research Method: This study used a quasi experimental design with a one group pre-test and post-test design type. The sampling technique used purposive sampling. This study used paired samples T test with 18 respondents. This research was conducted from June 28 to July 25, 2024 which was conducted 12 times a meeting for 1 month 3 times a week.

Research Results: The results obtained from 18 respondents obtained an average value of the risk of falling before being given an intervention of 14.46 seconds and after being given an intervention of 12.69 seconds. The results of statistical tests using paired samples t-test showed a p value ($0.000 \leq 0.05$) which means that there is an effect of the combined intervention of walking turning around and ankle strategy exercise on the risk of falling on the elderly in Rowokembu Village.

Discussion : Giving a combination of walking turning around and ankle strategy exercise can minimize the risk of falls in the elderly in Rowokembu Village. The results of the combination of walking turning around and ankle strategy exercise can be used as a reference source for physiotherapy to minimize the risk of falls in the elderly.

Keywords : Ankle strategy exercise, Risk of falling, Walking turning around

Bibliography : 51 (2014-2024)