

# Pengaruh latihan keseimbangan (LKS) lansia terhadap keseimbangan tubuh, risiko jatuh, status kesehatan dan kualitas hidup lansia di Kota Depok = The effect of elderly balance exercise on postural balance risk of fall health status and quality of life among elderly in Depok City

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## Abstrak

[Jatuh merupakan salah satu masalah yang serius pada lansia. Gangguan keseimbangan tubuh merupakan salah satu penyebab jatuh yang cukup penting. Penelitian ini bertujuan mengetahui pengaruh latihan keseimbangan lansia selama 8 minggu terhadap keseimbangan tubuh, risiko jatuh, status kesehatan dan kualitas hidup lansia. Penelitian quasi experimental ini terdiri dari dua kelompok; 30 lansia sebagai kelompok kontrol dan 30 perlakuan. Teknik pengambilan sampel yang digunakan adalah multistage random sampling. Hasil penelitian menunjukkan latihan keseimbangan lansia berpengaruh signifikan meningkatkan keseimbangan tubuh ( $p=0,0005$ ), status kesehatan ( $p=0,0005$ ), kualitas hidup ( $p=0,0001$ ) dan menurunkan risiko jatuh ( $p=0,0005$ ). Hasil uji mancova menunjukkan pengaruh LKS lansia diperkuat oleh usia ( $p=0,0005$ ). Latihan keseimbangan lansia dapat digunakan sebagai salah satu upaya pencegahan gangguan keseimbangan tubuh, risiko jatuh dan upaya meningkatkan status kesehatan dan kualitas hidup pada lansia di komunitas. Penelitian selanjutnya dapat melakukan penelitian pada kelompok usia yang berbeda untuk mengetahui keefektifan latihan keseimbangan lansia; Falls are the one of serious problem among elderly. Balance impairment is one of important cause of fall. The aim of this study was to investigate the effect of elderly balance exercise on postural balance, risk of fall, health status and quality of life among elderly. This quasi experimental design included two groups; 30 subjects as intervention groups and 30 subjects as control groups. Sample was taken by multistage random sampling. There were significant improvements in postural balance ( $p=0,0005$ ), health status ( $p=0,0005$ ) and quality of life ( $p=0,0001$ ). However, there was a significant reducing in risk of fall ( $p=0,0005$ ). The result of mancova showed that elderly balance exercise strengthened by age ( $p=0,0005$ ). Balance exercise can be utilized as one of the preventive effort to maintain postural balance, reduce risk of fall, increase health status and quality of life among elderly in the community. Future research may consider variation of age to know effectiveness of balance exercise, Falls are the one of serious problem among elderly. Balance impairment is one of important cause of fall. The aim of this study was to investigate the effect of elderly balance exercise on postural balance, risk of fall, health status and quality of life among elderly. This quasi experimental design included two groups; 30 subjects as intervention groups and 30 subjects as control groups. Sample was taken by multistage random sampling. There were significant improvements in postural balance ( $p=0,0005$ ), health status ( $p=0,0005$ ) and quality of life ( $p=0,0001$ ). However, there was a significant reducing in risk of fall ( $p=0,0005$ ). The result of mancova showed that elderly balance exercise strengthened by age

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