

# Memahami Pengalaman Berjalan Lansia Berdasarkan Aspek Ruang Peripersonal = Investigation of the Elderly's Walking Experience Based on Peripersonal Aspects

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## Abstrak

Skripsi ini menelaah tentang aspek ruang peripersonal sebagai dasar dari pengalaman berjalan lansia. Ruang peripersonal diartikan sebagai ruang yang berada dalam jangkauan langsung tubuh. Proses penuaan pada lansia ditandai dengan terjadinya beberapa kemunduran fungsi anggota tubuh dalam kegiatan sehari-hari. Praktik berjalan pada keseharian lansia menjadi aktivitas cukup kompleks dikarenakan kemampuan berjalan yang tidak lagi sama seperti usia lainnya. Lansia memiliki cara khusus dalam menempati ruang berdasarkan medan utama yang terbentuk dalam mencapai target gerakan tubuh yang melibatkan pengaturan body contact, body balance, dan body center. Studi dalam skripsi ini melakukan observasi berbasis media film untuk memahami ruang peripersonal pada pengalaman berjalan lansia. Pengalaman berjalan lansia dibentuk oleh interaksi body contact, body balance dan body center sebagai bagian dari ruang peripersonal lansia ketika berjalan. Berdasarkan interaksi tersebut, skripsi ini mengidentifikasi aspek ruang peripersonal yang hadir ketika berjalan, yang terdiri dari visibilitas dan perbedaan ketinggian lantai (visibility and differences), dimensi dan batas sekeliling ruang (dimension & enclosure), elemen statis dan non-statis yang hadir di sekitar ruang, serta ritme berjalan. Keseluruhan aspek peripersonal tersebut hadir terkait dengan konteks dan membentuk pengalaman berjalan lansia dalam pemenuhan aktivitas sehari-hari.

..... This thesis examines the aspects of peripersonal space as the basis of the elderly walking experiences. Peripersonal space is a space that is located within the body reach. The ageing process in the elderly is characterized by the occurrence of several setbacks of limbs functions in daily activities. The practice of walking as an elderly person on a daily basis becomes a fairly complex activity because the ability to walk is no longer the same as other age brackets. For the elderly who are still active and able to walk, the peripersonal space in the surrounding environment becomes the foundation for them in completing all of their activities in occupying space. The elderly has a particular way of moving and occupying space based on the main field of body movement that is formed in accordance with the organisation of bodily contact, body balance, and body center. The study in this thesis utilizes film as a media to explore peripersonal space as the basis of elderly walking experience. The study found that the elderly walking experience is shaped by the interaction between bodily contact, body balance, and body center along the peripersonal space. The study identifies peripersonal spatial aspects that emerge within the observation, which consist of visibility and differences of height in ground level, the dimension and enclosure of the surrounding area, the static and non-static elements that exist around the space, and the rhythm of walking. Altogether, these peripersonal aspects exists along the context and shape the dynamic of walking experience in the daily life of the elderly.