Pengaruh Program Latihan Otago terhadap Keseimbangan Dinamis dan Resiko Jatuh pada Lansia di Panti Lansia Berdikari Taangerang = The Effect of Otago Exercise Program on Dynamic Balance and Risk of Falls in Elderly People at Berdikari Elderly Home in Tangerang

Muhammad Kurnianto Ilham, author

Abstrak

Menurut Word Health Organization (WHO), pada tahun 2025 jumlah lansia global akan mencapai 1,2 miliar dan diperkirakan akan meningkat menjadi 2 miliar pada tahun 2050. Selain itu, WHO memperkirakan bahwa 75% dari populasi lansia pada tahun 2025 akan berada di negara-negara berkembang dengan separuhnya tinggal di Asia. Menurut Badan Pusat Statistik (BPS) data statistik penduduk lanjut usia tahun 2023 berdasarkan prevalensi di provinsi Banten tahun 2023 jumlah lansia yang berdasarkan usia lansia muda (60 - 69 tahun) sebanyak 71,41 orang, lansia madya (70 - 79 tahun) sebanyak 23,05 orang dan lansia tua (80+ tahun) sebanyak 5,54 orang.

Penelitian ini untuk mengetahui bagaimana pengaruh program otago exercise terhadap keseimbangan dinamis dan resiko jatuh pada lansia. Penelitian ini menggunakan metode pendekatan One Group Pre-Test and Post-Test dengan desain penelitian Quasy Eksperimental Design. Populasi dalam penelitian ini adalah lansia yang ada di Panti Werdha Tangerang yang berjumlah 45 orang. Sampel yang digunakan dari penelitian ini adalah lansia di Panti Werdha Tangerang yang memenuhi kriteria inklusi dengan jumlah sampel 30 responden.

Pada penelitian ini akan dilakukan uji normalitas terlebih dahulu menggunakan uji Saphiro Wilk karena sampel pada penelitan ini 30 < 50 responden. Hasil uji normalitas adalah data tidak berdistribusi normal, maka uji yang dilakuakn uji statistik Wilcoxon Signed Rank Test.

Hasil penelitian didapatkan hasil keseimbangan dinamis dan resiko jatuh pada lansia sebelum diberikan program otago exercise didominasi resiko jatuh tinggi sebesar 20 (66,7%) responden dan nilai mean 32,3 detik, sedangkan hasil keseimbangan dinamis dan resiko jatuh pada lansia sesudah diberikan program otago exercise didapatkan hasil didominasi resiko jatuh ringan sebesar 19 (63,3%) responden dan nilai mean 19,2 detik. Hasil statistik dengan uji Wilcoxon Signed Ranks Test didapatkan hasil p-value 0,000 < 0,05. Hal ini membuktikan bahwa adanya pengaruh program otago exercise terhadap perubahan keseimbangan dinamis dan resiko jatuh pada lansia.
.....According to the World Health Organization (WHO), in 2025 the number of ederly people globaly will reach 1.2 billion and is expected to increase to 2 billion by 2050. In addition, WHO estimates that 75% of the ederly population in 2025 will be in developing countries with half living in Asia. According to the Central Statistics Agency (BPS), statistical data on the ederly population in 2023 based on prevalence in Banten province in 2023, the number of ederly based on the age of young ederly (60 - 69 years) was 71.41 people, middle ederly (70 - 79 years) was 23.05 people and old ederly (80+ years) was 5.54 people.

This study aims to determine the effect of the Otago Exercise program on dynamic balance and the risk of falling in the ederly. This study uses the One Group Pre-Test and Post-Test approach method with the Quasy Eksperimental Design research design. The population in this study were the ederly in the Tangerang Werdha Home totaling 45 people. The sample used in this study was the ederly in the Tangerang Werdha Home who met the inclusion criteria with a sample size of 30 respondents.

In this study, a normality test will be carried out first using the Shapiro Wilk test because the sample in this study was 30 <50 respondents. The results of the normality test are that the data is not normally distributed, so the test carried out is the Wilcoxon Signed Rank Test statistical test.

The results of the study showed that the results of dynamic balance and risk of falling in the ederly before being given the Otago exercise program were dominated by a high risk of falling by 20 (66.7%) respondents and a mean value of 32.3 seconds, while the results of dynamic balance and risk of falling in the elderly after being given the Otago exercise program were dominated by a mild risk of falling by 19 (63.3%) respondents and a mean value of 19.2 seconds. Statistical results with the Wilcoxon Signed Ranks Test obtained a p-value of 0.000 <0.05. This proves that there is an effect of the Otago exercise program on changes in dynamic balance and risk of falling in the elderly.