

***THE EFFECT OF AEROBIC EXERCISE LOW IMPACT
AGAINST FUNCTIONAL MOVEMENT IN THE ELDERLY
AT POSYANDU LANSIA NGUNDI RAHARJO BOYOLALI***

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ABSTRACT

Background: Aerobic Low Impact is a geriatric exercise that takes place without planning and only uses balance exercises that concentrate on certain large muscle groups with light to moderate movement intensity. ***Benefits*** This exercise in the elderly will increase the strength of the respiratory muscle pump and muscle strength, which will maintain the skeletal structure of the body. Decreased musculoskeletal function is a common problem that occurs in the elderly, one of which is characterized by decreased joint flexibility. Decreased joint firmness in the elderly reaches 40-50%. Strong muscles and good flexibility are protective for the elderly. ***Purpose:*** To find out whether there is an effect of Low Impact Aerobic Exercise on Functional Movement in the elderly. ***Methods:*** this type of research is a quantitative research, quasy-experimental (*Quasy Experimental*) with One Group PreTest PostTest Design with a sample size of 23. The research instruments used questionnaires, interviews and functional movement measurements using FMS (Functional Movement Screening). The Low Impact Aerobic Exercise Intervention was carried out 2 times a week for 2 weeks with a duration of 25-30 minutes of exercise. ***Result:*** the results of the study obtained a significance value of FMS of 0.157 ($p > 0.05$). then H_0 is accepted H_a is rejected so that it can be interpreted that there is no effect of Aerobic Low Impact Gymnastics on Functional Movement in the elderly. ***Conclusion:*** There is no effect of Low Impact Aerobic Exercise on Functional Movement in the elderly.

Keywords: Aerobic Low Impact , Functional Movement, elderly