

PENGARUH KOMBINASI GAZE STABILIZATION DENGAN TANDEM WALK EXERCISE TERHADAP BALANCE POSTURAL DYNAMIC LANSIA

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ABSTRACT

Background: Elderly (elderly) is someone who has reached the age of > 60 years, which is the final stage of the human life cycle. At this stage the elderly will experience a decrease in the function of the anatomical and physiological systems in the elderly which will cause disturbances in the body's systems, one of which is a balance disorder so that training is needed to overcome this, one of which is using the gaze stability exercise and tandem walk exercise. Gaze stability exercise is an eye movement exercise and an effective tool for balance ability and cognitive function in the elderly while the tandem walk exercise is an exercise that aims to train posture or body position, control balance, muscle coordination and body movement. **Research Objectives:** To find out whether there is an effect of gaze stabilization with tandem walk exercise on the dynamic postural balance of the elderly. **Research Method:** This study used the Pre-Post The Non Equivalent Control Group Design with a sample of 30 subjects divided into a treatment group and a control group of 15 subjects each. The research instrument used questionnaires, interviews, and balance measurements. Gaze stability intervention and tandem walk exercise were carried out 3 times a week for 4 weeks. Data analysis used the Wilcoxon effect test and the different effect test with Mann Whitney. **Result:** the effect of gaze stability with the combination of tandem walk exercise increases balance in the elderly with a significance value (2-tailed) 0.001. **Conclusion:** There is an effect of gaze stability exercise and tandem walk exercise on dynamic postural balance in the elderly.

Keywords: Elderly, Gaze Stability, Tandem Walk Exercise, Dynamic Postural Balance