

# **PENGARUH *TELE BALANCE EXERCISE* TERHADAP KESEIMBANGAN LANSIA**

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## **ABSTRACT**

**Background:** *Elderly is part of the process of growth and development in someone from adult children who eventually grow old. The aging process is characterized by several declines in the function of the body's organs, causing a decrease in balance in the elderly. Balance is the body's ability to maintain balance in various positions. Today there are many technologies that can be used to make things easier, one of which is in the health sector. One of the media that can be utilized in the health sector is Google Meet, this application is an internet-based e-learning system provided by Google. Therefore, researchers provide Tele Balance Exercise interventions for balancing the elderly in Mojo, Jantiharjo, Karanganyar.* **Purpose:** *the purpose of this study was to determine the effect of tele balance exercise on the balance of the elderly.* **Method:** *this research Is a quantitative research with a quasi-experimental research type. A sample of 24 respondents with a purposive sampling technique. Measurement of elderly balance using the Berg Balance Scale. The tele balance exercise intervention was carried out 3 times a week for 1 month.* **Results:** *Based on the Wilcoxon Test using the BBS measurement instrument, a significance value of 0.005 ( $p < 0.05$ ).* **Conclusion:** *There is an effect of tele balance exercise on the balance of the elderly.*

**Keywords:** *Elderly balance, tele balance exercise*