

**PREVALENCE AND RELATIONSHIP TO FACTORS OF FALLING
RISK IN THE ELDERLY AT POSYANDU FOR ELDERLY
IN THE WORKING AREA OF PUSKESMAS SANGKRAH SURAKARTA**

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ABSTRACT

Background: *Indonesia has experienced an increase in life expectancy followed by an increase in the number of elderly people. An increase in the number of elderly people will cause health problems that need serious attention from both the government and related parties. These changes are due to the aging process. The most significant change experienced by the elderly is a decrease in balance which causes a negative effect in the form of a risk of falling. In addition to the static and dynamic balance that affect the risk of falling, age and gender affect the risk of falling. Measurements are needed to prevent the risk of falling at the Puskesmas Sangkrah. **Purpose:** To determine the prevalence and relationship between risk factors for falling in the elderly at the Posyandu Lansia in area of the Puskesmas Sangkrah Surakarta. **Method:** Sampling technique with cluster random sampling according to the inclusion criteria. Total research respondents amounted to 224 respondents. Measurement of balance using the Berg Balance Scale (BBS), risk of falling using the Morse Fall Scale (MFS). **Results:** chi-square test hipotesis on age with risk of falling $p=0.000$ ($p<0.005$), gender with risk of falling $p=0.000$ ($p<0.005$), balance with risk of falling $p=0,000$ ($p<0.005$). **Conclusion:** there is a relationship between age and the risk of falling, there is a relationship between gender and the risk of falling, and there is a relationship between balance and the risk of falling.*

Keywords: Elderly, Age, Gender, Balance, Risk of falling