

THE EFFECT OF TERA EXERCISE ON IMPROVING QUALITY OF LIFE IN THE ELDERLY

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ABSTRACT

Background: Aging (becoming old) is the process of slowly losing the ability of tissues to repair themselves. According to data from the Tanon 1 Health Center, the prevalence of a decrease in the quality of life in the elderly (60-74 years) in Sragen Regency has decreased in 2021 by 45%, an increasing number of elderly people have various problems, one of which is health problems. As much as 85% of the increasing number of elderly with the emergence of various problems is physical health. One way to maintain physical fitness and psychological health is by doing tera gymnastics. The quality of life of the elderly decreases through physical health factors, psychological health, social relationships, environmental and spiritual factors. ***Purpose:*** Knowing whether there is an Effect of Tera Gymnastics on Improving Quality of Life in the Elderly. ***Methods:*** This study used a pre experimental method, namely an experimental method with pretests and posttests given. Sample as many as 47 respondents with purposive sampling technique. Measuring instruments using the SF-36 questionnaire. ***Results:*** Based on the Wilcoxon test, a significant value was obtained on the SF-36 questionnaire measuring tool of Tera gymnastics of 0.045 ($p < 0.05$). ***Conclusion:*** there is an effect of giving tera gymnastics on improving the quality of life in the elderly.

Keywords: Elderly; Tera Gymnastics; Quality of Life; SF-36 Questionnaire