

**THE EFFECT OF THE COMBINATION OF OTAGO EXERCISE AND
SWISS BALL EXERCISE ON THE RISK OF FALLING IN THE ELDERLY**

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ABSTRACT

Background: *The aging process in general will be marked by various declines in the function of an organ of the body. When entering old age, there will be a physiological decline that will cause degenerative disorders. One of these degenerative disorders is a decrease in balance in the elderly which will result in a risk of falling in the elderly.* **Purpose:** *To determine the effect of the combination of Otago Exercise and Swiss Ball Exercise on the risk of falling in the elderly.* **Methods:** *This type of research is a quantitative study with quasy experimental methods and the research design uses one group pre test and post test without a control group. With a total sample of 22 subjects. The research instrument used a questionnaire, measuring the Morse Fall Scale. The intervention used a combination of Otago Exercise and Swiss Ball Exercise 3 times a week for 4 weeks. Data analysis used the Wilcoxon effect test.* **Results:** *The results of this study indicate that there is an effect of the combination of Otago Exercise and Swiss Ball Exercise on the risk of falling in the elderly with a value ($p=0.012$).* **Conclusion:** *There is an influence on the combination of Otago Exercise and Swiss Ball Exercise on the risk of falling in the elderly.*

Keywords: *Otago Exercise, Swiss Ball Exercise, risk of falling and the elderly.*