

**PENGARUH *BALANCE EXERCISE* TERHADAP KEKUATAN
OTOT EKSTREMITAS BAWAH PADA LANSIA
DI POSYANDU SEGER WARAS
DESA MANTREN PACITAN**

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ABSTRAK

Latar Belakang: Peningkatan jumlah penduduk lansia setiap tahunnya akan menyebabkan masalah sosial, ekonomi, dan kesehatan. Salah satu masalah kesehatan lansia adalah gangguan muscoloskeletal dan penurunan masa otot dimana masalah tersebut seperti kesulitan berjalan, kelemahan kekuatan otot ekstremitas bawah. Berdasarkan kondisi tersebut perlu adanya penataaksanaan kekuatan otot ekstremitas bawah pada lansia dengan melakukan aktivitas fisik. *Balance exercise* merupakan aktivitas fisik yang dilakukan untuk membangun kekuatan otot dibagian tungkai bawah atau kaki. **Tujuan:** Mengetahui adanya pengaruh *balance exercise* terhadap kekuatan otot ekstremitas bawah pada lansia di Posyandu Seger Waras Desa Mantren Pacitan. **Metode:** Penelitian kuantitatif dengan desain *Quasi Experiment Design* dengan rancangan *one grup pre-test* dan *post-test design*, menggunakan metode *non probability sampling*, dengan teknik purposive sampling, populasi 78 lansia, sampel 44 responden, instrumen penelitian *30 second chair stand*, penerapan menggunakan *balance exercise*. **Hasil:** Setelah dilakukan analisis data menggunakan uji *Wilcoxon* didapatkan nilai Pvalue (0,000) <0,05. **Kesimpulan:** Ada pengaruh *balance exercise* terhadap kekuatan otot ekstremitas bawah pada lansia di Posyandu Seger Waras Desa Mantren Pacitan.

Kata Kunci : *Balance Exercise, Kekuatan Otot Ekstremitas Bawah, Lansia*

**THE EFFECT OF BALANCE EXERCISE ON LOWER EXTREMITY
MUSCLE STRENGTH IN ELDERLY INDIVIDUALS AT
SEGER WARAS INTEGRATED HEALTH POST
MANTREN VILLAGE PACITAN**

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ABSTRACT

Background: *The increase in the elderly population each year will lead to social, economic, and health-related issues. One of the health problems faced by the elderly is musculoskeletal disorders and a decrease in muscle mass, which manifest as difficulties in walking and weakness in the lower extremity muscles. Based on this condition, it is necessary to implement lower extremity muscle strength interventions for the elderly through physical activities. Balance exercise is a physical activity performed to build muscle strength in the lower limbs or legs.* **Objective:** *To determine the effect of balance exercise on lower extremity muscle strength in the elderly at Seger Waras Integrated Health Post, Mantren Village, Pacitan.* **Method:** *This is a quantitative study using a Quasi-Experimental Design with a one-group pre-test and post-test design. The study utilizes non-probability sampling with purposive sampling technique. The population consists of 78 elderly individuals, and the sample includes 44 respondents. The research instrument used is the 30-second chair stand test, application of balance exercise.* **Results:** *After conducting data analysis using the Wilcoxon test, the obtained P-value was $(0.000) < 0.05$.* **Conclusion:** *There is an influence of balance exercise on lower extremity muscle strength in the elderly at Seger Waras Integrated Health Post, Mantren Village, Pacitan.*

Keywords : *Elderly, Lower Extremity Muscle Strength, Balance Exercise.*