

ABSTRACT

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ANALYSIS STRENGTH *QUADRICEPS FEMORIS* AND BALANCE WALK OF ELDERLY MENUR 7 POSYANDU IN BAKI, SUKOHARJO

ABSTRACT

Background : *The process of aging is a natural process that occurs in the elderly, one of them decreased musculoskeletal function. Decreased muscle strength and muscle endurance in lower limbs are associated with functional abilities especially mobility abilities such as decreased road speed and decreased balance. Objectives:* Know the correlation of quadriceps femoris muscle strength and balance walk to elderly. **Method:** using cross sectional survey method with approach of time approach point. Sampling technique using total sampling, the number of samples of research 49 respondents. Muscle quadriceps strength of femur is measured using 1 RM and the road balance is measured with timed up and go test. Univariate analysis to know the characteristics of respondents and bivariate analysis using Spearman. **Result:** The result of correlation test using non parametrics spearman test, obtained the result $p < 0,05$ ($p = 0,000$) meaning that there is significant correlation between quadriceps femur muscle strength with timed up and go test value, where there is relationship between two variables. Correlation strength indicates that quadriceps femur muscle strength effect on road balance equal to -0,535 that is being. **Conclusion:** There was correlation between the strength of quadriceps femur muscle and road balance in the elderly.

Keywords: *Elderly, Quadriceps Femur Strength, Balance Walk*