

**APPLICATION OF BALANCE EXERCISE TOWARDS THE LEVEL OF
BALANCE IN REDUCING THE RISK OF FALLS IN THE ELDERLY IN
JOYOTAKAN DISTRICT, SERENGAN DISTRICT, SURAKARTA CITY**

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ABSTRACT

Background; *Elderly people are people over 60 years old and experience changes and decline in function, giving rise to various health problems. The impact that often occurs in the elderly is a decrease in muscle and bone function, which causes the elderly to experience body imbalance and pose a risk of falls. To prevent this, it is necessary to carry out body balance exercises, namely balance exercises.*

Objective; *To find out the results of implementing balance exercise on the level of balance in reducing the risk of falls in the elderly in Joyotakan, Serengan, Surakarta. **Method;** This application method uses descriptive with case studies on 2 respondents. **Results;** Before implementing the balance exercise on Mrs. S got a TUGT score of 23 (moderate risk of falling), after the third/final application he got a score of 16 (light risk of falling). Meanwhile, before implementing the balance exercise on Mrs. M got a TUGT score of 28 (moderate risk of falling), after the third/final application he got a score of 19 (light risk of falling). **Conclusion;** There is an influence of balance exercise on the level of balance which can reduce the risk of falls in the elderly.*

Keywords: *Balance Exercise, Fall Risk, Balance Level.*