

ABASTRAK

Novi Susanti NIM E2014028 Program Studi DIV Fisioterapi	Dosen Pembimbing 1. Rina Sri Widayati, S.KM., M.Kes 2. Umami Hany Eprilia, S.Psi, M.Pd
PENGARUH <i>CORE STABILITY EXERCISE</i> TERHADAP KESEIMBANGAN DINAMIS PADA LANSIA DI POSYANDU LANSIA BAGAS WARAS KENTINGAN JEBRES SURAKARTA	
ABASTRAK	
<p>Latar Belakang : Gangguan keseimbangan adalah keluhan yang banyak dialami pada usia 60-74 tahun yang disebabkan oleh penurunan sistem <i>visual</i>, sistem <i>vestibular</i>, sistem <i>somatosensoris</i>, kekuatan otot, sistem adaptasi, dan lingkup gerak sendi. Prevalensi kejadian jatuh pada tahun 2017 sekitar 51% dari jumlah penduduk di Surakarta. Lansia banyak yang belum mengerti caranya untuk menangani gangguan keseimbangan. Modalitas fisioterapi yang dapat diberikan berupa <i>core stability exercise</i>. Tujuan : Mengetahui pengaruh <i>core stability exercise</i> terhadap keseimbangan dinamis pada lansia di Posyandu Lansia Bagas Waras Kentingan Jebres Surakarta. Metode : <i>Quasi Eksperimental</i> dengan rancangan penelitian <i>one group pre and post test design</i>. Pengambilan sampel dengan teknik random dengan jumlah 20 orang. Latihan dilakukan selama 4 minggu dengan frekuensi 2 kali seminggu. Alat ukur yang digunakan <i>Time Up and Go Test</i> (TUG). Hipotesis menggunakan Uji <i>Wilcoxon</i>. Hasil : Uji hipotesis diperoleh nilai $p < 0,001$ ($p < 0,05$) yang berarti ada pengaruh pemberian <i>core stability exercise</i> terhadap keseimbangan dinamis pada lansia.</p>	
Kata Kunci : <i>Core Stability Exercise</i> , Keseimbangan Dinamis	

ABSTRACT

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THE EFFECT OF CORE STABILITY EXERCISE TO ELDERLY DYNAMIC BALANCE IN POSYANDU LANSIA BAGAS WARAS KENTINGAN JEBRES SURAKARTA	
ABSTRACT	
<p><i>Background : Balance disorders are complaints that are often experienced at the age of 60-74 years caused by a decrease in the visual systems, vestibular systems, somatosensory systems, muscle strength, adaptation systems, and joint motion scope. The prevalence of incidence falls in 2017 by about 51% of the population in Surakarta. Many elderly people do not understand how to deal with balance disorders. Physiotherapy morality that can be give in the form of core stability exercise. Objectives : To know the effect of core stability exercise on dynamic balance in elderly in Posyandu Bagas Waras Kentingan Jebres Surakarta. Methods : Quasi Eksperimental with one group pre and post test design. Samling whith a random technique with a total of 20 people. Workout is done for 4 weeks with frequency 2 times a week. Measuring instrument used Time Up and Go Test (TUG). Hypothesis using Wilcoxon Test. Results : Hypothesis test obtained value $p < 0,001$ ($p < 0,05$) which means there is effect of giving core stability exercise to dynamic balance in elderly.</i></p>	
<p><i>Keyeords : Core Stability Exercise, Dynamic Balance</i></p>	