

ABSTRACT

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ESTABLISHMENT OF OSTEOPOROSIS SENSES ON THE IMPROVEMENT OF DYNAMICIN POSYANDU LANSIA NUSUKAN

ABSTRACT

Background ; Phases of age with the most health problems and decreased physical ability occur in the elderly phase. The impact of permanent diseases at high risk in elderly people has an effect on the balance of the elderly. One of the most common diseases is osteoporosis. Efforts are made to deal with osteoporosis is very diverse. One of them is by giving gymnastics osteoporosis for fitness cardiovascular and neuromuscular elderly where the work of heart in blood drain to brain will increase and production of neuropathic factor of brain also increase.

Purpose ; To determine the effect of osteoporosis gymnastics on the dynamic balance of the elderly. ***Method*** ; Quantitative research using method Quasy Experimental, research design using randomized control group pretest posttest design. Sampling with random sampling technique amounted to 40 respondents. The research instrument used TUG (Time Up and Go Test) to measure the dynamic balance of the elderly. Test influence using Wilcoxon. ***Results*** ; Result of influence test proved that there is significant difference between TUG value before and after given gymnastic Osteoporosis with p value <0,001. ***Conclusion*** ; There is influence given gymnastics osteoporosis to increase elderly dynamic balance at posyandu elderly Nusukan.

Keywords : elderly, osteoporosis, dynamic balance, gymnastics osteoporosis, Time Up and Go Test.