

THE EFFECT OF FOOTWEAR EXERCISE ON INCREASING THE QUALITY OF LIFE IN ELDERLY NOT TRAINED IN THE AGE OF THE AGE 'AISYIYAH SUMBER SURAKARTA

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ABSTRACT

Background; Elderly at Panti 'Aisyiyah Sumber Surakarta has 31 members, 50% experience a decrease in quality of life due to many supporting factors, especially physical and environmental changes. Quality of life can be improved by means of walking exercises. Walking can be done by the elderly to activate the endorphin hormone so that the elderly feel happy and make the elderly more confident related to aspects of quality of life. **Purposes;** Knowing the effect of walking exercises on improving the quality of life in the elderly. **Methods;** This type of research is pre-experimental with one group research design post test and pre test design. Sampling by simple random sampling. The number of samples was 20 respondents, given treatment 3 times a week for 6 weeks. **Result;** The bivariate results of $p = 0.001$ ($p < 0.005$), which means that there are effects of walking exercises on the quality of life in the elderly. **Conclusion;** walking exercises can improve the quality of life in the elderly.

Keywords; Elderly, Quality of Life, Walking Exercise

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