

## **TWELVE BALANCE EXERCISE UNTUK MENJAGA KESEIMBANGAN DINAMIS PADA LANSIA SELAMA PANDEMI COVID-19**

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### **SUMMARY**

**Background** : the population of elderly in every year always increasing. This condition that's tight with getting old process, getting old process very affect to the reduction of body function, one of the reduction function from the body that is Musculoskeletal system. Falls down are the inability of someone to hold the part of bodies or that often called with body's gravity. The reduction of balance and the risk of falls at the elderly that because of reduced physical activity so that the elderly have to give physical training that can do itself in the home to maintain the balance of the body especially in the pandemic era COVID-19. Elderly is the process from young to be old that happens naturally from every human that has given some long lives and cannot of every human or living thing. Balance can be interpreted as a center of controlling body's mass or center of gravity at the base of support that is a process of self maintain start from motionless stand situation, until the move, balance is very effected against daily life because with keep body's balance can do activities. Dynamic balance theory is some position that maintains body's weight in moves condition from sitting to stand up, until human body's position in walks condition twelve balance exercise is a body's balance exercises that have exercise up to 12 kinds movement that intends to give balance exercise program that pointing to dynamic balance action. The Intervention that used is twelve balance exercises. At this exercise must be definite monitoring or supervision because seeing this twelve balance exercise pointing at the dynamic moves so that the elderly that doing this exercise must be doing so many moves that appear from the bodies.

**Objectives** : KIE (Komunikasi Informasi dan Edukasi) program Twelve Balance Exercise to keeps dynamic balance at the elderly while pandemic COVID-19 era are expected can give information and give elderly insight, especially at the elderly that have dynamic distraction got comunication information and clear education from booklet media.

**Method** : The method use KIE (Komunikasi Informasi dan Edukasi) program from booklet as alternative information, containing the maining and exercise procedure Twelve Balance Excercise to keeps dynamic balance at the elderly while pandemic COVID-19 era.