

APPLICATION OF SQUARE STEPPING EXERCISE TO WALKING RHYTHM AND SELF-CONFIDENCE IN THE ELDERLY

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SUMMARY

Background: The elderly are a group that is very vulnerable to health problems, this is due to the aging process that occurs. During this period, aging will cause physical and psychological conditions to be seen very clearly, starting from physical appearance, organ systems, nervous system, cognitive and decreased ability to carry out daily activities including gait or walking rhythm in the elderly. Gait that can be measured is walking speed, walking rhythm, walking mat width and long stride, aging is associated with a decrease in walking speed and stride length, this can be improved and increased so that the elderly are still able to walk confidently. Confidence is a belief in one's abilities, a belief in a purpose in life and also believes that one is able to carry out what one wants, plans, and hopes for. Square Stepping Exercise (SSE) is a balance training program and also lower limb strength training that is used to prevent the risk of falling and stimulate cognitive function in the elderly, the function of the Square Stepping Exercise is to improve agility, coordination, balance, speed, endurance, and improve lower extremity fitness in the elderly. An intervention that can be used to treat walking rhythm disturbances and self-confidence in the elderly is square stepping exercise. **Objective:** Knowing the creation of Information Communication and Education (IEC) media regarding Square Stepping Exercise as a physiotherapy promotive media in dealing with walking rhythm disturbances in the elderly. **Methods:** The method used uses KIE media, namely a pocket book produced as a health promotion implementation that can be used as a reference by physiotherapy and physiotherapy students. **Result:** KIE print media in the form of a pocket book can be distributed directly to the general public. **Conclusion:** As a promotional media, information and education for the community, especially the elderly regarding the application of Square Stepping Exercise Against Walking Rhythm and Confidence in the Elderly.

Keywords: Elderly, Walking Rhythm, Confidence, Square Stepping Exercise