

**APPLICATION OF RESISTANCE TRAINING TO PREVENT
SARCOPENIA IN THE ELDERLY**

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ABSTRACT

Background: Sarcopenia is a musculoskeletal disorder that affects older adults with loss of muscle mass and low muscle strength function. The prevalence rate in Bandung, Indonesia is 9.1%. Research in the Asian region found the average prevalence of Sarcopenia in the elderly to be around 0.1% to 56.7%. The high prevalence of Sarcopenia at the age level in Pedawa, Bali the elderly population is isolated from the influence of the outside environment. Resistance training is recommended for adolescents, adults, elderly, and clinical populations because it is beneficial to increase the muscle mass and strength of the elderly. Resistance training increases muscle protein synthesis and synergistic effects. The exercise program uses equipment such as water bottles filled with sand, kettlebells, or elastic bands, and consists of lunges, squats, bicep curls. Resistance training using elastic bands is an easy, economically cheap, and safe intensity exercise for the elderly. **Objective:** to increase knowledge, especially for physiotherapists and the elderly, of the application of resistance training to prevent sarcopenia in the elderly. **Method:** the IEC media chosen is a pocket book, as an IEC media because it has several advantages. **Results:** pocket book IEC media entitled "Application of Resistance Training to prevent Sarcopenia in the Elderly". **Conclusion:** a pocket book entitled "Application of Resistance Training to prevent Sarcopenia in the Elderly" as a health promotion media with the target of physiotherapists, physiotherapy students, and the elderly.

Keywords: Resistance Training, Sarcopenia, Elastic band, Elderly