

**DIFFERENCES IN THE EFFECT OF THE COMBINATION OF SQUARE STEPPING AND GAZE STABILIZATION WITH SQUARE STEPPING AND CORE STABILITY EXERCISE ON DYNAMIC BALANCE IN THE ELDERLY**

Muslimaini<sup>1</sup>, Dita Mirawati<sup>2</sup>

[muslimaini00@gmail.com](mailto:muslimaini00@gmail.com)

<sup>1,2</sup>Universitas 'Aisyiyah Surakarta

**ABSTRACT**

**Background:** Elderly physiological changes occur related to changes in skeletal muscles and related to balance from the assessment of the risk of falling. Therefore, researchers provide Square Stepping, Gaze stabilitation and Core stability exercise interventions to improve dynamic balance. **Objective:** Knowing the difference in the effect between the combination of Square stepping and Gaze stabilitation exercises with Square stepping and Core stability exercise on improving dynamic balance in the elderly. **Methods:** This research is quantitative research with quasy experimental research type. The sample was 30 respondents with purposive sampling technique. Dynamic balance measurements using TUGT. **Results:** Based on the Mann Whitney Test using the TUGT measurement instrument, the significance value is 0.034 ( $p < 0.05$ ). **Conclusion:** There is a difference in the effect between giving square stepping and gaze stabilitation with square stepping and core stability exercise on improving dynamic balance in the elderly.

**Keywords:** Dynamic Balance; Elderly; Square Stepping; Gaze Stabilitation; Core Stability; Time up and go test (TUGT)