

THE EFFECT OF A COMBINATION OF BALANCE EXERCISE AND GAZE STABILITY EXERCISE ON THE STATIC AND DYNAMIC BALANCE OF ELDERLY PEOPLE WITH TYPE II DIABETES MELLITUS

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ABSTRACT

Background: Growing old is a phase of life that every human being goes through. As we age, the function of the body's organs will decline, both physically and psychologically. Decreased balance influences the risk of falls in the elderly. Type II diabetes mellitus (Non Insulin Dependent Diabetes Mellitus) is caused by relative failure of pancreatic β cells and insulin resistance. Pancreatic β cells are unable to compensate for this insulin resistance completely, meaning that there is a relative insulin deficiency. **Objective:** To find out whether there is an effect of giving Balance Exercise and Gaze Stability Exercise on Static and Dynamic Balance in Elderly People with Type II Diabetes Mellitus. **Methods:** Quantitative research with quasi-experimental method (Quasy Experimental) using one group pre-test and post-test without control group. **Results:** Based on the Wilcoxon test based on table 4.6, it was found that the Romberg test significance value was $p=0.000 (<0.05)$ and the TUGT significance value was $p= 0.001 (<0.05)$ which means H_{a1} and H_{a2} were accepted. **Conclusion:** There is an effect of providing a combination of balance exercise and gaze stability exercise on the dynamic balance of elderly people with type II diabetes mellitus.

Keywords: Elderly, Balance, Type II DM, Balance Exercise, Gaze Stability Exercise