THE RELATIONSHIP OF CHANGES IN KYPHOSIS POSTURE TO THE FUNCTION OF WALKING SPEED IN THE ELDERLY

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ABSTRACT

Background*: Kyphosis occurs in 20% to 40% of elderly people. Changes in kyphosis posture will cause the center of gravity to shift forward, thereby reducing postural stability because it increases the load on the muscles and joints responsible for maintaining balance. In the elderly, the role of the upper extremities becomes crucial in maintaining body balance when walking. Disorders of the upper body can affect a person's walking pattern in old age. Impaired walking functions in the elderly will be reflected in walking at a lower speed.* ***Objective:*** *To determine the relationship between changes in kyphosis posture and the function of walking speed in the elderly.* ***Method:*** *The type of research is analytical observational with a cross-sectional approach. Purposive sampling was taken with a sample size of 73. The research instrument used was a questionnaire, flexible curve ruler measurements, and a 10-meter walking test.* ***Results:*** *The Chi-square kyphosis posture correlation test on the walking speed function has a value of* Asymp. Sig. (2-sided) = 0,002 *(*Asymp. Sig. (2-sided)*<0.05), so there is a significant relationship, and the correlation coefficient result of -0.384 shows that the correlation is sufficient and negative.* ***Conclusion****: There is a relationship between changes in kyphosis posture and the function of walking speed in the elderly.*

Keywords: *kyphosis posture, walking function, walking speed, elderly*