PENGARUH *BODY WEIGHT SQUAT* TERHADAP KECEPATAN BERJALAN PADA LANSIA DI POSYANDU LANSIA DESA WONOREJO KARANGANYAR

Septiana Ayu Dwi Anjani[1], Dita Mirawati[1] septianaanjani@gmail.com
[1,2] Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: *Elderly is part of the process of growth and development, humans will not suddenly become old, but will experience a process of developing from babies, children, adults and finally reaching the final stage, namely becoming old. The changes that occur include a decrease in the amount of muscle mass which is replaced by fibrous tissue causing muscle strength, tone and muscle mass to decrease. Bodyweight squats are an exercise that uses body weight as a training load. When doing squats, the knee joints are at an angle of 45˚ from a standing position of 0˚. From survey data from Indonesia's elderly population aged 65-70 years, elderly men showed that 15% experienced a decrease in walking speed. Meanwhile, elderly women aged 70-75 years showed that 75% of the parameters experienced a decrease in walking speed.* ***Objective:*** *To determine the effect of giving bodyweight squats on the walking speed of elderly people.* ***Method:*** *This research is quantitative research with a quasi-experimental type of research. The sample was 34 respondents with purposive sampling. Measuring walking speed using the 10 Meter's Walk Test. Results: Based on the results of the Wilcoxon test using a 10 MWT measurement instrument, the significance value was 0.000 ($p<0.05$).* ***Conclusion:*** *There is an influence of giving Bodyweight squats on the walking speed of the elderly.*

Keywords: *Walking speed; Elderly; Bodyweight squats; 10 MWT*