

ABSTRAK

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PERBEDAAN PENGARUH ANKLE STRATEGY EXERCISE DAN SINGLE LEG STAND EXERCISE TERHADAP KESEIMBANGAN STATIS PADA LANSIA DI POSYANDU MULYO LESTARI II MOJOLABAN SUKOHARJO

ABSTRAK

Latar belakang; Keseimbangan merupakan komponen utama dalam menjaga postur tubuh manusia agar mampu tegak dan mempertahankan posisi tubuh. Gangguan keseimbangan menjadi penyebab utama yang sering menyebabkan lansia mudah jatuh. Salah satu latihan yang dapat digunakan untuk meningkatkan keseimbangan pada lansia yaitu *Ankle Strategy Exercise* dan *Single Leg Stand Exercise*. **Tujuan;** Untuk mengetahui perbedaan pengaruh *Ankle Strategy Exercise* dan *Single Leg Stand Exercise* terhadap keseimbangan statis pada lansia. **Metode;** Penelitian kuantitatif *quasy experiment* dengan jenis rancangan *Pretest Posttest Control Group Design*. Pengambilan sampel menggunakan teknik *simple random sampling*, dengan jumlah sampel penelitian 44 responden. Latihan dilakukan selama 4 minggu dengan frekuensi 3 kali seminggu. Instrumen penelitian menggunakan *Functional Reach Test*. Uji normalitas menggunakan uji *shapiro wilk test*. Hipotesis I dan II menggunakan *paired samples t test*, hipotesis ke III *independent samples T Test*. **Hasil;** Uji *shapiro wilk* menyatakan data keseimbangan statis berdistribusi normal dengan p-value lebih besar dari 0,05 ($p > 0,05$). Uji hipotesis I dan II diperoleh nilai $p = 0,000$ ($p < 0,05$) yang berarti ada pengaruh pemberian *ankle strategy exercise* dan *single leg stand exercise* terhadap keseimbangan statis pada lansia. Uji hipotesis III diperoleh nilai $p = 0,006$ ($p < 0,05$) yang berarti ada perbedaan pengaruh pemberian *ankle strategy exercise* dan *single leg stand exercise* terhadap keseimbangan statis pada lansia. **Kesimpulan;** Ada beda pengaruh pemberian *ankle strategy exercise* dan *single leg stand exercise* terhadap keseimbangan statis pada lansia di posyandu Mulyo Lestari II Mojolaban Sukoharjo.

Kata Kunci; *Ankle Strategy Exercise*, *Single Leg Stand Exercise*, Keseimbangan Statis, FRT

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INVESTIGATE EFFECT OF GIVING ANKLE STRATEGY EXERCISE AND SINGLE LEG STAND EXERCISE TO IMPROVE THE STATIC BALANCE ON ELDERLY IN POSYANDU MULYO LESTARI II MOJOLABAN SUKOHARJO

ABSTRACT

Background; Balance is the major component is maintaining the posture of the human body to be able to stand up and maintaining the position of the body. Disturbance of balance is the main cause that often causes the elderly fall easily. One of the exercises that can be used to improve the balance of the elderly is ankle strategy exercise and single leg stand exercise. **Objective;** The study aimed to investigate effect of giving ankle strategy exercise and single leg stand exercise to improve the static balance on elderly. **Methods;** The research of design is quasy experiment, with pretest and posttest control group design. The technique of sampling is simple random sampling, with a total sample of 44respondents. The exercise was conducted during 4 weeks with three times a week. Measurement instrument fuctional reach test (FRT). Normality test used shapiro wilk test, hypotesis I and II used paired samples t test, and hypotesis III used independent sample t test. **Results;** Hypotesis I and II obtained p value=0,000 ($p<0,05$) meaning that there was effect of giving ankle strategy exercise and single leg stand exercise to static balance on elderly. Hypotesis III obtained p value=0,006 ($p<0,05$) meaning that there was different effect of giving ankle strategy exercise and single leg stand exercise to static balance on elderly. **Conclusion;** elderlythere was different effect of giving ankle strategy exercise and single leg stand exercise to static balance on elderly.

Keywords; Ankle Strategy Exercise, Single Leg Stand Exercise, Static Balance, FRT