

DAFTAR ISI

COVER	Error! Bookmark not defined.
PERNYATAAN KEASLIAN KARYA TULIS ILMIAH	Error! Bookmark not defined.
PERNYATAAN PERSETUJUAN PUBLIKASI	Error! Bookmark not defined.
KATA PENGANTAR	Error! Bookmark not defined.
DAFTAR ISI	0
DAFTAR TABEL	2
DAFTAR GAMBAR	3
DAFTAR LAMPIRAN	4
DAFTAR SINGKATAN	Error! Bookmark not defined.
DAFTAR ISTILAH ATAU SIMBOL	Error! Bookmark not defined.
BAB I	Error! Bookmark not defined.
Pendahuluan	Error! Bookmark not defined.
A. Latar Belakang	Error! Bookmark not defined.
B. Rumusan Masalah	Error! Bookmark not defined.
C. Tujuan	Error! Bookmark not defined.
D. Manfaat Penelitian	Error! Bookmark not defined.
BAB II	Error! Bookmark not defined.
Tinjauan Pustaka	Error! Bookmark not defined.
A. Konsep Lansia	Error! Bookmark not defined.
1. Definisi Lansia	Error! Bookmark not defined.
2. Klasifikasi Lansia	Error! Bookmark not defined.
3. Perubahan Yang Terjadi Pada Proses Menua	Error! Bookmark not defined.
4. Masalah Kesehatan Pada Lansia	Error! Bookmark not defined.
5. Perubahan Fisiologi Lansia Terkait Proses Menua	Error! Bookmark not defined.
B. Konsep Nyeri Sendi	Error! Bookmark not defined.
1. Pengertian Nyeri Sendi	Error! Bookmark not defined.
2. Klasifikasi Nyeri	Error! Bookmark not defined.
3. Etiologi Nyeri Sendi	Error! Bookmark not defined.
4. Faktor Yang Mempengaruhi Nyeri Sendi	Error! Bookmark not defined.
6. Alat Ukur Nyeri Sendi	Error! Bookmark not defined.

7.	Faktor Penyembuhan Nyeri Sendi	Error! Bookmark not defined.
8.	Penatalaksanaan Nyeri Sendi	Error! Bookmark not defined.
C.	Senam Lansia	Error! Bookmark not defined.
1.	Pengertian Senam Lansia	Error! Bookmark not defined.
2.	Tujuan Senam Lansia.....	Error! Bookmark not defined.
3.	Manfaat Senam Lansia.....	Error! Bookmark not defined.
4.	Indikasi dan Kontraindikasi Senam Lansia	Error! Bookmark not defined.
5.	Efektivitas Senam Lansia Terhadap Nyeri Sendi Lansia.....	Error! Bookmark not defined.
6.	Alat yang Diperlukan Untuk Senam Lansia.....	Error! Bookmark not defined.
7.	Waktu Pelaksanaan	Error! Bookmark not defined.
8.	Prosedur Senam Lansia.....	Error! Bookmark not defined.
BAB III.....		Error! Bookmark not defined.
METODE PENELITIAN		Error! Bookmark not defined.
A.	Rancangan Penelitian	Error! Bookmark not defined.
B.	Subjek Penelitian	Error! Bookmark not defined.
C.	Definisi Operasional.....	Error! Bookmark not defined.
D.	Tempat dan Waktu Penelitian	Error! Bookmark not defined.
E.	Pengumpulan Data.....	Error! Bookmark not defined.
F.	Cara Pengolahan Data.....	Error! Bookmark not defined.
G.	Etika Penelitian	Error! Bookmark not defined.
BAB IV		Error! Bookmark not defined.
HASIL DAN PEMBAHASAN		Error! Bookmark not defined.
A.	HASIL	Error! Bookmark not defined.
B.	PEMBAHASAN	Error! Bookmark not defined.
C.	KETERBATASAN PENELITIAN.....	Error! Bookmark not defined.
BAB V.....		Error! Bookmark not defined.
KESIMPULAN DAN SARAN		Error! Bookmark not defined.
A.	KESIMPULAN	Error! Bookmark not defined.
B.	SARAN.....	Error! Bookmark not defined.
DAFTAR PUSTAKA		Error! Bookmark not defined.
LAMPIRAN.....		Error! Bookmark not defined.

DAFTAR TABEL

Tabel 3.1	Definisi Operasional
Tabel 4.1	Karakteristik Responden
Tabel 4.2	Skala Nyeri Sendi Sebelum Dilakukan Penerapan Senam Lansia Pada Lansia
Tabel 4.3	Skala Nyeri Sendi Sesudah Dilakukan Penerapan Senam Lansia Pada Lansia
Tabel 4.4	Skala Nyeri Sendi Sebelum Dan Sesudah Dilakukan Penerapan Senam Lansia Pada Lansia
Tabel 4.5	Hasil Perbandingan Skala Nyeri Sendi Sebelum Dilakukan Penerapan Senam Lansia Pada Lansia

DAFTAR GAMBAR

Gambar 2.1 Gerakan pemanasan.....	Error! Bookmark not defined.
Gambar 2.2 Gerakan pemanasan.....	Error! Bookmark not defined.
Gambar 2.3 Gerakan pemanasan.....	Error! Bookmark not defined.
Gambar 2.4 Gerakan Gerakan kaki dan lengan	Error! Bookmark not defined.
Gambar 2.5 Gerakan Gerakan kaki dan lengan	Error! Bookmark not defined.
Gambar 2.6 Gerakan Gerakan kaki dan lengan	Error! Bookmark not defined.
Gambar 2.7 Gerakan Gerakan kaki dan lengan	Error! Bookmark not defined.
Gambar 2.8 Gerakan kaki dan lengan	Error! Bookmark not defined.
Gambar 2.9 Gerakan kaki dan lengan	Error! Bookmark not defined.
Gambar 2.10 Gerakan kaki dan lengan	Error! Bookmark not defined.
Gambar 2.11 Gerakan kaki dan lengan	Error! Bookmark not defined.
Gambar 2.12 Gerakan kaki dan lengan	Error! Bookmark not defined.
Gambar 2.13 Gerakan kaki dan lengan	Error! Bookmark not defined.
Gambar 2.14 Gerakan kaki dan lengan	Error! Bookmark not defined.
Gambar 2.15 Gerakan kaki dan lengan	Error! Bookmark not defined.
Gambar 2.16 Gerakan kaki dan lengan	Error! Bookmark not defined.
Gambar 2.17 Gerakan kaki dan lengan	Error! Bookmark not defined.
Gambar 2.18 Gerakan kaki dan lengan	Error! Bookmark not defined.
Gambar 2.19 Gerakan kaki dan lengan	Error! Bookmark not defined.
Gambar 2.20 Gerakan pendinginan.....	Error! Bookmark not defined.
Gambar 2.21 Gerakan pendinginan.....	Error! Bookmark not defined.
Gambar 2.22 Gerakan pendinginan.....	Error! Bookmark not defined.

DAFTAR LAMPIRAN

Lampiran 1 Jadwal Kegiatan	Error! Bookmark not defined.
Lampiran 2 Surat Izin Penelitian	Error! Bookmark not defined.
Lampiran 3 Surat Izin Penelitian Puskesmas	Error! Bookmark not defined.
Lampiran 4 Informasi Dan Pernyataan Persetujuan.....	Error! Bookmark not defined.
Lampiran 5 Lembar Observasi.....	Error! Bookmark not defined.
Lampiran 6 Lembar Monitoring	Error! Bookmark not defined.
Lampiran 7 SOP Senam Lansia	Error! Bookmark not defined.
Lampiran 8 Dokumentasi Penerapan	Error! Bookmark not defined.
Lampiran 9 Lembar Konsultasi.....	Error! Bookmark not defined.
Lampiran 10 Lembar Pasca Ujian.....	Error! Bookmark not defined.
Lampiran 11 Daftar Riwayat Hidup.....	Error! Bookmark not defined.