

**BALANCE EXERCISE EDUCATION ON LOWER EXTREMITY MUSCLE
STRENGTH IN THE ELDERLY THROUGH VIDEO MEDIA**

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SUMMARY

Background: Decreased muscle strength in the elderly affects their mobility and increases the risk of falls that can be fatal. Falls in the elderly often cause fractures or serious injuries that require long-term medical care. Balance exercise is the best solution to improve body stability, especially the muscles that support the lower body such as the legs. Balance exercise education for the elderly is carried out using audiovisual media. **Objective:** As information to increase the knowledge of the elderly about balance exercises and to make it easier for the elderly who have limitations in reading because this video is presented with images, writing and sound. **Method:** Compilation of videos describing balance exercises and their steps. **Results:** The output contains audiovisual media entitled "Balanced Movement For Seniors: Prevent Falls, Stay Active In Old Age!" with a duration of 05.36 minutes and a file size of 114,5 MB. It has been tested with 3 elderly respondents with interesting and easy-to-understand video results. **Conclusion:** Audiovisual media entitled "Balance Exercise Education on Lower Extremity Muscle Strength in the Elderly" can be used as a medium to increase knowledge about balance exercises in the elderly.

Keywords: Muscle Strength Decreased, Elderly, Balance Training, Audiovisual Video