

***THE EFFECT OF BODY WEIGHT SQUAT AND CALF RAISES ON
INCREASING THE FUNCTIONAL ABILITY OF LEG MUSCLES IN THE
ELDERLY***

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ABSTRACT

Background: *An elderly person is someone who has reached the age of 60 years and above. The elderly experience physiological and morphological changes, one of which is in the musculoskeletal system, especially muscles. These physiological changes include decreased muscle strength and decreased muscle mass. Decreased muscle strength can lead to decreased functional ability in the elderly because muscle strength affects almost all daily activities. Bodyweight squats and calf raises significantly increase activity in the lower leg muscles, thereby improving muscle functional ability.* **Objective:** *To determine the effect of giving Body Weight Squat and Calf Raises on increasing the functional ability of leg muscles in the elderly.* **Method:** *This type of research uses a quasi-experimental research method using a one-group pre-test and post-test design.* **Results:** *The results of the Wilcoxon test and p value of 0.000 where $p < 0.05$ which means H_a is accepted so it can be concluded that there is an effect of Body Weight Squat and Calf Raises training on increasing the functional ability of leg muscles in the elderly.* **Conclusion:** *There is an effect of Body Weight Squat and Calf Raises training on increasing the functional ability of leg muscles in the elderly.*

Keywords: *elderly, Body Weight Squat, Calf Raises, Five Times Sit To Stand Test (FTSST), Functional ability of leg muscles.*