

ABSTRACT

APPLICATION OF ANKLE STRATEGY EXERCISE AND TANDEM WALKING EXERCISE FOR IMPROVING BALANCE IN THE ELDERLY

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SUMMARY

Background: *As people age, older adults experience a decline in physiological functions, including body balance, which increases the risk of falls and can have serious impacts on both physical and psychological health. Data shows that more than 49% of the elderly population in Indonesia experience falls, with approximately 68% caused by balance disorders. Therefore, a preventive intervention in the form of exercises is needed to improve postural ability and reduce the risk of falls. **Objective** is to develop video-based educational media on the application of Ankle Strategy Exercise and Tandem Walking Exercise as an effort to improve balance in the elderly. **Method** used is a descriptive design with an approach to creating Communication, Information, and Education (CIE) media. **Results** showed that the video was considered easy to understand, practical, and able to motivate older adults to perform the exercises independently. **Conclusion** of this study is that the video-based educational media is effective as an educational tool to support balance improvement and fall prevention in the elderly.*

Keywords: *elderly, balance, ankle strategy exercise, tandem walking exercise, educational video*