

**EFFECT OF BALANCE STRATEGY EXERCISE ON  
EARLY CHILDREN BALANCE IN BUSTANUL ATHFAL  
AISYIYAH JETIS II SUKOHARJO**

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**ABSTRACT**

**Background:** *The balance in early childhood is needed to carry out their daily activities. 17 of the 25 children in Bustanul Athfal Aisyiyah Jetis II Sukoharjo had a balance disorder because the child only got balance training once a week. The balance in early childhood can be improved by a balanced exercise strategy.*  
**Objectives:** *To determine the effect of exercise balance strategy on the balance of early childhood.*  
**Method:** *Pre-experimental research using one group pre and post test without control design research design. Sampling by simple random sampling with a sample size of 17 respondents was given exercise balance strategy 3 times a week for 5 weeks. Balance measurement uses pediatric balance scale.*  
**Results:** *Bivariate test results prove that the Significance value  $p = 0.005$  ( $p < 0.05$ ), which means exercise balance strategy affects the balance of early childhood.*  
**Conclusion:** *There is an effect of exercise balance strategy on the balance of early childhood.*

**Keywords:** *Early Childhood, Balance, Balance Strategy Exercise, Pediatric Balance Scale*

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