

PENGARUH SENAM TERHADAP KESEIMBANGAN TUBUH PADA LANJUT USIA

Laras Alfienty¹, Tri Wahyuliati²

¹Mahasiswa Fakultas Kedokteran Universitas Muhammadiyah Yogyakarta

²Dosen Fakultas Kedokteran Universitas Muhammadiyah Yogyakarta

INTISARI

Latar Belakang- Proses degenerasi berdampak pada kemunduran fungsi organ tubuh seperti otot, tulang, pembuluh darah serta syaraf, sehingga mengakibatkan lansia mengalami penurunan keseimbangan. Senam merupakan alternatif untuk mengatasi permasalahan tersebut.

Tujuan- untuk mengetahui pengaruh senam terhadap keseimbangan tubuh pada lansia.

Metode- Penelitian dengan desain analitik *cross sectional*. Subjek penelitian ini adalah lansia yang berusia 60 – 80 berjumlah 93 orang, terbagi dalam 2 kelompok yaitu kelompok senam sebanyak 41 orang dan kelompok tidak senam sebanyak 52 orang. Subjek penelitian diukur keseimbangannya menggunakan *Berg Balance Scale* (BBS). Analisa statistik yang dipakai yaitu regresi multipel.

Hasil- Pada penelitian ini didapatkan hasil bahwa senam mempunyai RR 4,292 (95% CI (2.566) – (6.018); $p=0,001$) terhadap keseimbangan tubuh. Analisa multiple regresi terhadap 6 variabel yang berhubungan dengan keseimbangan, didapatkan usia RR -0,395 (95% CI -(0.545) – (-0.244); $p=0,001$), jenis kelamin RR 1,709 (95% CI (-0.638) – (4.056); $p=0,151$), berat badan RR 0,043 (95% CI (-0.057) – (0.143); $p=0,397$), tinggi badan RR -0,002 (95% CI (-0.163) – (0.159); $p=0,980$), tekanan sistolik RR -0,036 (95% CI (-0.163) – (0.159); $p=0,096$), tekanan diastolik RR 0,059 (95% CI (-0.053) – (0.170); $p=0,298$).

Kesimpulan- senam mempunyai pengaruh yang baik terhadap keseimbangan tubuh pada lansia.

Kata kunci : lansia, keseimbangan tubuh, lansia, senam, *Berg Balance Scale*.

THE INFLUENCE OF EXERCISE TOWARD THE BODY BALANCE IN ELDERLY

Laras Alfienty¹, Tri Wahyuliati²

¹Student of Medical Faculty, Muhammadiyah University of Yogyakarta

²Lecture of Medical Faculty, Muhammadiyah University of Yogyakarta

ABSTRACT

Background- Degeneration process has impact to the decrease of organ function like muscles, bones, blood vessels and nerve so it will caused balance disturbance in elderly. Exercise is an alternative way to solve this problem.

Objective- to find out the influence of exercise toward the body balance in elderly.

Methods- a cross sectional study. The subjects of this research are elderly 60–80 years old, consist of 93 elderly, divided into 2 groups, 41 elderly in exercise groups and 52 elderly in non exercise group. The body balance of the subjects in this research was measured using Berg Balance Scale (BBS). The statistical analisis was carried out using multiple regresion.

Result- The research found, exercise has RR 4,292 (95%CI (2.566)–(6.018); $p=0,001$) toward the body balance. Analysis toward variable that had relation with the body balance are age RR -0,395 (95%CI -(0.545)–(-0.244); $p=0,001$), gender RR 1,709 (95%CI (-0.638)–(4.056); $p=0,151$), body weight RR 0,043 (95%CI (-0.057)–(0.143); $p=0,397$), body height RR -0,002 (95%CI (-0.163)–(0.159); $p=0,980$), systolic blood pressure RR -0,036 (95%CI (-0.163)–(0.159); $p=0,096$), diastolic blood pressure RR 0,059 (95% CI (-0.053)–(0.170); $p=0,298$).

Conclusion- exercise has good impact toward the body balance in elderly.

Keyword: elderly, body balance, exercise, Berg Balance Scale.