ABSTRACT

THE EFFECT OF BALANCE EXERCISE TO ELDERLY POSTURAL BALANCE
A Quasy-Eksperimental Study at Social Elderly Folk Home Wana Seraya Denpasar

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The elderly will experience various changes in old age. The common problem of elderly physical changes is postural balance which can increase the incident of fall. Balance exercise is an exercise program to increase the postural balance of elderly using five movements (plantar flexion, knee flexion, hip flexion, hip extension and single leg side). This study aims to analyze the effect of balance exercise that increases elderly postural balance. This study uses Quasy-experimental design. The samples are 28 respondents based on inclusion criteria and categorized into 2 groups, an experimental and control group that contain 14 respondents each group. The dependent variable is elderly postural balance and the independent variable is balance exercise. To analyze the data, this study uses Wilcoxon Signed Ranks Test and Mann Whitney Test for deeper analysis. Statistical significance assigns at <0.05. Wilcoxon Signed Ranks Test result shows that there were differences between pre-post test in experimental group (p=0.014) and no differences between pre-post test in control group (p=1.000). In other hand, Mann Whitney Test shows that the result is significantly different between experimental group and control group (p=0.001). As a result, it concludes that was a significant effect of balance exercise in increasing elderly postural balance. Therefore, this study recommends balance exercise for providing elderly postural balance that helps to decrease fall incident of elderly. Further study should be involved with more specific assessment of muscle strength of elderly.

Keywords: Balance Exercise, Postural Balance, Elderly