

**ABSTRAK**

**Pengaruh Pemberian *Ankle Strategy Exercise* dan *Core Stability Exercise* Terhadap Keseimbangan Dinamis Lansia Wanita**

Rezky Romadhona Susanto, Rr. Indrayuni Lukitra Wardhani, dan Lantjar Januwidodo

**Laatar Belakang:** Proses lanjut usia secara umum akan di tandai dengan adanya beberapa kemunduran dari fungsi suatu organ tubuh (Setiati, 2013). Perubahan-perubahan yang terjadi pada lansia dapat mempengaruhi keseimbangan tubuh. ada beberapa jenis olahraga atau latihan yang direkomendasikan untuk meningkatkan keseimbangan postural lansia, antara lain *Ankle strategy exercise* dan *Core stability exercise*.

**Tujuan:** kajian jurnal memiliki tujuan untuk mengetahui pengaruh *core stability exercise* dan *ankle strategy exercise* terhadap keseimbangan dinamis pada lansia wanita.

**Metode Penelitian:** kajian jurnal ini menggunakan desugn literature review dengan menggunakan sepuluh jurnal dalam telaah kepustakaan yang diperoleh dari science Direct Google Scholar.

**Hasil dan Kesimpulan:** adanya pengaruh yang signifikan pada *core stability exercise* terhadap keseimbangan dinamis lansia maupun *ankle strategy exercise* terhadap keseimbangan dinamis lansia, maka jika kedua latihan ini dikombinasikan diharapkan dapat lebih berpengaruh besar terhadap peningkatan keseimbangan dinamis pada lansia wanita.

**Kata Kunci:** *Core Stability Exercise* dan *Ankle strategy Exercise*, Keseimbangan Dinamis

**ABSTRACT**

***The Effect of Giving Ankle Strategy Exercise and Core Stability Exercise on the Dynamic Balance of Elderly Women***

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**Background:** The next process will generally be marked by a setback from the function of several organs (Setiati, 2013). Changes that occur in the elderly can affect body balance. There are several types of sports or exercises that are recommended to improve postural balance of the elderly, including leg strategy exercises and core stability exercises.

**Purpose:** studying journals aims to study the effect of core stability exercises and ankle strategy exercises on dynamic balance in elderly women

**Research Methods:** this journal study uses a literature review design using journals in a literature review obtained from Google Scholar's direct science.

**Results and conclusions:** there is a significant difference between core stability training on the dynamic balance of the elderly and ankle strategy training against the dynamic balance of the elderly, so if the exercise of these two combinations can further improve efficiency in elderly women.

**Keywords:** Core Stability Training and Ankle Strategy Training, Dynamic Balance