

ABSTRAK

EFEKTIFITAS SENAM LANSIA DAN *HOME BASED EXERCISE TRAINING* TERHADAP KEBUGARAN DAN KELELAHAN PADA LANSIA : TINJAUAN PUSTAKA SISTEMATIS

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Latar Belakang : Penurunan kapasitas fisik menjadi masalah yang terjadi pada lansia, hal ini menyebabkan penurunan kebugaran, kelelahan, nyeri, gangguan tidur, dan gejala gastrointestinal dan psikologis. Tujuan dari sistematik review ini untuk menganalisis efektifitas *home based exercise training* dan senam lansia untuk meningkatkan kebugaran dan menurunkan kelelahan pada lansia. **Metode** : Pencarian artikel menggunakan sumber literatur yaitu database bereputasi diantaranya *Scopus, CINAHL, Proquest, Science Direct dan MEDLINE. The Center for review and Dissemination and the Joanna Briggs Institute Guideline* digunakan untuk menilai kualitas dan PRISMA *checklist* sebagai petunjuk dalam membuat *review*. Judul, abstrak, *full-text* dan metodologi dinilai untuk eligibilitas studi. Data diekstraksi, dilakukan tabulasi data dan analisis naratif dari temuan studi ditampilkan, serta dirangkum secara singkat. **Hasil** : Sebanyak 25 artikel dianalisis. Intervensi-intervensi yang digunakan untuk meningkatkan kebugaran dan menurunkan kelelahan sangat bervariasi. 6 artikel menggunakan *home based exercise training*, 19 artikel menggunakan senam lansia. Desain yang digunakan yaitu 13 artikel menggunakan *randomized controlled trial*, 11 artikel *experimental*, 1 artikel *observasional*. **Kesimpulan** : Tinjauan sistematis ini menunjukkan keefektifan intervensi *home based exercise training* dan senam lansia untuk meningkatkan kebugaran dan menurunkan kelelahan pada lansia, tinjauan sistematis ini dapat digunakan sebagai bukti saat melakukan kombinasi aktivitas bersama dan latihan mandiri dirumah sebagai intervensi latihan fisik pilihan yang baik untuk tujuan meningkatkan kebugaran dan menurunkan kelelahan pada lansia.

Kata Kunci : *home based exercise training, gymastic for the elderly, fitness, fatigue*

ABSTRACT

THE EFFECTIVENESS OF ELDERLY EXERCISE AND HOME BASED EXERCISE TRAINING ON FITNESS AND FATIGUE IN THE ELDERLY : A SYSTEMATIC REVIEW

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Background: *Decreased physical capacity is a problem that occurs in the elderly, this causes decreased fitness, fatigue, pain, sleep disturbances, and gastrointestinal and psychological symptoms. The purpose of this systematic review is to analyze the effectiveness of home based exercise training and exercise in the elderly to improve fitness and reduce fatigue in the elderly.* **Methods:** *Search for articles using literature sources, namely reputable databases including Scopus, CINAHL, Proquest, Science Direct and MEDLINE. The Center for review and Dissemination and the Joanna Briggs Institute Guideline was used to assess the quality and the PRISMA checklist as a guide in making a review. Title, abstract, full-text and methodology were assessed for the intelligibility of the study. Data were extracted, data tabulated and narrative analysis of the study findings were presented and summarized briefly.* **Results:** *A total of 25 articles were analyzed. The interventions used to improve fitness and reduce fatigue vary widely. 6 articles using home based exercise training, 19 articles using gymnastics for the elderly. The design used was 13 articles using a randomized controlled trial, 11 experimental articles, 1 observational article.* **Conclusion:** *This systematic review shows the effectiveness of home-based exercise training and exercise interventions in the elderly to improve fitness and reduce fatigue in the elderly, this systematic review can be used as evidence when doing a combination of joint activities and independent home exercise as a good choice physical exercise intervention for the purpose of improving fitness and reduce fatigue in the elderly.*

Keywords: *home based exercise training, gymnastic for the elderly, fitness, fatigue*