

ABSTRAK

**PENGARUH *BALANCE EXERCISE* TERHADAP KESEIMBANGAN
TUBUH LANSIA**

LITERATURE REVIEW

Oleh:

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Pendahuluan: Penuaan dapat menyebabkan perubahan fisiologis pada sistem muskuloskeletal yaitu menurunnya kekuatan otot yang menyebabkan keseimbangan tubuh terganggu. Latihan yang dapat meningkatkan keseimbangan lansia adalah *balance exercise*. Tujuan dari penelitian ini adalah untuk me-review pengaruh *balance exercise* terhadap keseimbangan tubuh lansia. **Metode:** Pencarian artikel *literature review* dilakukan di empat database (*Scopus, SAGE, Proquest* dan Portal Garuda) pada bulan Februari – Maret 2021 menggunakan kata kunci “*Effect*” AND “*Balance Exercise*” OR “*Balance Training*” AND “*Balance, Postural*” OR “*Control, Postural*” AND “*Older Adult*” OR “*Elderly*”. *The Centre for Review and Dissemination and the Joanna Briggs Institute Guideline* digunakan sebagai panduan dalam asesmen kualitas dari studi yang akan dirangkum. Dilakukan analisis dan tabulasi data pada artikel. Judul, abstrak, teks lengkap dan metodologi dinilai untuk menentukan kelayakan studi. **Hasil :** Ditemukan 10 studi yang sesuai dengan kriteria inklusi penelitian. Didapatkan hasil bahwa ada pengaruh antara *balance exercise* dengan keseimbangan tubuh pada lansia. Pengaruh tersebut disebabkan adanya kontraksi otot setelah pemberian intervensi *balance exercise* yang meningkatkan kekuatan otot sehingga berdampak pada meningkatnya kemampuan lansia dalam mengontrol keseimbangan tubuh. Salah satu poin penting dalam melakukan pemberian *balance exercise* adalah kontinuitas atau kesinambungan **Kesimpulan:** Pemberian intervensi *balance exercise* memiliki pengaruh terhadap keseimbangan tubuh pada lansia. Beberapa modifikasi intervensi *balance exercise* yang diberikan dalam penelitian ini tetap menunjukkan pengaruh dalam meningkatkan keseimbangan tubuh lansia. Pemberian intervensi *balance exercise* ini diterapkan pada lansia dengan usia >60 tahun. Pemberian intervensi ini mampu meningkatkan kekuatan otot lansia yang secara langsung mampu memperbaiki kualitas keseimbangan lansia.

Kata Kunci: *Balance Exercise*, Keseimbangan Tubuh, Lansia

ABSTRACT

THE EFFECT OF BALANCE EXERCISE ON POSTURAL BALANCE OF ELDERLY

LITERATURE REVIEW

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Introduction: Aging can cause physiological changes in the musculoskeletal system, namely a decrease in muscle strength which causes the body's balance to be disturbed. Exercises that can improve the balance of the elderly are balance exercises. The purpose of this study was to review the effect of balance exercise on body balance in the elderly. **Methods:** The search for literature review articles was carried out in four databases (Scopus, SAGE, Proquest dan Garuda Portal) from February to March 2021 using the keywords "Effect" AND "Balance Exercise" OR "Balance Training" AND "Balance, Postural" OR "Control, Postural" AND "Older Adult" OR "Elderly". The Center for Review and Dissemination and the Joanna Briggs Institute Guideline is used as a guide in assessing the quality of the studies to be summarized. Analysis and data tabulation were carried out in the article. Title, abstract, full text and methodology were assessed to determine study eligibility. **Results:** There were 10 studies that matched the study inclusion criteria. The results show that there is an effect between balance exercise and body balance in the elderly. This effect is due to the presence of muscle contraction after the provision of balance exercise interventions that increase muscle strength so that it has an impact on increasing the ability of the elderly to control body balance. One of the important points in giving balanced exercise is continuity. **Conclusion:** The provision of balance exercise intervention has an effect on body balance in the elderly. Several modifications to the balance exercise intervention provided in this study still show an effect in improving the body balance of the elderly. The provision of balance exercise intervention is applied to elderly people aged > 60 years. The provision of this intervention is able to increase the muscle strength of the elderly which can directly improve the quality of balance in the elderly.

Keywords: *Balance Exercise, Postural Balance, Elderly*