

ABSTRAK
PENGARUH SENAM TAI CHI TERHADAP
PENINGKATAN KESEIMBANGAN DINAMIS PADA LANSIA

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Latar belakang : Banyaknya lansia yang mengalami penurunan keseimbangan dinamis menyebabkan banyak terjadinya risiko jatuh. Senam Tai Chi merupakan latihan yang dapat meningkatkan keseimbangan dinamis pada lansia. **Metode** : one group pretest posttest design dengan subyek sebanyak 23 orang lansia berusia 60-75 tahun dan diberikan senam Tai Chi seminggu 2x selama 30 menit dalam waktu satu bulan (8x) **Hasil** : Berdasarkan analisis uji normalitas dengan saphiro wilk pada pretest dan posttest, didapatkan hasil $p > 0,05$ berarti data berdistribusi normal. Berdasarkan analisis uji beda pretest dan posttest dengan paired t-test didapatkan hasil nilai keseimbangan dinamis sebelum dan setelah senam Tai Chi adalah $p < 0,05$ ($p = 0,000$), sedangkan nilai keseimbangan dinamis sebelum dan setelah senam Tai Chi dengan TUG adalah $p < 0,05$ ($p = 0,000$) berarti terdapat perbedaan yang bermakna antara sebelum dan setelah perlakuan ketika diukur dengan Functional Reach Test (FRT) dan Time Up and Go test (TUG). **Kesimpulan** : senam Tai Chi dapat mempengaruhi peningkatan keseimbangan dinamis pada lansia

Kata kunci : senam Tai Chi, lansia, keseimbangan dinamis

ABSTRACT

THE EFFECTS OF TAI CHI IN DYNAMIC BALANCE IMPROVEMENT
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Background: Many elderly people experience a decrease in dynamic balance, a condition which increases the risk of falling. Tai Chi is a renowned exercise that can improve the dynamic balance in the elderly. **Method:** One group pretest posttest design with 23 subjects of elderly people aged 60-75 years old and given Tai chi twice a week for 30 minutes within one month (8 times). **Result:** Based on the analysis of normality test by Saphiro Wilk on the pretest and posttest, the obtained result is $p>0.05$ which means the data is normally distributed. In the meantime, the analysis of pretest-posttest difference analysis by paired T-test results in dynamic balance value before and after Tai chi as much as $p<0.05$ ($p=0.000$); and, it also generates the dynamic balance value before and after Tai chi with TUG as much as $p<0.05$ ($p=0.000$). This means there is a significant difference between before and after the treatment when measured by Functional Reach Test (FRT) and Time Up and Go Test (TUG). **Conclusion:** Tai chi improves the dynamic balance in the elderly.

Key words: Tai chi, elderly people, dynamic balance