

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER

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Pengaruh Senam *Low Impact Aerobic* Terhadap Penurunan Risiko Jatuh Pada Lansia di UPT PSTW Jember, 2017

xvi + 62 hal + 2 skema + 6 tabel + 1 gambar + 16 lampiran

Abstrak

Senam *low impact aerobic* adalah latihan senam aerobic yang dilakukan dengan gerakan ringan / intensitas ringan dimana salah satu kaki masih bertumpu di lantai dan tanpa tekanan tingkat tinggi pada sendi. Tujuan dari penelitian ini untuk mengetahui pengaruh senam *low impact aerobic* terhadap penurunan risiko jatuh pada lansia di UPT PSTW Jember. Metode pada penelitian ini menggunakan desain *Pra Eksperimen* dengan *One-Group Pre-Post Test Design*. Populasi pada penelitian ini adalah lansia yang berusia lebih dari 60 tahun dan tidak *bedrest* di UPT PSTW Jember dengan sejumlah sampel 31 lansia. Teknik pengambilan sampel menggunakan *simple random sampling*. Teknik pengambilan data menggunakan TUGT (*Time Up and Go Test*). Proses uji variabel menggunakan uji T sampel berpasangan. Hasil penelitian risiko jatuh sebelum (*pre test*) diberikan senam *low impact aerobic* dapat diketahui nilai risiko jatuh 21-30 sebanyak 16 lansia (51,6 %), nilai risiko jatuh 0-20 sebanyak 14 lansia (45,2 %), dan lansia yang memiliki nilai risiko jatuh >30 sebanyak 1 lansia (3,2 %) dan risiko jatuh sesudah (*post test*) diberikan senam *low impact aerobic* dapat diketahui nilai risiko jatuh 0-20 meningkat sebanyak 17 lansia (54,8 %), nilai risiko jatuh 21-30 sebanyak 13 lansia (41,9 %), dan lansia yang memiliki nilai risiko jatuh >30 sebanyak 1 lansia (3,2 %). Dari hasil tersebut didapatkan nilai *p value* 0,00 (*p value* <  $\alpha = 0,005$ ), maka dapat disimpulkan ada pengaruh senam *low impact aerobic* terhadap penurunan risiko jatuh pada lansia di UPT PSTW Jember. Diharapkan responden mampu melaksanakan senam *low impact aerobic* secara rutin untuk mengurangi risiko jatuh.

Kata kunci: lansia, senam *low impact aerobic*, risiko jatuh

Daftar pustaka 25 (2006-2016)

Abstract

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The Influence of Low Impact Aerobic Gymnastics to Downturn Risk Falling on the Elderly in UPT PSTW of Jember, 2017

xvi + 62 pages+ 2 schemes + 6 tables + 1 image + 16 attachments

Abstract

Low impact aerobic gymnastics exercise is aerobic gymnastics being performed with an easy motion/easy intensity where on foot is still resting on the floor and without a high level of pressure on the joints. The purpose of this research is to know the influence of low impact aerobic gymnastics to downturn risk falling on the elderly in UPT PSTW of Jember. The method research using Pre Experiments with One-Group Pre-Post Test Design. The population in this research is elderly aged over 60 years and no bedrest in PSTW UPT of Jember with a sample of 31 elderly. Sampling techniques using simple random sampling. Technical data retrieval using TUGT (Time Up and Go Test). Process variable using a test sample paired T-test. The results of the research risk of falling before (pre test) given the low impact aerobic gymnastics the value of the risk of falling 21-30 as many as 16 elderly (51.6%), the value of the risk of falling 0-20 as many as 14 elderly (45.2%), and elderly who have a risk rating fell >30 as many 1 elderly (3.2%) and the risk of falling after (post test) given the low impact aerobic gymnastics can be known the value of the risk of falling 0-20 increased as many as 17 elderly (54.8%), the value of the falling 21-30 as many as 13 elderly (41.9%), and elderly who have a risk rating fell >30 as many as 1 elderly (3.2%). From the results obtained by the p value 0.00 (p value =  $<\alpha$  0.005), it can be concluded there is the influence of low impact aerobic gymnastics to downturn risk falling on the elderly in UPT PSTW of Jember. Expected respondents able to implement low impact aerobic gymnastics regularly to reduce the risk of falls.

Key words: elderly, low impact aerobic gymnastics, risk of falls

Bibliography 25 (2006-2016)