

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER

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FAKULTAS ILMU KESEHATAN

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Pengaruh Senam Bugar Terhadap Risiko Jatuh Pada Lansia di Posyandu Desa Sempolan Kecamatan Silo Kabupaten Jember, 2022.

Abstrak

Pendahuluan : Lansia berisiko jatuh karena gangguan pada sistem muskuloskeletal mereka. Latihan fisik seperti senam bugar dapat membantu lansia untuk mengurangi risiko jatuh. Tujuan penelitian ini adalah untuk mengetahui pengaruh senam bugar terhadap risiko jatuh pada lansia. **Metode** : Penelitian ini merupakan penelitian *praeksperimental* dengan pendekatan *one group pre-post test design*. Ada 24 lansia di Posyandu Desa Sempolan, Jember. Penelitian ini menggunakan 23 responden dengan *teknik purposive sampling*. Pengumpulan data dilakukan dengan uji TUG sebelum dan setelah responden diberi perlakuan dengan latihan selama 2 kali seminggu dalam 2 minggu. **Hasil** : Analisis statistik menggunakan *uji paired sample t-test* menunjukkan *p value* 0,043 lebih kecil dari 0,05 sehingga hipotesis diterima, artinya senam bugar berpengaruh signifikan terhadap risiko jatuh pada lansia. Petugas kesehatan diharapkan melakukan pemeriksaan status kesehatan lansia secara berkala sehingga risiko jatuh dapat dideteksi secara dini sehingga dapat menghindari cedera fisik pada lansia.

Kata kunci: jatuh, lansia, senam bugar.

Abstract

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The Effectiveness of Fitness Exercise on Reducing Risk of Falling in the Elderly at the Posyandu, Sempolan Village, Silo District, Jember Regency. 2022.

Abstract

Introduction : The elderly are at risk of falling due to the charges on their musculoskeletal system. Physical exercise, such as fitness exercise, can help elderly to reduce the risk of falling. The purpose of this study was ti determine the impact of fitness exercise on risk of falling in the elderly. ***Methods*** : It is a praexperimental study with one group pre-post test design approach. There were 24 elderly in elderly health service at Sempolan, Jember. It involves 23 responden taking purposive sampling technicque. The data collected by TUG test before and after the responden donts were treated with exercise for 2 times a week in 2 weeks. ***Results*** : Statistical analysis using paired t-test show p value of 0,043 less than α of 0,05 so that the hypothesis was accepted, means that fitness exercise has significant effect on risk of falling in the elderly. Health workers are expected to do regular check up on elderly health status so that the risk of falling can be detected early so as to avord physical injury on the elderly.

Keywords: fall, elderly, exercise.