

Abstrak

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Karya Ilmiah Akhir, 2024  
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Penerapan Terapi *Otago Exercise Programme* Pada Lansia Dengan Sindrom Geriatri *Instability* di UPT Pelayanan Sosial Tresna Werdha Jember

xviii + 74 halaman + 13 tabel + 7 lampiran

#### ABSTRAK

Lansia berisiko mengalami sindrom geriatri akibat kegagalan dalam proses menua. Salah satu sindrom geriatri yang sering terjadi pada lansia adalah *instability* (Jatuh). Kejadian jatuh pada lansia mengalami peningkatan setidaknya sekali dalam satu tahun. Salah satu strategi yang dapat digunakan untuk mengatasi *instability* dengan melakukan terapi *Otago Exercise Programme*. Tujuan dilakukan penelitian untuk menganalisis penerapan terapi *otago exercise programme* pada lansia dengan sindrom geriatri *instability*. Metode penelitian menggunakan studi kasus berdasarkan asuhan keperawatan dengan waktu 06 Mei-18 Mei 2024, dengan jumlah partisipan sebanyak 3 orang. Setelah dilakukan intervensi selama 6 kali, terdapat perbedaan hasil TUGT dan *rhombergh test* pada ketiga klien yaitu klien 1 yang semula posisi *rhombergh test* 20 detik menjadi 27 detik, TUGT yang mulanya 26 detik menjadi 16 detik. Pada klien 2 yang semula posisi *rhombergh test* 15 detik menjadi 20 detik, TUGT yang mulanya 21 detik menjadi 15 detik. Pada klien 3 yang semula posisi *rhombergh test* 20 detik menjadi 23 detik dan pemeriksaan TUGT yang mulanya 18 detik menjadi 15 detik. Terapi *otago exercise programme* efektif dilakukan untuk menurunkan nilai TUGT dan meningkatkan nilai *rhombergh test*. Rekomendasi penerapan *otago excercise programme* dapat dikombinasikan dengan musik, agar ritme gerakan sesuai hitungan serta mampu menurunkan hormon stress.

Kata Kunci : Lansia, *Instability*, *Otago Exercise Programme*

Daftar Pustaka : 46 (2003-2024)

*Abstract*

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*Final Scientific Paper, 2024  
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*Application of Otago Exercise Program Therapy in the Elderly with Geriatric Instability Syndrome at UPT Tresna Werdha Jember Social Services.*

*xviii + 74 pages + 13 tables + 7 attachments*

**ABSTRACT**

*The elderly are at risk of developing geriatric syndromes due to failures in the aging process. One of the geriatric syndromes that often occurs in the elderly is instability (falls). The incidence of falls in the elderly has increased at least once a year. One strategy that can be used to overcome instability is to perform Otago Exercise Program therapy. The purpose of this study was to analyze the application of otago exercise program therapy in the elderly with geriatric instability syndrome. The research method uses case studies based on nursing care with the time of May 06-May 18, 2024, with a total of 3 participants. After the intervention was carried out for 6 times, there were differences in the results of the TUGT and rhombergh tests on the three clients, namely client 1, whose original rhombergh test position was 20 seconds to 27 seconds, TUGT which initially 26 seconds to 16 seconds. In client 2, the original rhombergh test position was 15 seconds to 20 seconds, TUGT which was originally 21 seconds to 15 seconds. In client 3, the original Rhombergh test position was 20 seconds to 23 seconds and the TUGT examination which was originally 18 seconds to 15 seconds. Otago exercise program therapy is effective for reducing TUGT values and increasing rhombergh test values. Recommendations for the application of the otago exercise program can be combined with music, so that the rhythm of movement matches the count and is able to reduce stress hormones.*

*Translated with DeepL.com (free version) Keywords: Elderly, Instability, Otago Exercise Programme*

*Bibliography: 46 (2003-2024)*