

ABSTRAK

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Intervensi Tandem Walking Exercise Pada Lansia Dengan Gangguan Keseimbangan Di UPT PSTW Kasiyan Puger Jember

XI + 49 hal + 13 tabel

Abstrak

Keseimbangan pada lansia merupakan masalah umum yang menyebabkan terjatuhnya lansia. Lansia dengan penurunan fisiologis akan menurunkan kontrol keseimbangan akibat perubahan postur tubuh, penurunan proprioception, dan penurunan penglihatan. Penelitian ini bertujuan untuk mengetahui intervensi *tandem walking exercise* pada lansia dengan gangguan keseimbangan di UPT PSTW Kasiyan Puger Jember. Jenis penelitian yang digunakan yaitu studi kasus. Populasi dalam penelitian ini adalah lansia dengan gangguan keseimbangan sebanyak 3 klien. Tehnik pengambilan data menggunakan tehnik wawancara, observasi dan pemeriksaan fisik, dan studi dokumentasi. Hasil tindakan yang sudah dilaksanakan 2 kali dalam seminggu selama 15-20 menit yaitu menunjukkan ada pengaruh latihan jalan tandem terhadap keseimbangan tubuh lansia untuk mengurangi resiko jatuh di UPT PSTW Kasiyan Puger Jember. Berdasarkan hasil penelitian dapat disimpulkan bahwa latihan jalan tandem dapat meningkatkan keseimbangan tubuh lansia. Oleh karena itu disarankan agar latihan jalan tandem ini dapat dijadikan sebagai salah satu intervensi untuk mengatasi masalah keseimbangan tubuh lansia sehingga resiko jatuh dapat menurun.

Kata Kunci : Asuhan Keperawatan, *Tandem Walking Exercise*, Gangguan Keseimbangan, Lansia

ABSTRACT

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*Tandem Walking Exercise Intervention for Elderly People with Balance Disorders
at UPT PSTW Kasiyan Puger Jember*

XI + 49 pages + 13 tables

Abstract

Balance in the elderly is a common problem that causes falls in the elderly. Elderly people with physiological decline will have reduced balance control due to changes in body posture, decreased proprioception, and decreased vision. This study aims to determine the tandem walking exercise intervention for elderly people with balance disorders at UPT PSTW Kasiyan Puger Jember. The type of research used is a case study. The population in this study were 3 elderly clients with balance disorders. Data collection techniques use interview techniques, observation and physical examination, and documentation studies. The results of the action which was carried out twice a week for 15-20 minutes showed that there was an effect of tandem walking training on the body balance of the elderly to reduce the risk of falls at UPT PSTW Kasiyan Puger Jember. Based on the research results, it can be concluded that tandem walking training can improve the body balance of elderly people. Therefore, it is recommended that tandem walking training can be used as an intervention to overcome balance problems in the elderly so that the risk of falls can be reduced.

Keywords: Nursing Care, Tandem Walking Exercise, Balance Disorders, Elderly