

ABSTRAK

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Penerapan Terapi *Tandem Walking Exercise* Pada Lansia Dengan Sindrom Geriatri Gangguan Keseimbangan Di Upt Pelayanan Sosialtresna Werdha Jember

Xv + 92 halaman + 1 bagan + 26 tabel + 1 gambar + 19 lampiran

Latar Belakang: Lansia menghadapi tantangan besar dalam mempertahankan keseimbangan tubuh akibat perubahan fisiologis yang menyertai proses penuaan. Ketidakstabilan ini sering kali muncul sebagai bagian dari sindrom geriatri, memperbesar risiko jatuh dan membatasi kualitas hidup. Untuk menanggulangi masalah tersebut, *Tandem Walking Exercise* muncul sebagai pendekatan nonfarmakologis yang menjanjikan, dengan teknik berjalan lurus satu garis yang secara aktif menstimulasi sistem vestibular dan proprioseptif guna memperkuat kontrol postural.

Tujuan: Penelitian ini bertujuan untuk menganalisis penerapan terapi *Tandem Walking Exercise* pada lansia dengan sindrom geriatri gangguan keseimbangan di UPT Pelayanan Sosial Tresna Werdha Jember.

Metode: Penelitian ini menggunakan pendekatan studi kasus deskriptif kualitatif dengan tiga partisipan lansia yang memiliki gangguan keseimbangan. Intervensi *Tandem Walking Exercise* diberikan selama 30 menit, sehari sekali selama enam hari berturut turut. Data dikumpulkan melalui wawancara, observasi, dan dokumentasi, serta diukur menggunakan instrumen *Timed Up and Go Test* (TUG) untuk menilai risiko jatuh. Analisis data dilakukan secara tematik berdasarkan perubahan skor TUG dan respon klien terhadap terapi.

Hasil: Setelah dilakukan intervensi selama enam hari, terjadi penurunan waktu penyelesaian TUG pada seluruh partisipan, yaitu dari 24 detik menjadi 18 detik (Ny. W), dari 29 detik menjadi 23 detik (Ny. S), dan dari 41 detik menjadi 34 detik (Ny. Sa). Penurunan ini mengindikasikan adanya perbaikan signifikan dalam keseimbangan dan kemampuan mobilitas pasien.

Kesimpulan: Penerapan *Tandem Walking Exercise* efektif dalam meningkatkan keseimbangan dan mengurangi risiko jatuh pada lansia dengan sindrom geriatri gangguan keseimbangan. Intervensi ini dapat dijadikan bagian dari asuhan keperawatan gerontik di panti sosial sebagai upaya promotif dan preventif.

Kata Kunci: Lansia, *Tandem Walking Exercise*, Keseimbangan, Sindrom Geriatri, Risiko Jatuh

ABSTRACT

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Implementation of Tandem Walking Exercise Therapy in Elderly Patients with Geriatric Syndrome Balance Disorders at UPT Tresna Werdha Social Service, Jember

xv + 92 pages + 1 diagram + 26 tables + 1 figure + 19 appendices

Background: Older adults face considerable challenges in maintaining postural balance due to physiological changes associated with aging. This instability frequently emerges as part of geriatric syndrome, increasing the risk of falls and limiting quality of life. To address this issue, Tandem Walking Exercise has emerged as a promising non-pharmacological approach. This technique involves walking in a straight line, actively stimulating the vestibular and proprioceptive systems to enhance postural control.

Objective: This study aims to analyze the implementation of Tandem Walking Exercise therapy among older adults with balance disorders as part of geriatric syndrome at the Tresna Werdha Jember Social Service Unit.

Methods: This study employed a descriptive qualitative case study approach involving three elderly participants with balance impairments. The Tandem Walking Exercise intervention was administered for 10–15 minutes per day over six consecutive days. Data were collected through interviews, observations, and documentation, and measured using the Timed Up and Go Test (TUG) to assess fall risk. Data analysis was performed thematically, focusing on changes in TUG scores and participant responses to the therapy.

Results: After six days of intervention, a reduction in TUG completion time was observed in all participants from 24 seconds to 18 seconds (Ny. W), 29 seconds to 23 seconds (Ny. S), and 41 seconds to 34 seconds (Ny. Sa). This decrease indicates a significant improvement in the participants' balance and mobility.

Conclusion: Tandem Walking Exercise proves to be an effective, simple, and applicable intervention for improving balance and reducing fall risk in older adults with geriatric balance disorders. This intervention is recommended as part of gerontological nursing care in social care settings as a promotive and preventive measure.

Keywords: Older Adults, Tandem Walking Exercise, Balance, Geriatric Syndrome, Fall Risk