

ABSTRAK
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Analisis Implementasi *Otago Exercise* Pada Lansia Dengan Gangguan Keseimbangan Di UPT. Pelayanan Sosial Tresna Werdha (PSTW) Bondowoso

Xvi + 160 hal + 18 tabel + 7 lampiran

Abstrak

Gangguan keseimbangan merupakan masalah umum yang sering dialami oleh lansia dan menjadi faktor utama penyebab jatuh. Data nasional dan regional menunjukkan bahwa prevalensi jatuh pada lansia masih tinggi, dengan penyebab dominan berasal dari faktor intrinsik seperti gangguan keseimbangan dan kelemahan otot ekstremitas bawah. Salah satu intervensi non-farmakologis yang terbukti efektif dalam menurunkan risiko jatuh adalah latihan *Otago Exercise*, yaitu program latihan fisik yang berfokus pada penguatan otot tubuh bagian bawah dan peningkatan keseimbangan. Penelitian ini bertujuan untuk menganalisis pelaksanaan dan efektivitas *Otago Exercise* pada lansia dengan gangguan keseimbangan. Penelitian menggunakan metode studi kasus terhadap tiga lansia di UPT PSTW Bondowoso yang telah diidentifikasi memiliki risiko jatuh. Proses keperawatan meliputi pengkajian, penegakan diagnosis, perencanaan, implementasi intervensi, dan evaluasi. Intervensi dilakukan selama 6 hari dan dievaluasi menggunakan alat ukur seperti *Timed Up and Go (TUG) Test*, *Romberg Test*, dan *Morse Fall Scale (MFS)*. Hasil menunjukkan adanya peningkatan keseimbangan baik secara dinamis maupun statis, ditandai dengan penurunan waktu TUG, perubahan hasil *Romberg* dari positif menjadi negatif, serta penurunan skor MFS. Temuan ini membuktikan bahwa latihan *Otago Exercise* efektif dalam meningkatkan keseimbangan fisik dan menurunkan risiko jatuh pada lansia. Program ini dapat menjadi intervensi keperawatan yang penting untuk meningkatkan mobilitas aman dan kemandirian lansia

Kata Kunci: Lansia, Gangguan Keseimbangan, Risiko Jatuh, *Otago Exercise*, Intervensi Keperawatan
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ABSTRACT
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Analysis of the Implementation of Otago Exercise in Elderly People with Balance Disorders at the Bondowoso Social Services Unit (UPT).

Xvi + 160 pages + 18 tables + 7 appendices

Abstract

Balance disorders are a common problem experienced by the elderly and are a major contributing factor to falls. National and regional data show that the prevalence of falls among the elderly remains high, with the dominant causes being intrinsic factors such as balance disorders and lower limb muscle weakness. One non-pharmacological intervention proven effective in reducing fall risk is the Otago Exercise, a physical training program focused on strengthening lower body muscles and improving balance. This study aims to analyze the implementation and effectiveness of the Otago Exercise in elderly individuals with balance disorders. The study used a case study method involving three elderly residents at PSTW Bondowoso who were identified as being at risk of falling. The nursing process included assessment, nursing diagnosis, planning, intervention implementation, and evaluation. The intervention was carried out over six days and evaluated using assessment tools such as the Timed Up and Go (TUG) Test, Romberg Test, and Morse Fall Scale (MFS). The results showed improvement in both dynamic and static balance, indicated by reduced TUG times, changes in Romberg results from positive to negative, and decreased MFS scores. These findings demonstrate that the Otago Exercise is effective in improving physical balance and reducing fall risk in the elderly. This program can serve as a key nursing intervention to enhance safe mobility and promote independence among older adults.

Keywords: *Elderly, Balance Disorder, Fall Risk, Otago Exercise, Nursing Intervention.*

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