

ABSTRAK

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Karya Ilmiah Akhir, 18 Juli 2025
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Implementasi Terapi *Strengthening Exercise* Terhadap Peningkatan Kekuatan Otot
Pada Lansia Di UPT PSTW Jember
Xiv + 73 Hal + 7 Tabel + 6 Gambar + 5 Lampiran

Abstrak

Introduksi: Penuaan alami menyebabkan penurunan fungsi tubuh, termasuk kekuatan otot pada lansia, yang dapat mengganggu mobilitas dan meningkatkan risiko jatuh. Kelemahan otot membuat lansia kurang aktif dan lebih bergantung pada orang lain. Penanganan dini penting agar kondisi ini tidak menjadi masalah kronis. Salah satu intervensi efektif adalah *strengthening exercise therapy*, yaitu latihan penguatan otot dengan gerakan berulang dan beban ringan yang mudah dilakukan tanpa alat khusus serta dapat disesuaikan dengan kemampuan fisik lansia.

Tujuan: Mengidentifikasi hasil implementasi terapi *strengthening exercise* dalam meningkatkan kekuatan otot pada lansia di UPT PSTW Jember.

Metode: Penelitian ini menggunakan desain studi kasus deskriptif dengan pendekatan implementasi, yaitu suatu metode penelitian yang bertujuan untuk menggambarkan secara mendalam suatu fenomena atau kondisi tertentu pada subjek penelitian, serta mengkaji secara langsung proses pelaksanaan intervensi di lapangan.

Hasil: peningkatan skor MMT pasca-intervensi membuktikan bahwa terapi *strengthening exercise* yang dilakukan selama 7 hari berturut-turut sangat efektif dalam meningkatkan kekuatan otot ekstremitas bawah pada lansia. Peningkatan nilai dari skor 3 menjadi 4, dan dari 4 menjadi 5, menunjukkan adanya perbaikan kapasitas otot yang cukup bermakna secara klinis.

Kesimpulan: *Strengthening exercise* efektif dalam meningkatkan kekuatan otot pada lansia. Efektivitas tersebut tercermin dari perbandingan nilai MMT sebelum dan sesudah intervensi yang menunjukkan hasil yang lebih baik.

Kata Kunci: Implementasi, Strengthening Exercise, Lansia, Kekuatan Otot

ABSTRACT

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Final Scientific Paper, July 18, 2025
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*Implementation of Strengthening Exercise Therapy on Muscle Strength
Improvement in the Elderly at UPT PSTW Jember*
Xiv + 73 Pages + 7 Tables + 6 Pictures + 5 Apendices

Abstract

Introduction: Natural aging causes a decline in body functions, including muscle strength in the elderly, which can impair mobility and increase the risk of falls. Muscle weakness makes the elderly less active and more dependent on others. Early intervention is crucial to prevent this condition from becoming a chronic issue. One effective intervention is strengthening exercise therapy, which involves muscle strengthening exercises with repetitive movements and light weights that are easy to perform without special equipment and can be adapted to the physical capabilities of the elderly.

Objective: To identify the outcomes of implementing strengthening exercise therapy in improving muscle strength among the elderly at the UPT PSTW Jember.

Method: This study used a descriptive case study design with an implementation approach, which is a research method aimed at describing a phenomenon or condition in depth on the research subject, as well as directly examining the implementation process of the intervention in the field.

Results: The post-intervention MMT score increase demonstrated that strengthening exercise therapy is highly effective in improving lower extremity muscle strength in the elderly. The score increased from 3 to 4, indicating a significant improvement in muscle strength.

Conclusion: The increase in MMT scores post-intervention demonstrates that strengthening exercise therapy performed for 7 consecutive days was highly effective in increasing lower extremity muscle strength in the elderly. The improvement from a score of 3 to 4, and from 4 to 5, indicates a clinically significant improvement in muscle capacity.

Discussion: Strengthening exercises are effective in enhancing muscle strength in the elderly. This effectiveness is reflected in the comparison of MMT scores before and after the intervention, which shows better results.

Keywords: Implementation, Strengthening Exercises, Elderly, Muscle Strength