

ABSTRAK

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Penerapan *Ankle Strategy Exercise* Pada Lansia Terhadap Peningkatan Status Keseimbangan Fungsional Lansia Dengan Gangguan Keseimbangan Di UPT. Pelayanan Sosial Tresna Werdha (PSTW) Bondowoso

Xv+ 171 hal + 17 tabel + 6 lampiran

Abstrak

Proses penuaan pada lansia menyebabkan penurunan fungsi otot dan sistem saraf yang berdampak pada keseimbangan tubuh. Gangguan keseimbangan meningkatkan risiko jatuh dan menurunkan kualitas hidup lansia. Salah satu intervensi non-farmakologis yang dapat digunakan adalah *Ankle Strategy Exercise*, yaitu latihan yang menargetkan otot pergelangan kaki untuk mempertahankan postur tubuh. Penelitian ini bertujuan untuk mengetahui efektivitas penerapan *Ankle Strategy Exercise* pada lansia dengan gangguan keseimbangan di UPT PSTW Bondowoso. Penelitian ini menggunakan metode studi kasus pada lansia dengan gangguan keseimbangan. Proses keperawatan yang dilakukan meliputi pengkajian, penegakan diagnosis, perencanaan, implementasi, 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 perbaikan pada keseimbangan statis dan dinamis, yang ditunjukkan melalui penurunan waktu pelaksanaan TUG, pergeseran hasil *Romberg Test* dari positif ke negatif, serta berkurangnya skor MFS. Hal ini menunjukkan penerapan *Ankle Strategy Exercise* terbukti memberikan dampak positif bagi lansia, khususnya dalam meningkatkan keseimbangan fungsional, memperkuat otot ekstremitas bawah, dan menurunkan risiko jatuh. Intervensi ini juga berkontribusi terhadap peningkatan kepercayaan diri dan kemandirian lansia dalam beraktivitas. Dengan karakteristik yang sederhana dan tanpa memerlukan alat khusus, latihan ini layak diterapkan secara rutin baik di institusi pelayanan lanjut usia maupun di lingkungan komunitas.

Kata Kunci: Lansia, Keseimbangan, Risiko Jatuh, *Ankle Strategy Exercise*, Intervensi Keperawatan

ABSTRACT

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The Application of Ankle Strategy Exercise to Improve Functional Balance in Elderly with Balance Disorders at UPT Pelayanan Sosial Tresna Werdha (PSTW) Bondowoso

Xv + 171 pages + 17 tables + 6 appendices

Abstract

The aging process in the elderly causes a decline in muscle and nervous system functions, which impacts body balance. Impaired balance increases the risk of falls and reduces the quality of life among older adults. One non-pharmacological intervention that can be used is Ankle Strategy Exercise, a type of training that targets Ankle muscles to maintain postural control. This study aims to determine the effectiveness of Ankle Strategy Exercise in improving balance among elderly individuals with balance disorders at UPT PSTW Bondowoso. This research employed a case study method on an elderly client experiencing balance impairment. The nursing process included assessment, diagnosis, planning, implementation, and evaluation. The intervention was carried out over six days and evaluated using instruments such as the Timed Up and Go (TUG) Test, Romberg Test, and Morse Fall Scale (MFS). The results indicated improvements in both static and dynamic balance, marked by reduced TUG times, a shift in Romberg Test results from positive to negative, and a decrease in MFS scores. These findings demonstrate that the application of Ankle Strategy Exercise has a positive impact on the elderly by improving functional balance, strengthening lower extremity muscles, and reducing the risk of falls. Furthermore, this intervention contributes to enhancing the elderly's confidence and independence in daily activities. Due to its simplicity and minimal equipment requirements, this exercise is suitable for routine implementation in both institutional and community care settings.

Keywords: *Elderly, Balance, Fall Risk, Ankle Strategy Exercise, Nursing Intervention*