ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI PROFESI NERS
FAKULTAS ILMU KESEHATAN

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Indah Sukma Wahyuni

Implementasi Core Stability Exercise Untuk Meningkatkan Keseimbangan Pada Lansia Di UPT PSTW Jember

xviii + 90 hal + 1 gambar + 7 tabel + 9 lampiran

Abstrak

Proses penuaan menyebabkan penurunan fungsi muskuloskeletal, postural, dan sensorimotor yang dapat mengganggu keseimbangan serta meningkatkan risiko jatuh pada lansia. Salah satu intervensi nonfarmakologis yang dapat digunakan adalah *core stability exercise* (CSE), yaitu latihan penguatan otot inti untuk meningkatkan stabilitas postural. Penelitian ini bertujuan menganalisis implementasi CSE dalam meningkatkan keseimbangan lansia di UPT PSTW Jember. Metode penelitian menggunakan pendekatan studi kasus deskriptif kualitatif pada tiga lansia dengan gangguan keseimbangan dengan kriteria inklusi mmpu berkomunikasi, mampu berjalan mandiri, memiliki nilau TUG ≥14 detik. Lansia dengan gangguan neurologis, muskuloskeletal berat, atau kondisi akut menjadi kriteria eksklusi. Data dikumpulkan melalui wawancara, observasi, dan dokumentasi menggunakan lembar pengkajian gerontik, SOP CSE, dan *Timed Up and Go Test* (TUG). Intervensi diberikan 5 kali pertemuan selama dua minggu dengan frekuensi 2–3 kali per minggu. Hasil menunjukkan penurunan skor TUG pada seluruh responden dengan 1 klien menunjuukan keseimbangan baik dan 2 klien masih dengan keseimbangan buruk, yaitu dari 14,2 menjadi 12,8 detik, 22 menjadi 16 detik, dan 28 menjadi 20 detik. Kesimpulan, *core stability exercise* efektif meningkatkan keseimbangan lansia dan berpotensi menjadi intervensi keperawatan gerontik berbasis bukti untuk pencegahan jatuh.

Kata kunci: *Core Stability Exercise*, Keseimbangan, Lansia, *Timed Up and Go Test*, Risiko

ABSTRACT

UNIVERSITAS MUHAMMADIYAH JEMBER
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Indah Sukma Wahyuni

Implementation of Core Stability Exercises toImprove Balance in Elderly People at the Jember PSTW Technical Implementasion Unit

xviii + 90 pages + 1 figure + 7 tables + 9 appendices

Abstract

The aging process leads to a decline in musculoskeletal, postural, and sensorimotor functions, which can impair balance and increase the risk of falls among older adults. One non-pharmacological intervention that can be applied is Core Stability Exercise (CSE), a form of exercise aimed at strengthening the core muscles to improve postural stability. This study aimed to analyze the implementation of Core Stability Exercise in improving balance among older adults at UPT PSTW Jember. The study employed a descriptive qualitative case study approach involving three older adults with balance impairments. The inclusion criteria were the ability to communicate effectively, walk independently, and have a Timed Up and Go Test (TUG) score of ≥14 seconds. Older adults with neurological disorders, severe musculoskeletal impairments, or acute medical conditions were excluded from the study. Data were collected through interviews, observations, and documentation using a gerontological assessment form, the Core Stability Exercise Standard Operating Procedure (SOP), and the Timed Up and Go Test (TUG). The intervention was administered five times over a two-week period with a frequency of 2–3 sessions per week. The results showed a decrease in TUG scores in all participants, with one participant achieving good balance and two participants remaining in the poor balance category. The TUG scores decreased from 14.2 to 12.8 seconds, from 22 to 16 seconds, and from 28 to 20 seconds, respectively. In conclusion, Core Stability Exercise is effective in improving balance among older adults and has the potential to serve as an evidence-based gerontological nursing intervention for fall prevention.

Keywords: Core Stability Exercise, Balance, Elderly, Timed Up and Go Test, Fall Risk