

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI DIII KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Karya Tulis Ilmiah

Rika Sistiani Wariska

Implementasi Latihan Keseimbangan Pada Lansia Dengan Risiko Jatuh Di UPT
PSTW Jember

xvii + 67 halaman + 3 tabel + 10 lampiran*

Latar Belakang: Proses penuaan memicu penurunan fungsi muskuloskeletal pada lansia yang ditandai dengan berkurangnya kekuatan otot ekstremitas bawah dan kekakuan sendi. Kondisi ini sering menimbulkan masalah keperawatan Gangguan Mobilitas Fisik, dengan manifestasi klinis gaya berjalan yang melambat, kaki menyeret (*shuffling gait*), serta ketergantungan mekanis pada alat bantu jalan akibat trauma ketakutan jatuh (*fear of falling*). Salah satu intervensi keperawatan rehabilitatif non-farmakologis yang efektif adalah kombinasi latihan mobilisasi bertahap dan latihan keseimbangan (*balance exercise*). **Tujuan:** Mendeskripsikan implementasi latihan mobilisasi dan latihan keseimbangan dalam meningkatkan kemampuan fungsional postural dan mobilitas pada lansia dengan gangguan mobilitas fisik di UPT PSTW Jember. **Metode:** Penelitian ini menggunakan desain studi kasus deskriptif pada satu pasien lansia (Ny. A, 64 tahun) dengan diagnosis keperawatan Gangguan Mobilitas Fisik. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, serta pengukuran objektif menggunakan instrumen *Berg Balance Scale* (BBS). Implementasi dilaksanakan selama tiga hari berturut-turut dengan durasi 15–20 menit setiap sesi. **Hasil:** Sebelum dilakukan intervensi (Hari ke-1), kemampuan fungsional mobilitas pasien berada pada skor BBS 28 (kategori risiko jatuh sedang) dengan gaya berjalan kaku, lambat, dan kaki kiri menyeret. Setelah dilaksanakan implementasi latihan mobilisasi bertahap dan keseimbangan secara konsisten selama tiga hari, terjadi peningkatan kemampuan stabilitas tubuh yang lambat namun progresif, dengan skor BBS akhir mencapai 31 pada hari ketiga. Meskipun tingkat kekakuan sendi berkurang dan rasa percaya diri meningkat, pasien secara klinis masih berada pada kategori gangguan mobilitas tingkat sedang-berat sehingga masih membutuhkan alat bantu tongkat kayu dan supervisi petugas. **Kesimpulan:** Implementasi latihan mobilisasi bertahap dan latihan keseimbangan yang dilakukan secara kontinu dapat membantu merangsang jaras saraf motorik jangka pendek, mengurangi kekakuan sendi, dan meningkatkan skor keseimbangan postural pada lansia dengan gangguan mobilitas fisik.

Kata kunci: *Berg Balance Scale*, Gangguan Mobilitas Fisik, Latihan Keseimbangan, Latihan Mobilisasi, Lansia.

ABSTRACT

UNIVERSITY MUHAMMADIYAH Of JEMBER
VOCATIONAL NURSING PROGRAM
FACULTY Of HEALTH SCIENCES

Scientific Paper

Rika Sistiani Wariska

Implementation Of Balance Exercise For Elderly With Risk of Fall At UPT PSTW Jember

*xvii + 67 pages + 3 table + 10 appendices**

Background: The aging process triggers a decline in the musculoskeletal system in the elderly, characterized by reduced lower extremity muscle strength and joint stiffness. This condition frequently leads to the nursing diagnosis of Impaired Physical Mobility, manifested by a slowed gait, shuffling gait, and mechanical dependence on walking aids due to a psychological trauma known as fear of falling. One effective non-pharmacological rehabilitative nursing intervention is a combination of progressive mobilization exercises and structured balance exercises. **Objective:** To describe the implementation of mobilization and balance exercises in improving postural functional stability and mobility among the elderly with impaired physical mobility at UPT PSTW Jember. **Methods:** This study employed a descriptive case study design focusing on one elderly patient (Mrs. A, 64 years old) with a nursing diagnosis of Impaired Physical Mobility. Data collection was conducted through interviews, observation, physical examination, and objective measurements using the Berg Balance Scale (BBS) instrument. The intervention was implemented over three consecutive days, lasting 15–20 minutes per session. **Results:** Before the intervention (Day 1), the patient's functional mobility score was at a BBS score of 28 (moderate fall risk category) with a rigid, slow, and left-foot shuffling gait. Following the consistent implementation of mobilization and balance exercises for three consecutive days, there was a slow but progressive improvement in body stability, with the final BBS score reaching 31 on the third day. Although joint stiffness decreased and self-confidence enhanced, the patient clinically remained in the moderate-to-severe impaired mobility category, thus still requiring a wooden cane and staff supervision. **Conclusion:** The implementation of progressive mobilization and balance exercises performed continuously can assist in short-term neuromuscular priming, reduce joint stiffness, and enhance postural balance scores in elderly patients with impaired physical mobility.

Keywords: Berg Balance Scale, Elderly, Impaired Physical Mobility, Balance Exercise, Mobilization Exercise.