

**HUBUNGAN FREKUENSI LATIHAN FISIK TERHADAP KESEIMBANGAN LANSIA  
DI BALAI PELAYANAN SOSIAL TRESNA WREDHA YOGYAKARTA UNIT  
ABIYOSO**

Hesti Suryaningrum<sup>1</sup>, Sri Mulyani<sup>2</sup>, Probosuseno<sup>3</sup>

**INTISARI**

**Latar Belakang:** Lansia akan mengalami proses penuaan yang menyebabkan perubahan fisik dan penurunan fungsi tubuh. Penurunan fungsi tubuh mengakibatkan gangguan keseimbangan yang dapat meningkatkan risiko jatuh. Gangguan keseimbangan dapat dicegah dan ditingkatkan dengan melakukan latihan fisik.

**Tujuan Penelitian:** Mengetahui hubungan frekuensi latihan fisik terhadap keseimbangan lansia di Balai Pelayanan Sosial Tresna Wredha Yogyakarta unit Abiyoso.

**Metode:** Penelitian ini merupakan penelitian deskriptif korelatif dengan pendekatan *cross sectional*. Partisipan dalam penelitian ini adalah semua lansia yang mengikuti latihan fisik (Senam Bugar Lansia versi B dan Senam Tera) di Balai Pelayanan Sosial Tresna Wredha unit Abiyoso selama 3 bulan (November 2018-Februari 2019) yang berjumlah 54 orang. Frekuensi latihan fisik diukur menggunakan absensi yang disediakan oleh peneliti selama 3 bulan sedangkan keseimbangan tubuh lansia diukur menggunakan instrumen *Berg Balance Scale*. Analisis penelitian menggunakan uji *Somer's d* untuk mengetahui hubungan frekuensi latihan fisik dan keseimbangan sedangkan lembar observasi karakteristik responden dianalisis menggunakan *Chi square* dan *Fisher test*.

**Hasil:** Hasil observasi karakteristik responden didapatkan bahwa mayoritas lansia rutin melakukan latihan fisik dan memiliki keseimbangan tubuh yang baik. Hasil uji *somer'd* didapatkan nilai *p value* 0,034 dan nilai korelasi (+0,326) yang menunjukkan hubungan searah sehingga terdapat hubungan yang signifikan.

**Kesimpulan:** Terdapat hubungan frekuensi latihan fisik terhadap keseimbangan lansia di BPSTW unit Abiyoso Yogyakarta.

**Kata Kunci:** lansia, keseimbangan, frekuensi latihan fisik

<sup>1</sup> Mahasiswa Program Studi S1 Ilmu Keperawatan Fakultas Kedokteran Kesehatan Masyarakat dan Keperawatan Universitas Gadjah Mada

<sup>2</sup> Departemen Keperawatan Jiwa dan Komunitas Program Studi Ilmu Keperawatan Fakultas Kedokteran Kesehatan Masyarakat dan Keperawatan Universitas Gadjah Mada

<sup>3</sup> Kepala Klinik Geriatri RSUP Dr. Sardjito

**THE CORRELATION OF PHYSICAL EXERCISE FREQUENCY AND THE ELDERLY  
BALANCE IN ABIYOSO UNIT OF BALAI PELAYANAN SOSIAL TRESNA WREDHA  
YOGYAKARTA**

Hesti Suryaningrum<sup>1</sup>, Sri Mulyani<sup>2</sup>, Probosuseno<sup>3</sup>

**ABSTRACT**

**Back Ground:** Elderly experiences aging processes that cause physical changes and function decrease of the body. The body function decrease causes balance disorders that can increase risk of falling. The balance disorders could be prevented by doing physical exercise.

**The study Aim:** To identify the correlation of physical exercise frequency and the elderly balance in Abiyoso unit of Balai Pelayanan Sosial Tresna Wredha Yogyakarta.

**Method:** This study is a correlative descriptive research applying a cross sectional approach. The respondents of this study were all elderly participating in the physical exercise (Senam Bugar Lansia version B and Senam Tera) in Abiyoso Unit of Balai Pelayanan Sosial Tresna Wredha during 3 months (December 2018-February 2019) totalling 54 persons. There were 2 respondents taken out in this study to reduce the research bias so  $n = 52$ . The physical exercise frequency was measured using the attendance list prepared for 3 months and the elderly body balance was measured using *Berg Balance Scale* instrument. The research data were analysed using the Somer's d test to identify the relation of physical exercise frequency and the balance and the respondent characteristic observation sheets were analysed using Chi square and Fisher test.

**Results:** The respondent characteristic observation result shows that the majority of the elderly routinely do physical exercise and has good body balance. The somer's d test result shows p value of 0.034 and correlation score (+0.326) indicating direct relation so there is a significant relation.

**Conclusion:** There is a correlation of physical exercise frequency and elderly balance in Abiyoso unit of Balai Pelayanan Sosial Tresna Wredha Yogyakarta.

**Key Words:** elderly, balance, physical exercise frequency

<sup>1</sup> Student of S1 Nursing Science Study Program, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada

<sup>2</sup> Department of Mental and Community Nursing, Nursing Science Study Program, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada

<sup>3</sup> Head of Geriatric Clinic RSUP Dr. Sardjito