

INTISARI

PENGARUH SENAM USIA LANJUT TERHADAP PERBAIKAN KESEIMBANGAN USIA LANJUT PESERTA UMRAH YANG DIUKUR DENGAN UJI *TIME UP AND GO*

Zainul Arifin¹, Probosuseno², Eko Aribowo³

¹ Peserta Program Pendidikan Dokter Spesialis, Departemen Ilmu Penyakit Dalam Fakultas Kedokteran, Kesehatan Masyarakat dan Keperawatan, Universitas Gadjah Mada/RSUP Dr. Sardjito, Yogyakarta

² Sub Bagian Geriatri Departemen Ilmu Penyakit Dalam Fakultas Kedokteran, Kesehatan Masyarakat dan Keperawatan, Universitas Gadjah Mada/RSUP Dr. Sardjito, Yogyakarta

³ Sub Bagian Geriatri Departemen Ilmu Penyakit Dalam Fakultas Kedokteran, Kesehatan Masyarakat dan Keperawatan, Universitas Gadjah Mada/RSUP Dr. Sardjito, Yogyakarta

Latar belakang. Jatuh sebagai salah satu akibat gangguan keseimbangan tubuh terjadi pada sepertiga orang berusia 65 tahun keatas setiap tahunnya. Berbagai faktor berperan untuk terjadinya gangguan keseimbangan. Salah satunya adalah penuaan. Penuaan mengakibatkan perubahan kontrol postural, waktu untuk bereaksi, propioseptif, lingkup gerak sendi, kekuatan otot, postural tubuh, ayunan postural atau mobilitas fungsional. Penurunan massa otot merupakan penyebab langsung menurunnya kekuatan otot. Penurunan keseimbangan akibat penurunan kekuatan otot dapat ditingkatkan dengan melakukan olahraga.

Tujuan. Penelitian ini bertujuan mengetahui pengaruh senam usia lanjut terhadap perbaikan keseimbangan usia lanjut peserta umrah yang diukur dengan uji *Time Up and Go* (TUG test).

Metode. Empat puluh empat subyek penelitian yang memenuhi inklusi terbagi dalam kelompok senam dan kontrol. Masing-masing kelompok terdiri 22 subyek. Intervensi berupa senam usia lanjut AWARA 2004 paket D dengan frekuensi latihan dua kali seminggu selama dua minggu. Pengambilan sampel dilakukan secara *consecutive sampling*. TUG diukur pada waktu sebelum senam dan setelah senam dua minggu. Perbaikan nilai TUG berdasarkan *cutoff point* <10 detik. Analisis data dilakukan dengan *Chi Square*.

Hasil. Pada 22 subyek kelompok senam dan 22 subyek kelompok kontrol dapat mengikuti sampai akhir program. Sebelum diberikan intervensi, kelompok senam dengan TUG < 10 detik sebanyak 1 subyek, kelompok kontrol 1 subyek (p.0,76). Setelah intervensi kelompok senam dengan TUG < 10 detik sebanyak 7 subyek, kelompok kontrol 3 subyek (p.0,14).

Simpulan. Senam usia lanjut selama dua minggu dengan frekuensi latihan dua kali seminggu tidak dapat memperbaiki keseimbangan usia lanjut.

Kata Kunci. Keseimbangan, usia lanjut, TUG, senam, AWARA 2004

ABSTRACT

THE EFFECT OF ADVANCED GYMNASTICS ON IMPROVING THE BALANCE OF ELDERLY PARTICIPANTS ' UMRAH AS MEASURED BY TIME UP AND GO TEST

Zainul Arifin¹, Probosuseno², Eko Aribowo³

1. Resident of Internal Medicine, Departement of Internal Medicine, Faculty of Medicine, Public Health and Nursing, Gadjah Mada University/Dr. Sardjito General Hospital, Yogyakarta
2. Sub Division of Geriatrics, Departement of Internal Medicine, Faculty of Medicine, Public Health and Nursing, Gadjah Mada University/Dr. Sardjito General Hospital, Yogyakarta
3. Sub Division of Geriatrics, Departement of Internal Medicine, Faculty of Medicine, Public Health and Nursing, Gadjah Mada University/Dr. Sardjito General Hospital, Yogyakarta

Background. Falling as a result of impaired body balance occurs in a third of people aged 65 years and above annually. Various factors contribute to the occurrence of balance disorder. One is aging. Aging results in the change of postural control, time to react, proprioceptive, scope of motion of joints, muscular strength, postural body, postural swing or functional mobility. Decreased muscle mass is a direct cause of decreased muscle strength. Decreased balance due to decreased muscle strength can be improved by conducting exercise.

The purpose. This research aims to determine the influence of advanced gymnastics on the improvement of the balance of elderly participants ' Umrah measured by Time Up and Go Test (TUG test).

Method. The forty four subjects that meet the inclusion are divided into gymnastics and control groups. Each group consisted of 22 subjects. The intervention in the form of Advanced AWARA Gymnastics 2004 Package D with the exercise frequency twice a week for two weeks. Sampling is performed in consecutive sampling. TUG was measured at the time before gymnastics and after two weeks of gymnastics. Fixed the TUG value based on the < 10-second cutoff point. Data analysis is done with Chi Square.

Results. On 22 Gymnastics group subjects and 22 control group subjects can follow through to the end of the program. Before the intervention, the gymnastics group with the TUG was < 10 seconds as much as 1 subject, the control group of 1 subject (p. 0.76). After the intervention of the gymnastics group with the TUG < 10 seconds as many as 7 subjects, control Group 3 subjects (p. 0.14).

Conclusion. The advanced gymnastics period for two weeks with the frequency of exercise twice a week can not improve the balance of the elderly.

Keywords. Balance, advanced age, TUG, gymnastics, AWARA 2004