

ABSTRACT



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DIFFERENCES INCREASING DYNAMIC BALANCE WITH OTAGO EXERCISE AND SQUARE STEPPING EXERCISE OF ELDERLY IN SASANA SENAM TERA DELIMA TANJUNG DUREN

Consist of chapter IV, 88 pages, 16 Table, 8 Picture, 9 Graph, 9 Appendix

Purpose: To determine differences in improvement of dynamic balance with *Otago Exercise* and *Square Stepping Exercise* of elderly in Sasana Senam Tera Delima.

Method: *Quasi experimental* research, dynamic balance measured by *Berg Balance Scale* dan *Functional Reach Test*. A total of 20 samples were selected with *inform consent* and group into two with each group of 10 people. **Result:** Normality test with shapiro wilk test obtained normal distributed data while homogeneity test obtained homogeneous data. The result of BBS in group of treatment I mean before $43,10 \pm 1,595$ and mean after $51,60 \pm 1,350$ with $p = 0,000$. Treatment II mean before $43,40 \pm 1,430$ mean safter $53,80 \pm 1,229$ dengan $p = 0,000$. Results from FRT in group of treatment I mean before $28,20 \pm 2,098$ and mean after $30,60 \pm 2,011$ with $p = 0,000$. Treatment II mean before $27,70 \pm 2,003$ dan mean after $31,40 \pm 1,075$ with $p = 0,000$. The result of hypothesis III of mean value of difference of BBS I $8,50 \pm 1,080$ and difference of II $10,40 \pm 1,647$ with $p = 0,007$ and mean of difference FRT I $2,40 \pm 1,174$ and difference II $3,70 \pm 1,160$ with $p = 0,023$. **Conclusions:** There is a difference in dynamic balance between *Otago Exercise* and *Square Stepping Exercise* of elderly.

Keyword: *Otago Exercise, Square Stepping Exercise, Dynamic Balance, Elderly.*