The Effectiveness of Ankle Strategy Exercise On Core Stability Exercise To Improve the Static Equilibrium in Elderly

Consists of VI Chapter, 121 Pages, 12 Tables, 14 Images, 5 Grafik, 14 Appendix

Objective: To know the effectiveness of the addition of ankle strategy exercise on the application of core stability exercise to increase static equilibrium in elderly.

Methods: This study is a type of experimental research, where static equilibrium is measured using Functional Reach Test. Samples based on Pocock formula consist of 20 people. Samples were chosen based on purposive sampling technique. The sample is divided into 2 groups each 10 people. Group I treatment with core stability exercise, treatment group II with exercise addition of ankle strategy exercise on core stability exercise. Result: Normality test with shapiro wilk test was obtained with normal diffusion data while homogenity test with Levene's test got homogenous data. The result of hypothesis test on treatment group I with paired sample t-test was obtained p <0.001 for core stability exercise. In the treatment group II paired samples t-test was obtained p <0.001 for addition of ankle strategy exercise on the application of core stability exercise. The result of independent sample t-test shows the value of p = 0.044 which means there is a difference in effectiveness between core stability exercises with ankle strategy exercise and core stability exercises against static equilibrium increase in elderly.

Conclusion: There is a difference in the effectiveness of core stability exercises with ankle strategy exercise and core stability exercises to increase static equilibrium in the elderly.

Keywords: Core Stability Exercise, Ankle Strategy Exercise, Elderly Static Balance.