ABSTRAK

PERBEDAAN EFEK *GAZE STABILITY EXERCISE* DAN *OTAGO EXERCISE* TERHADAP RISIKO JATUH PADA LANSIA DENGAN *OSTEOARTHRITIS KNEE*

Terdiri dari VI bab, 114 Halaman, 17 Tabel, 10 Grafik, 42 Gambar, 4 Skema, 10 Lampiran

Tujuan : Untuk mengetahui perbedaan efek *gaze stability exercise* dan *otago exercise* terhadap risiko jatuh pada lansia dengan *osteoarthritis knee*. **Metode :** merupakan penelitian *quasi experiment*, sampel terdiri dari 30 orang yang ada di RT 06, RT 09, RT 010 /RW 013 perumahan jatimulya, bekasi timur. Sampel dikelompokkan menjadi 2 kelompok, dengan setiap kelompok berjumlah 15 orang. **Hasil :** Uji normalitas dengan *Shapiro Wilk Test* didapatkan data berdistribusi normal sedangkan dengan uji homogenitas dengan *levene's test* didapatkan data memiliki varian homogenitas. Hasil uji hipotesis kelompok perlakuan II dengan uji *paired sampels t-test* didapatkan nilai p = 0,001. Hasil *T-test independent* menunjukan nilai p<0,05 berati ada perbedaan efek pada kedua intervensi. **Kesimpulan :** Penelitian ini memberikan bukti tentang efek pada program *otago exercise* dalam meningkatkan keseimbangan dan mengurangi risiko jatuh pada lansia dengan *Osteoarthritis knee*

Kata kunci : *Gaze stability exercise*, *Otago Exercise*, *Berg Balance Scale*, *Timed Up and Go Test*, Risiko jatuh, *Osteoarthritis knee*

ABSTRACT

SKRIPSI, Agustus 2021
Adinda Amalia Rifqi
Undergraduate Program Physiotherapy
Faculty of Physiotherapy
Esa Unggul University

DIFFERENT EFFECTS OF GAZE STABILITY EXERCISE AND OTAGO EXERCISE ON THE RISK OF FALL IN THE ELDERLY WITH OSTEOARTHRITIS KNEE

Consists of VI chapters, 114 Pages, 17 Tables,10 Graph, 42 Figures, 4 Schema, 10 Appendices

Objective: *To determine the differences in the effects of gaze stability exercise and otago exercise on the risk of falls in the elderly with osteoarthritis of the knee. Method: This was a quasi-experimental study, the sample consists of 30 people in* RT 06, RT 09, RT 010 /RW 013 *in Jatimulya, Bekasi Timur. The samples were grouped into 2 groups, with each group totaling 15 people.* **Results:** *Normality test with Shapiro Wilk Test obtained data with normal distribution, while homogeneity test with Levene's test showed that the data had homogeneity variance. The results of the hypothesis test of the treatment group II with the paired samples t-test test obtained p value = 0.001. The results of the independent t-test showed a p value <0.05, which means that there was a difference in the effects of the two interventions.*
Conclusion: *This study provided evidence on the effects of an otago exercise program in improving balance and reducing the risk of falls in the elderly with Osteoarthritis knee*

Keywords: *Gaze stability exercise, Otago Exercise, Berg Balance Scale, Timed Up and Go Test, Fall risk, Osteoarthritis knee*