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**PERBANDINGAN EFEKTIFITAS SENAM LANSIA DAN  
SENAM YOGA UNTUK MENINGKATKAN  
KESEIMBANGAN PADA LANSIA USIA 55-65 TAHUN.**

Terdiri dari VI Bab, 86 Halaman, 7 Tabel, 34 Gambar, 2 Skema, 2 lampiran

**Tujuan:** Untuk mengetahui perbandingan efektifitas senam lansia dan senam yoga untuk meningkatkan keseimbangan pada lansia usia 55-65 tahun.

**Metode:** penelitian ini bersifat *experimental* yang dilakukan selama 8 minggu dilingkungan UPT. Puskesmas Selindung Pangkalpinang, Bangka Belitung. Penelitian ini terdiri dari 22 orang dan dibagi menjadi dua kelompok masing-masing terdiri dari 11 orang yaitu kelompok perlakuan 1 diberikan senam lansia dan kelompok perlakuan 2 diberikan senam yoga. Setiap kelompok peningkatan keseimbangan diukur dengan *Berg Balance Scale*. **Hasil:** Uji normalitas dengan *Saphiro Wilk Test* menunjukkan kelompok 1 tidak normal dan kelompok 2 normal. Sedangkan uji homogenitas dengan *Levene's test* menunjukkan data homogen. Pada penelitian ini berhasil menunjukkan bahwa senam lansia ataupun senam yoga menunjukkan adanya peningkatan secara bermakna terhadap keseimbangan lansia antara sebelum dan sesudah perlakuan ( $p < 0,001$ ). Namun uji beda antara latihan senam lansia dan senam yoga terhadap peningkatan keseimbangan tidak menunjukkan perbedaan yang bermakna ( $p = 0,947$ ). **Kesimpulan:** senam yoga maupun senam lansia signifikan dapat meningkatkan keseimbangan pada lansia namun kedua metode tersebut tidak menunjukkan perbedaan yang bermakna dalam meningkatkan keseimbangan lansia khususnya usia 55-65 tahun.

**Kata Kunci:** *senam lansia, senam yoga, berg balance scale, lansia*



## ABSTRACT

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### **COMPARISON OF THE EFFECTIVENESS OF ELDERLY GYMNASTICS AND YOGA EXERCISES TO IMPROVE BALANCE FOR ELDERLY AGED FROM 55-65 YEARS.**

Consist of Chapter VI, 86 pages, 7 tables, 34 pictures, 2 schemes, 2 attachments

**Objective** : To know comparison between elderly gymnastic and yoga exercises to improve balance for elderly aged from 55-65 years.

**Method** : This study is experimental that conducted for 8 (eight) weeks in UPT. PuskesmasSelindungPangkalpinang, Bangka Belitung. This study consist of 22 (twenty two) people and divided into two groups each other have 11 (eleven) people which is group treatment one was given a elderly gymnastic and group treatment two was given a yoga exercises. Every team that improved their balance was measured by Berg Balance Scale. **Results** : Test normality with SaphiroWilk Test has indicate that group one is abnormal and group two is normal. While in homogeneity test with Leven's test has indicate that data is homogen. In this study was succesful to show that elderly gymnastic or yoga exercises has shown their increase significantly against elderly balance between before and after treatment ( $p < 0,001$ ). However different test between elderly gymnastic and yoga exercises for increased balance has not shown any significant difference ( $p = 0,947$ ).

**Conclusion** : Between yoga exercises and elderly gymnastic has shown that increased significantly for balance elderly but the two of this method has not shown the difference significantly to increase elderly balance especially for aged between 55-65 years.

**Keywords** : *Elderly Gymnastic, Yoga Exercises, Berg Balance Scale, Elderly.*