

ABSTRAK



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PERBEDANAN EFEK ANTARA FOUR SQUARE STEP EXERCISE DENGAN TANDEM WALKING EXERCISE TERHADAP KESEIMBANGAN BERJALAN PADA LANSIA.

Terdiri dari VI Bab, 81 Halaman, 9 Tabel, 9 Gambar, 4 Skema, 10 Lampiran.

Tujuan : Tujuan penelitian ini untuk mengetahui perbedaan efek antara *four square step exercise* dengan *tandem walking exercise* terhadap keseimbangan berjalan pada lansia. Penelitian dilaksanakan di Panti Sosial Tresna Werdha (PSWT) Sabai Nan Aluih Sicincin. **Metode :** Penelitian ini bersifat *experimental pretest-posttest control group design*, sampel dipilih dengan teknik *Random Allocation*. keseimbangan diukur menggunakan *timed up and go test*. Sampel terdiri dari 24 orang umur 60 – 74 tahun dan dibagi kedalam 2 kelompok perlakuan. Kelompok perlakuan I terdiri dari 12 orang dengan intervensi *four square step exercise* dan kelompok perlakuan II yang terdiri dari 12 orang dengan intervensi *tandem walking exercise*. **Hasil :** Hasil uji hipotesis kelompok perlakuan I didapatkan $p=0,001$ dengan mean sebelum latihan 13.773, SD: 1.357, sedangkan sesudah latihan 12.574, SD: 1.574 menunjukkan intervensi *four square step exercise* memiliki efek terhadap peningkatan keseimbangan berjalan pada lansia. Uji hipotesis kelompok perlakuan II dengan nilai $p=0,001$ dengan mean sebelum latihan 14.018, SD: 1.168 sedangkan sesudah latihan 12.752, SD: 1,547 menunjukkan intervensi *tandem walking exercise* memiliki efek terhadap peningkatan keseimbangan berjalan pada lansia. Uji hipotesis III didapatkan nilai $p= 0,719$ berarti tidak ada perbedaan efek peningkatan keseimbangan lansia antara kelompok perlakuan I dan kelompok perlakuan II. **Kesimpulan :** Tidak ada perbedaan efek antara *four square step exercise* dengan *tandem walking exercise* terhadap keseimbangan berjalan pada lansia.

Kata Kunci: Keseimbangan, *four square step exercise*, *tandem walking exercise*, *timed up and go test*, lansia 60 – 74 tahun.

ABSTRACT



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DIFFERENT EFFECTS BETWEEN FOUR SQUARE STEP EXERCISE AND TANDEM WALKING EXERCISE ON BALANCE WALKING IN THE ELDERLY.

Consists of Chapters VI, 81 Pages, 9 Tables, 9 Figures, 4 Schematics, 10 Appendix.

Objective: The aim of this study to determine the effect of the difference between the *four square step exercise* with *tandem walking exercise* on walking balance in the elderly. The research was conducted at the Tresna Werdha Social Home (PSWT) Sabai Nan Aluih Sicincin. **Methods:** This study is an *experimental pretest-posttest control group design*, the sample was selected using the Random technique *Allocation*. balance was measured using the *timed up and go test*. The sample consisted of 24 people aged 60-74 years and divided into 2 treatment groups. Treatment group I consisted of 12 people with intervention *four square step exercise* and treatment group II consisted of 12 people with intervention *tandem walking exercises*. **Results:** The results of the hypothesis test for the treatment group I obtained $p = 0.001$ with a mean before exercise of 13,773, SD: 1.357, while after exercise 12,574, SD: 1,574 showed that the intervention *four square step exercise* had an effect on improving walking balance in the elderly. Hypothesis test for treatment group II with p value = 0.001 with mean before exercise 14,018, SD: 1,168 while after exercise 12,752, SD: 1,547 indicates a intervention *tandem walking exercise* has an effect on increasing walking balance in the elderly. Hypothesis III test is obtained p value = 0.719 means that there was no difference in the effect of increasing the balance of the elderly between treatment group I and treatment group II. **Conclusion :** There is no difference in effect between *four square step exercise* and *tandem walking exercise* on walking balance in the elderly.

Keywords: Balance, *four square step exercise*, *tandem walking exercise*, *timed up and go test*.