

ABSTRAK



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EFEKTIVITAS DIAFRAGMA BREATHING EXERCISE TERHADAP KESEIMBANGAN PADA LANSIA

Terdiri dari VI Bab, 64 Halaman, 10 Tabel, 12 Gambar, 9 Lampiran

Tujuan : Untuk menganalisa pengaruh dari latihan *Diafragma Breathing Exercise* terhadap keseimbangan pada lansia. **Metode :** Penelitian menggunakan *quasi experimental pretest-posttest control group design*. Total 18 sample yang dibagi menjadi 2 kelompok perlakuan ($n = 9$) selama 4 minggu sebanyak 20 kali pertemuan. Kelompok I diberikan latihan *Diafragma Breathing Exercise* dan Kelompok II tanpa perlakuan (control). Nilai keseimbangan diukur dengan menggunakan Functional Reach Test (FRT) dan Time Up and Go (TUG). **Hasil :** Kelompok I nilai rerata FRT pre 18.55 ± 3.574 post 23.11 ± 6.972 $p = 0,021$ ($p < 0,05$) nilai rerata TUG pre $14.55 \pm 1,589$ post $13.22 \pm 1,787$ $p = 0,004$ ($p < 0,05$). Nilai kelompok II (control) nilai rerata FRT pre 19.00 ± 4.582 post 18.33 ± 5.590 TUG pre 14.22 ± 1.481 post 13.55 ± 1.236 perbedaan kelompok I dan II FRT $p = 0,128$ TUG $p = 0,652$ ($p > 0,05$). **Kesimpulan :** *Diafragma Breathing Exercise* dapat meningkatkan keseimbangan pada lansia namun tidak terdapat perbedaan pengaruh antara kedua kelompok perbandingan.

Kata Kunci : Lansia, Keseimbangan, Diafragma Breathing Exercise

ABSTRACT



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EFFECTIVENESS OF DIAPHRAGM BREATHING EXERCISE ON BALANCE IN ELDERLY

Consist of VI Chapter, 64 Pages, 10 Table, 12 Images, 9 Appendix

Objective : To analyze the effectiveness of Diaphragm Breathing Exercise on balance in elderly. **Method :** The research used a quasi experimental pretest-posttest control group design. A total of 18 samples were divided into 2 treatment groups (n = 9) for 4 weeks with 20 meetings. Group I was given Diaphragm Breathing Exercise and Group II without treatment (control). Balance values were measured using the Functional Reach Test (FRT) and Time Up and Go (TUG). **Results :** group I mean FRT value pre 18.55 ± 3.574 post 23.11 ± 6.972 $p = 0.021$ ($p < 0.05$) mean TUG value pre 14.55 ± 1.589 post 13.22 ± 1.787 $p = 0.004$ ($p < 0.05$). Group II (control) mean FRT value pre 19.00 ± 4.582 post 18.33 ± 5.590 TUG pre 14.22 ± 1.481 post 13.55 ± 1.236 differences between groups I and II FRT $p = 0,128$ TUG $p = 0,652$ ($p > 0,05$). **Conclusion :** There was an effect Diaphragm Breathing Exercise on balance in elderly but there is no difference in effect between the two comparison groups.

Keywords : Elderly, Balance, Diaphragm Breathing Exercise.