ABSTRAK

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HUBUNGAN LINGKUP GERAK SENDI KNEE DENGAN KESEIMBANGAN BERDIRI PADA LANSIA

Terdiri dari VI Bab, 71 Halaman, 8 Tabel, 5 Skema, 8 Lampiran

Tujuan: Untuk membuktikan adanya hubungan lingkup gerak sendi *knee* dengan keseimbangan berdiri pada lanjut usia. **Metode:** Penelitian ini bersifat deskriptif kuantitatif dengan desain *cross sectional*. Total sampel sebanyak 46 lansia di perumahan pesona indah, pondok cabe udik, Tangerang Selatan, yang dipilih dengan teknik *purposive sampling*. Pengukuran ROM menggunakan goniometer dan keseimbangan berdiri menggunakan TUGT. Analisis data dilakukan dengan *Uji Spearman-Rank Correlation* pada $\alpha=0,05$. **Hasil** : Nilai lingkup gerak sendi knee yang diperoleh adalah dipilih mean$\pm$SD 126,07$\pm$7,10 dan nilai keseimbangan berdiri mean$\pm$SD 13,13$\pm$4,670 hasil uji korelasi menunjukkan tidak terdapat hubungan yang signifikan antara lingkup gerak sendi *knee* dengan keseimbangan berdiri pada lansia (P=0,356). **Kesimpulan**: Tidak terdapat hubungan yang signifikan antara lingkup gerak sendi *knee* dengan keseimbangan berdiri pada lanjut usia

Kata Kunci :
Lingkup Gerak Sendi, *Knee*, Keseimbangan Berdiri, Lansia

ABSTRAK

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THE RELATIONSHIP OF THE RANGE OF MOTION OF THE KNEE JOINT WITH STANDING BALANCE IN THE ELDERLY

Consisting of VI Chapters, 71 Pages, 8 Table, 5 Scheme, 8 Appendix

*Objective: To prove the relationship between the range of motion of the knee joint and standing balance in the elderly. **Method**: This research is quantitative descriptive with a cross sectional design. The total sample was 46 elderly people in the Pesona Indah housing complex, Pondok Cabe Udik, South Tangerang, who were selected using a purposive sampling technique. ROM was measured using a goniometer and standing balance using TUGT. Data analysis was carried out using the Spearman-Rank Correlation Test at α=0.05. **Results**: The value of the range of motion of the knee joint obtained was selected mean ± SD 126.07 ± 7.10 and the value of standing balance was mean ± SD 13.13 ± 4.670. This research shows that there is no significant relationship between the range of motion of the knee joint and standing balance in elderly (p=0.356). **Conclusion**: There is no significant relationship between knee joint range of motion and standing balance in the elderly*

Keywords :
Joint Movement, Knee, Standing Balance, Elderly