

## ABSTRAK



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### **DIFFERENCES IN THE EFFECTIVENESS OF *SQUARE-STAPPING EXERCISE* AND *FOUR-STAPPING EXERCISE* ON BALANCE IMPROVEMENT OF THE ELDERLY.**

Composed : VI Chapter , 91 pages, 11 tables, 9 drawings, 3 Schemes, 6 Graph, 5 Appendix

**Objective** : To determine differences in the effectiveness of *Square-Stapping Exercise* and *Four-Stapping Exercise* with Improved Balance of the Elderly. **Methods** : This study is an experimental study to determine the effects of interventions to research object. The sample consisted of 16 people (aged over 60 years), and are selected based on random sampling techniques. Samples were grouped into two treatment groups, the treatment group I consists of 8 people at a given *Square-Stapping Exercise* while in treatment group II consists of 8 people at a given *Four-Stapping Exercise*. **Results** : Hypothesis testing in treatment I was mean before ( $34,88 \pm 5,77$ ), after ( $40,88 \pm 6,13$ ) with p value (0,011), in treatment II was mean before ( $33,50 \pm 5,32$ ), after ( $36,50 \pm 5,66$ ) with p value (0,001), which means treatment I and treatment II can improve the balance of elderly. Hypothesis testing III, treatment I was mean  $6,00 \pm 1,07$  and treatment II was mean  $3,00 \pm 1,31$  with showed p value (0,001) which means that there are differences in the increase balance of elderly with the delivery program *Square-Stapping Exercise* and *Four-Stapping Exercise*. **Conclusion** : Treatment I and treatment II can improve the balance of elderly. But Treatment I has dominant result in increase the balance of Elderly.

**Keywords**: Square-Stapping Exercise, Four-Stapping Exercise, Balance, Berg Balance Scale, and Elderly.