

LITERATURE REVIEW: PENGARUH BALANCE EXERCISE TERHADAP KESEIMBANGAN PADA LANJUT USIA

Fenny Nur Alfiyani

Abstrak

Latar Belakang: Lanjut usia akan mengalami peristiwa penuaan dan akan berakibat kepada perubahan fisiologis. Akibat perubahan fisiologis komponen utama keseimbangan terganggu. Penurunan keseimbangan akan menimbulkan masalah di kehidupan sehari-hari seperti resiko jatuh, kehilangan kemandirian dan penurunan kualitas hidup. Latihan yang mempunyai unsur gerakan melatih keseimbangan diperlukan untuk mempertahankan keseimbangan. **Tujuan:** Penelitian ini bertujuan untuk mengkaji dari artikel yang telah di dapat terkait pengaruh *balance exercise* terkait keseimbangan lanjut usia. **Metode:** Metode penelitian yang dikenakan berupa *literature review* dengan mengumpulkan artikel dari database seperti *Google Scholar*, *Science Direct*, dan *PubMed*. Terdapat sebanyak 4 artikel yang memenuhi kriteria inklusi sumber yakni 3 artikel *randomized controlled trial* dan 1 jurnal *quasi eksperiment*. Penilaian kualitas dari 4 artikel menggunakan *Scimago Journal & Country Rank (SJR)*. **Hasil:** Setelah mengkaji 4 artikel, keseimbangan diukur menggunakan *Berg Balance Scale (BBS)*, *Time Up and Go (TUG)*, dan *Functional Reach Test (FRT)*. **Kesimpulan:** Hasil *literature review* menunjukkan bahwa pemberian *balance exercise* berpengaruh terhadap keseimbangan lanjut usia.

Kata kunci: Latihan Keseimbangan, Keseimbangan, Lanjut Usia, *Literature Review*

LITERATURE REVIEW: THE EFFECT OF BALANCE EXERCISE ON BALANCE IN ELDERLY

Fenny Nur Alfiyani

Abstract

Background: The elderly will experience the aging process that result in physiological changes. Due to physiological changes, the main components of balance are disturbed. The decreased balance will cause problems in daily life such as the risk of falling, loss of independence, and decreased quality of life. Exercises that have elements of movement to train balance are needed to maintain balance. **Objective:** This study aims to examine the articles that have been obtained regarding the effect of balance exercise on balance in the elderly. **Methods:** The research used a literature review by collecting articles from databases such as Google Scholar, Science Direct, and PubMed. 4 articles met the source criteria, namely 3 randomized controlled trial articles and 1 quasi-experimental journal. Quality assessment of 4 articles using the Scimago Journal & Country Rank (SJR). **Results:** After reviewing 4 articles, the balance was measured using the Berg Balance Scale (BBS), Timed Up and Go (TUG), and Functional Reach Test (FRT). **Conclusion:** The literature review show that giving balance exercise affects balance in the elderly.

Keywords: Balance Training, Balance, Elderly, Literature Review