

ABSTRAK

Perubahan fisiologis pada lansia dapat menyebabkan lansia mengalami gangguan keseimbangan dinamis yang dimana dapat meningkatkan risiko jatuh. Sehingga diperlukan adanya latihan keseimbangan dinamis. Tujuan penelitian ini adalah untuk mengetahui perbedaan pengaruh *Square Step Exercise* dan *Four Square Step Exercise* dalam meningkatkan keseimbangan dinamis lansia. Metode penelitian yang digunakan ialah *Quasi – Experimental* dengan rancangan penelitian *Two Group Pre-test dan Post-test Design*. Pengambilan sampel menggunakan teknik *purposive sampling* berdasarkan kriteria inklusi dan eksklusi dan didapatkan sampel berjumlah 34 orang yang dibagi menjadi 2 kelompok perlakuan. *Time Up and Go Test* digunakan untuk mengukur keseimbangan dinamis. Hasil penelitian pada kelompok (SSE) didapatkan nilai rata – rata sebelum latihan 14,52 sedangkan sesudah latihan 12,13 dengan nilai $p=0,000$ ($p<0,005$). Pada kelompok (FSSE) didapatkan nilai rata – rata sebelum latihan 14,76 sedangkan sesudah latihan 12,29 dengan nilai $p=0,000$ ($p<0,005$). Hasil uji 2 pemberian intervensi latihan menunjukkan bahwa nilai $p=0,323$ ($p>0,005$). Sehingga dapat disimpulkan *Square Step Exercise* dan *Four Square Step Exercise* sama baiknya dalam meningkatkan keseimbangan dinamis serta tidak terdapat perbedaan pengaruh pemberian *Square Step Exercise* dan *Four Square Step Exercise* dalam meningkatkan keseimbangan dinamis lansia.

Kata Kunci : *Square Step Exercise*, *Four Square Step Exercise*, Keseimbangan Dinamis, Lansia

ABSTRACT

Physiological changes in the elderly can cause the elderly to have dynamic balance disorders which can increase the risk of falling. So that dynamic balance training is needed. The purpose of this study was to determine the difference in the effect of Square Step Exercise and Four Square Step Exercise in improving the dynamic balance of the elderly. The research method used is Quasi - Experimental with a Two Group Pre-test and Post-test Design research design. Sampling using purposive sampling technique based on inclusion and exclusion criteria and obtained a sample of 34 people divided into 2 treatment groups. Time Up and Go Test is used to measure dynamic balance. The results of the study in the (SSE) group obtained an average value before training of 14.52 while after training 12.13 with a value of $p = 0.000$ ($p < 0.005$). In the (FSSE) group, the average value before training was 14.76 while after training was 12.29 with a value of $p=0.000$ ($p < 0.005$). The results of the test 2 giving exercise intervention showed that the value of $p=0.323$ ($p > 0.005$). So it can be concluded that Square Step Exercise and Four Square Step Exercise are equally good at improving dynamic balance and there is no difference in the effect of giving Square Step Exercise and Four Square Step Exercise in improving the dynamic balance of the elderly.

Keywords: *Square Step Exercise, Four Square Step Exercise, Dynamic Balance, Elderly.*