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**PENGARUH SENAM ERGONOMIK TERHADAP KESEIMBANGAN TUBUH PADA LANSIA**  
(Studi di Desa Gonggang RT 01/ RW 01 Kecamatan Sarang)

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**ABSTRAK**

**Pendahuluan** Penurunan fungsi dan kekuatan otot akan mengakibatkan penurunan keseimbangan tubuh yang akan meningkatkan resiko jatuh pada lansia. Resiko jatuh dapat diatasi menggunakan senam ergonomik. **Tujuan** penelitian ini menganalisis pengaruh senam ergonomik terhadap keseimbangan tubuh pada lansia di Desa Gonggang RT 01/ RW 01 Kecamatan Sarang. **Desain** penelitian Pra-eksperimental *One group pre-post test design*. Populasi semua lansia di Desa Gonggang RT 01/ RW 01 Kecamatan Sarang sejumlah 32 responden dan jumlah sampel sebanyak 10 responden, menggunakan teknik random sampling. Instrumen penelitian senam ergonomik menggunakan lembar observasi dan pengukuran keseimbangan tubuh menggunakan penilaian dengan Time Up and Go Test (TUGT), pengolahan data editing, coding, scoring, dan tabulating, analisa data dengan uji wilcoxon. **Hasil** penelitian sebelum melakukan senam ergonomik hampir keseluruhan lansia dengan kategori resiko tinggi jatuh sebanyak 8 lansia (80%), dan sesudah melakukan senam ergonomik sebagian besar lansia kategori tidak beresiko tinggi jatuh sebanyak 7 lansia (70%), nilai uji statistik didapatkan hasil  $p = 0,007$  jika  $\alpha = 0,05$  maka  $p < \alpha$  dan  $H_1$  diterima. **Kesimpulan** penelitian ini ada pengaruh senam ergonomik terhadap keseimbangan tubuh lansia. **Saran** Bagi responden diharapkan tetap melakukan aktivitas meskipun di rumah seperti senam, menyapu, mencuci, berkebun maupun aktivitas diluar rumah.

**Kata kunci** : senam ergonomik, keseimbangan tubuh, lansia.

**THE EFFECT OF ERGONOMIC EXERCISE ON TOWARDS BODY BALANCE IN ELDERLY**  
(Study in Gonggang Village RT 01 / RW 01 Sarang District)

**ABSTRACT**

**Introduction** Decreased muscle's function and strength will effect a discharge of body balance which will increase the risk of falling in the elderly. The risk of falling could be overcome by using ergonomic exercises. **The aim** of this study was to analyze the effect of ergonomic exercises on body balance in the elderly in Gonggang Village RT 01 / RW 01 Sarang District. **Pre-experimental research design** *One group pre-post test design*. The population of all elderly in Gonggang Village RT 01 / RW 01 Sarang District are 32 respondents and the sample size are 10 respondents. **This research** using random sampling techniques. The ergonomic gymnastic research instrument uses observation sheets and measurements of body balance by using an assessment with Time Up and Go Test (TUGT), managing data editing, coding, scoring, and tabulating, analyzing data with Wilcoxon test. **The results** of the study before doing ergonomic exercises almost all the elderly with high risk categories is to as much as 8 elderly (80%), and after doing ergonomic exercises most of the elderly into categories were not at high risk of falling as many as 7 elderly (70%), the statistical test results obtained  $p = 0,007$  if  $\alpha = 0,05$ , then  $p$