**ABSTRAK**

Gambaran Keseimbangan Lansia Sebelum Dan Sesudah Dilakukan Latihan Keseimbangan Fisik Di Posyandu Lansia Srikandi 2 Kelurahan Gadingkasri. Ervita Dinnis Pangesti (2016) Karya Tulis Ilmiah Deskriptive Studi Kasus Observasional, Program Studi Keperawatan Malang, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang. Pembimbing: (1) Sugianto Hadi, SKM, MPH, (2) Isnaeni DTN, SKM, M.Kes.

Kata Kunci: Keseimbangan Lansia, Latihan Keseimbangan Fisik

Keseimbangan lansia adalah kemampuan lansia yang berusia 60-74 tahun dalam mempertahankan posisi tubuh tegak dan dapat menopang tubuhnya. Lansia berusia diatas 80 tahun lebih memiliki gangguan keseimbangan daripada usia 60-79 tahun dan lansia wanita yang kurang melakukan aktivitas fisik lebih memiliki gangguan keseimbangan daripada lansia pria. Tujuan penelitian ini untuk mengetahui keseimbangan lansia sebelum dan sesudah dilakukan latihan keseimbangan fisik di Posyandu Lansia Srikandi 2 Kelurahan Gadingkasri. Penelitian ini menggunakan desain studi kasus observasional pada 2 subjek dengan memberikan intervensi berupa latihan keseimbangan fisik selama 4 minggu mulai tanggal 06 Februari 2016 – 06 Maret 2016 menggunakan instrument berupa penilaian *Tinetti Balance and Gait* dan wawancara mendalam terkait keseimbangan. Hasil penelitian menunjukkan adanya perubahan status keseimbangan pada kedua subjek penelitian menjadi keseimbangan baik atau dengan resiko jatuh rendah. Diharapkan institusi tempat penelitian perlu mempertimbangkan adanya latihan keseimbangan fisik dalam program posyandu lansia, bagi subjek penelitian dapat melanjutkan latihan keseimbangan fisik secara teratur supaya dapat meminimalkan adanya gangguan keseimbangan, kemudian untuk peneliti selanjutnya supaya memodifikasi latihan keseimbangan fisik dengan diiringi irama atau musik untuk memperkecil kemungkinan kejenuhan pada lansia.

**ABSTRACT**

The Description of The Balance of The Elderly Before And After Doing Balance Physical Exercise in Posyandu Lansia Srikandi 2 Kelurahan Gadingkasri. Ervita Dinnis Pangesti (2016). Descriptive Scientific Paper Observational Study Case, Malang Nursing Studies Program, Department of Nursing, Ministry of Health Malang Health Polytechnic. Supervisor: (1) Hadi Sugianto, SKM, MPH, (2) Isnaeni DTN, SKM, M. Kes.

Keywords: Elderly Balance, Balance Physical Exercise

The balance of the elderly is the ability of elderly people aged 60-74 years in maintaining an upright body position and be able to support the body. Elderly aged over 80 years have impaired balance than the age of 60-79 years and elderly women who lack of physical activity more have impaired balance than elderly men. The purpose of this study to determine the balance of the elderly before and after doing physical exercise balance in Posyandu Lansia Srikandi 2 Kelurahan Gadingkasri. This study uses a case study design that was observed in 2 subjects with interventions such as physical balance training for 4 weeks starting on February 6, 2016 - March 6, 2016 using the instrument in the form of ratings Tinetti Balance and Gait and balance-related in-depth interviews. The results show that the status of both of the research subjects was changed into a good balance or the risk of falling down is low. Expected institution where research needs to consider the exercise of physical balance in the program Posyandu, the subject of research can continue the practice of physical balance on a regular basis in order to minimize the disruption of balance, then for further research in order to modify the exercise of physical balance accompanied by rhythm or music to minimize the possibility of saturation the elderly.