

**PERBEDAAN *ACTIVITY OF DAILY LIVING* SEBELUM DAN SESUDAH
DIBERIKAN *BUERGER ALLEN EXERCISE* PADA LANSIA
DI PONDOK LANSIA AL – ISHLAH KOTA MALANG**

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ABSTRAK

Penurunan kemampuan fisik pada lansia berdampak pada menurunnya kemampuan menjalankan aktivitas sehari-hari (*Activity of Daily Living/ADL*). Intervensi non-farmakologis seperti *Buerger Allen Exercise* dibutuhkan untuk meningkatkan kemandirian. Penelitian ini merupakan penelitian pre-eksperimental dengan desain one group pre-test and post-test. Sampel berjumlah 35 lansia di Pondok Lansia Al-Ishlah Kota Malang yang diambil dengan teknik total sampling. Intervensi berupa *Buerger Allen Exercise* diberikan dua kali sehari selama 15 hari. Data dikumpulkan menggunakan Indeks Barthel dan dianalisis dengan uji Wilcoxon. Terdapat perbedaan yang signifikan antara skor ADL sebelum dan sesudah dilakukan *Buerger Allen Exercise* ($p < 0,05$). Skor ADL meningkat menunjukkan adanya peningkatan kemandirian responden. Peningkatan skor ADL setelah intervensi menunjukkan bahwa *Buerger Allen Exercise* efektif dalam meningkatkan kemandirian lansia dalam melakukan aktivitas sehari-hari.

Kata Kunci: Lansia, *Activity of Daily Living*, *Buerger Allen Exercise*, Indeks Barthel

DIFFERENCES IN DAILY LIVING ACTIVITY BEFORE AND AFTER GIVING BUERGER ALLEN EXERCISE TO THE ELDERLY AT THE AL- ISHLAH ELDERLY CENTER IN MALANG CITY

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ABSTACT

The decline in physical function among the elderly affects their ability to perform daily activities (Activity of Daily Living/ADL). Non-pharmacological interventions such as Buerger Allen Exercise are needed to promote independence. This study used a pre-experimental one-group pre-test and post-test design. A total of 35 elderly residents at the Al-Ishlah Elderly Center in Malang were selected using total sampling. The Buerger Allen Exercise was performed twice daily for 15 days. Data were collected using the Barthel Index and analyzed using the Wilcoxon test. There was a statistically significant difference in ADL scores before and after the intervention ($p < 0.05$). The improvement in ADL scores indicates enhanced independence among the elderly. The findings suggest that Buerger Allen Exercise is effective in improving the elderly's ability to perform daily living activities.

Keywords: Elderly, Activity of Daily Living, Buerger Allen Exercise, Barthel Index