**PENERAPAN *BALANCE EXERCISE* UNTUK MENGATASI**

**GANGGUAN KESEIMBANGAN PADA LANSIA**

**DI PSTW BUDI LUHUR JAMBI**

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**ABSTRACT**

**Background:** Balance disorders are the main cause that often causes elderly people to fall easily. Muscle weakness in the elderly will cause slowness in movement, short steps, reduced leg strength when stepping, and slow anticipation respons of tripping, causing changes in body balance in the elderly. Elderly body balance disorders can be reduced and prevent by implementation of balance exercise which can increase muscle strength, especially in the lower extremities and improve body balance and mobility.

**Objective:** The purpose of this research to deterimine how the application of balance exercise to overcome balance disorders in the elderly in PSTW Budi Luhur Jambi.

**Method:** This study used a descriptive method. The subjects in this study were 2 respondens according to the inclusion and exlusion criteria with an assesment using the Time Up and Go Test (TUGT).

**Results:** The result of the pre-test and post-test showed a change in the value of the balance score on both respondens. Mrs. S with a value of 16 seconds to 14 seconds and Mr. Z with a value of 18 seconds to 15 seconds.

**Conclusion:** There is a change in the value of the balance score after the application of balance exercise.

**Suggestion:** The result of this research are expected to serve as a source of information that can be applied to the elderly as part of health program.

**Keywords:** Balance Disorders, Elderly, Balance Exercise

**References: 2 books, 12 Journals (2016-2023)**