

Ananda Yudha Prakoso NIM 21142010055 S1 Nursing Study Program	Advisor Alvin Abdillah.,S.Kep.,Ns.,MAP.,M.Kep NIDN. 0725019004
<i>THE EFFECT OF BALANCE EXERCISE THERAPY ON ELDERLY RISK OF FALLING WITH A SELF-CARE THEORY APPROACH</i> <i>(Study at the elderly Posyandu Tunjung Burneh Bangkalan Regency)</i>	
<i>ABSTRACT</i> <i>Elderly (elderly) is someone who has entered the final stage of the life phase and is experiencing the aging process. life and experiencing the aging process (Aging Process). Changes and those experienced by the elderly can cause fall risk problems that can cause injury to the elderly. elderly. Based on a preliminary study of the high risk of falling in the elderly in Tunjung Burneh Village, Bangkalan. The purpose of this study was to analyze the effect of balance exercise therapy on elderly risk of falling with a self-care theory approach in Tunjung Burneh Village, Bangkalan.</i> <i>This type of research was Quasy Experiment with the Pre test - Post Test approach. With Control Group Desaign. The Independent variable was balance exercise the dependent variable risk of falling. Population as many as 34 elderly sample 15 respondents using quota sampling. The instruments used were SOP (Standard Operating Procedure) balance exercise and morse fall questionnaire. scale (MSF) questionnaire. Statistical tests using paired t-test and independent t-test with α 0,05.</i> <i>Based on the paired t-test test in the intervention group p-value: $0.000 < \alpha$ 0.05 means there was a difference in the risk of falling in the intervention group before and after being given balance exercise training, in the control group p-value: $0.013 < \alpha$ 0.05 means there was a difference in the risk of falling before and after without being given balance exercise training. The results of the independent t-test test in the intervention and control groups p-value: $0.019 < \alpha$ 0.05 means that there was an effect of Balance Exercise on the level of risk of falling in the elderly.</i> <i>The researcher's suggestion is that this balance exercise exercise can be one of the nursing interventions in increasing the strength of the muscles and balance of the elderly body to reduce the risk of falling in the work area of the Elderly Posyandu Tunjung Burneh Bangkalan Village.</i>	
<i>Keywords : Balance Exercise, Fall Risk, Self Care</i>	