

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| Dwi selviyana putri<br>NIM 21142010091<br>Nursing study program                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Advisor<br>Alvin Abdillah.,S.Kep.,Ns.,MAP.,M.Kep<br>NIDN. 0725019004 |
| <p align="center"> <b>THE EFFECT OF TANDEM WALKING EXERCISE ON THE LEVEL OF FALL RISK IN THE ELDERLY</b><br/> <i>(Study at the Elderly Family Development Center of Rambutan Burneh Elderly Integrated Health Post, Bangkalan Regency)</i> </p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                      |
| <p><b>ABSTRACT</b></p> <p><i>The risk of falling is an incident where someone accidentally lies on the ground or floor or a lower surface due to losing balance in their daily activities. In a preliminary study conducted at the Tunjung Burneh Bangkalan Elderly integrated Health Post, data was obtained that there were 15 people with a high risk of falling in the elderly at the Burneh Bangkalan Health Center. The purpose of the study is to analyze the effect of tandem walking Exercise s on the level of fall risk in the elderly.</i></p> <p><i>The research design used quasi-experimental with pre-test and post-test with control group design approach. The research population was 85 people with a sample size of 15 using quata sampling technique. The research instruments used were MSF and SOP questionnaires. The analysis test used paired t-test and independent t-test statistical tests.</i></p> <p><i>The results of the paired t-test statistical test of tandem walking Exercise in the treatment group and fall risk education in the control group each obtained a p-value of <math>0.000 &lt; 0.05</math> so it was concluded that there was a significant difference before and after tandem walking Exercise and education. The results of the independent-test statistical test obtained a p-value of <math>0.37 &lt; 0.05</math> it was concluded that there was an effect of tandem walking Exercise therapy on the level of fall risk in the elderl</i></p> <p><i>It is hoped that health workers and the elderly will be more concerned about overcoming the risk of falling by providing education on prevention and routinely doing tandem walking Exercise s to reduce the risk of falling.</i></p> |                                                                      |
| <p><b>Keywords: Tandem Walking Exercise , Risk Of Falls, Elderly</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                      |