

# TESTING THE FEASIBILITY AND EFFECTIVENESS OF FUN FITNESS TRAINING MODELS TO IMPROVE MUSCLE FITNESS IN THE ELDERLY IN THE NEW NORMAL TIME OF COVID 19

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## ABSTRACT

The objectives of this research can be achieved in two stages, for two years with a research and development research design. In the first stage of the first year it aims to validate the expert draft model, namely the fun fitness training model to improve muscle fitness in the elderly during the new normal period of Covid 19. The second stage of this research aims to test the feasibility and effectiveness of the fun fitness training model for increasing muscle fitness in the elderly in during the new normal period of Covid 19. This research uses research and development methods using the ADDIE model (Analyze, Design, Development, Implementation, Evaluation). The participants in this study were the elderly in nursing homes in Yogyakarta. Data analysis using product moment. Based on the results of the analysis of the Paired Sample t test, the data on hand-squeeze strength obtained a t value of 17.966 with a significance value of 0.000. Because the significance value of 0.000 is less than 0.05 ( $p < 0.05$ ), it can be concluded that there is a significant difference in hand squeeze strength during the pre-test and post-test. This means that there is a significant increase in the strength of the elderly's hand squeeze after participating in exercises using the fun fitness training model. Based on the results of the analysis of the Paired Sample t test for data on leg muscle strength, a t value of 12.917 was obtained with a significance value of 0.000. Because the significance value of 0.000 is less than 0.05 ( $p < 0.05$ ), it can be concluded that there is a significant difference in leg muscle strength during the pre-test and post-test. This means that there is a significant increase in the leg muscle strength of the elderly after participating in exercises using the fun fitness training model. Overall it can be concluded that the fun fitness training model is effectively used to improve the muscle fitness of the elderly. The results of the statistical analysis showed that there was a significant increase in hand squeeze strength and leg muscle strength in the elderly after participating in exercises using the fun fitness training model. This means that the fun fitness training model is appropriate to be applied as a means of increasing the muscle fitness of the elderly.

Kata Kunci: *Exercise, Fun Fitness, Fitness, Muscle, Elderly*