THE EFFECT OF RESISTANCE TRAINING AS EFFORT TO MAINTAIN FITNESS AND MINIMIZE THE RISK OF FALL IN THE ELDERLY

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ABSTRACT

The elderly will be vulnerable apart from not being equipped with basic knowledge of specific physical activities to overcome the storm of aging symptoms, especially if there is a lack of psychological support, it will obviously burden the parents' body and soul. The innovation of a psychological-based physical exercise model for the elderly appears to bridge the two inseparable aspects and become a whole healthy spirit for the elderly. The actual physical and spiritual synergy is actually depicted in the elderly who are cheerful, active and independent throughout the day as evidence of the fulfillment of the ideals of lifelong active learning.

Objective: The purpose of this study was to investigate how the provision of exercise during
24 sessions can have a positive influence on the fitness and balance of the elderly to reduce the risk of falling in the elderly.

Methods: The study used a quasi-experimental study, with 30 elderly people. Cardiopulmonary endurance test instrument, there are several other types of tests to measure the ability of the elderly, including 30 second-Chair stand (number of standing), Arm Curl (repetition), 6-Minute Walk (yards), 2-Minute Step (number of steps), Chain Sit & Reach (inches +/-), Back Scratch (inches +/-), 8-Foot Up & Go (seconds). Meanwhile, to measure the risk of falling in the elderly will use a questionnaire. Analysis of statistical data calculations using normality, homogeneity and paired t-test.

Research results: there is a difference in the mean (mean) of each fitness indicator between pre and post (better post test data) in the normality test there is a little abnormal data. In a different test (paired t-test) all indicators of physical fitness (6-minute walk, 30-second Chair stand, Arm curl, 2-minute step test, Chair sit and reach, Back scratch, 8-Foot Up and Go) experienced differences which is significant between pre and post data

Kata Kunci: *Resistance training; elderly; fitness; balance.*