

PENGEMBANGAN MODEL TERAPI LATIHAN AKTIF, STRENGTHENING DAN FUNGSIONAL EXERCISE UNTUK MENEKAN GEJALA PENYAKIT DEGENERATIF PADA LANSIA

by Dr. Cerika Rismayanthi, S.Or., M.Or.

ABSTRACT

The elderly will be vulnerable apart from not being equipped with basic knowledge of activities. Specific physical conditions overcome the storm of symptoms of degenerative diseases, especially if supported even psychologically lacking, it will clearly burden the parents' body and soul. Active exercise model innovation, strengthening and functional exercise in the elderly appear to bridge these two aspects inseparable and become a completely healthy spirit for the elderly. Physical and spiritual synergy. In fact, it is actually depicted as an elderly person who is cheerful, active and independent throughout the day proof of the fulfillment of the ideals of lifelong active learning. Purpose: The purpose of This research is to investigate how to develop an active exercise therapy model, strengthening and functional exercise to suppress symptoms of degenerative diseases in the elderly, so it is hoped that it can have a positive influence on fitness and for reduce symptoms of degenerative diseases in the elderly. Method: The research was carried out using the research and development (R&D) method with involving the elderly. The treatment given during this study used a combination form exercises that involve active, strengthening and functional movements, with different forms of movement easy, simple and suitable for the elderly. This study will go through 4 research stages/steps development, the model used is the development of a 4-D model, consisting of: Define (Defining), Design (Designing), Develop (Development) and Disseminate (Dissemination). The sample for this study consisted of 30 elderly people. Cardiac endurance test instrument lungs, there are several other types of tests to measure the ability of the elderly, including 30 second-Chair stand (number of stands), Arm Curl (repetitions), 6-Minute Walk (yards), 2-Minute Step (number of steps), Chain Sit & Reach (inches +/-), BackScratch (inches +/-), 8-Foot Up & Go (seconds). Meanwhile for measuring the risk of falls in the elderly will use a questionnaire. Analysis of data calculations statistics using normality, homogeneity and paired t-test

Research Results: Based on the results of the research that has been carried out, results were obtained as follows: (1) Define, active, strengthening and functional exercise therapy model exercise to suppress the symptoms of degenerative diseases is a model that is needed by people elderly and the community in improving physical fitness (health related fitness). (2) Design (Design), development of a physical exercise model to reduce disease symptoms degenerative, which aims to improve fitness (strength and balance) thus motivating the elderly to do physical exercise with exercise appropriate to the capabilities of the elderly. Development of training models carried out with light-moderate intensity, training duration/time is not too long, only around 20 to 30 minutes, light exercise intensity, very simple movements performed in three positions viz sitting, standing and lying down (supine and stomach). A training model has been developed as well is a form of coordination that is closely related to daily activities. (3) Develop (Development), physical training model of active training, strengthening and functional exercise declared suitable for continuing effectiveness and feasibility testing. Based on the results of data analysis which is carried out at the validation stage by Fitness and Physical Activity experts on the maximum score is 87.38% and experts in Sports Health and Sports Psychology towards the maximum score is 91.78%. The physical training model is active training, strengthening and functional exercise for 4 stated to have an effect on increasing physical fitness with the results of data analysis with SPSS help. Based on the results of the paired t test and Wilcoxon test, the overall p value was obtained (sig.) for all variables is 0.000. The significance value is $0.000 < 0.05$, then there is an influence which is significant. The physical training model of active training, strengthening and functional exercise is proven influential in improving physical fitness. Psychologically based physical training model is effective to improve physical fitness for the elderly. (4) Disseminate, as spreading The results of this research have been accepted in the journal *Fizjoterapiapolska*, edition 5, 2023 with sqopus indexed Q3.

Kata Kunci: *resistance training; strengthening and functional exercise, elderly, degenerative diseases.*