THE APPLICATION OF RESISTANCE EXERCISE MODIFICATION TOWARDS INCREASING MUSCLE MASS AND STRENGTH IN ELDERLY PEOPLE WITH SARCOPENIA

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SUMMARY

Background: *Sarcopenia is a progressive and complete decrease in muscle mass and strength, which can lead to life-threatening consequences such as physical impairment, decreased quality of life, and even death. The prevalence of Sarcopenia in Indonesia varies from 9.1% to 59%. In 2020, there were 9.92% (26.82 million) elderly people in Indonesia, and by 2024, this number is estimated to reach almost one-fifth of the total Indonesian population. Based on data from the Central Statistics Agency (2023), the percentage of the elderly population in Central Java shows a significant increase. In 2023, the number of elderly people in this province was recorded at 5.07 million, equivalent to 13.50% of the total population of 37.54 million. The impact of this high prevalence over a long period can lead to decreased functional ability, increased risk of falls, and decreased quality of life, partly due to reduced physical activity. Resistance exercise is an effective non-pharmacological intervention in increasing muscle protein synthesis, neuromuscular function, and muscle strength.* ***Purpose:*** *To increase knowledge, especially for elderly physiotherapists, about the application of modified resistance exercise to increase muscle mass and strength, as well as the quality of life in elderly people with Sarcopenia.* ***Method****: The selected IEC medium was a pocket book. The pocket book was chosen as the IEC medium because it has several advantages.* ***Results:*** *The pocket book IEC medium entitled "THE IMPLEMENTATION OF MODIFIED RESISTANCE EXERCISE TOWARDS INCREASING MUSCLE MASS AND STRENGTH IN ELDERLY PEOPLE WITH SARCOPENIA" was chosen as a health promotion medium targeting elderly physiotherapists.*

Keywords: Sarcopenia, resistance exercise, elderly