PENGARUH KOMBINASI *FOOT CORE EXERCISE* DAN *TANDEM WALKING EXERCISE* TERHADAP KESEIMBANGAN PADA LANSIA

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ABSTRAK

Background*: The aging process in older adults leads to a decline in musculoskeletal, sensory, and neuromuscular functions, which contributes to impaired balance and an increased risk of falls. Therefore, effective interventions are needed to improve postural stability.* ***Objective:*** *To determine the effect of a combination of foot core exercise and tandem walking exercise on balance in older adults.* ***Methods:*** *This study used a quasi-experimental design with a one group pre-test and post-test approach involving 25 older adults selected through purposive sampling. The intervention was conducted for 4 weeks with a frequency of twice a week, and balance was measured using the Berg Balance Scale (BBS). Data were analyzed using the Wilcoxon test.* ***Results****: There was a significant improvement in balance after the intervention, indicated by a p-value = 0.001.* ***Conclusion:*** *The combination of foot core exercise and tandem walking exercise is effective in improving balance in older adults and has the potential to reduce the risk of falls.*

Keywords: *elderly, Foot Core Exercise , Tandem Walking Exercise, Berg Balance Scale (BBS),balance*