PENERAPAN *MULTICOMPONENT EXERCISE* UNTUK MENINGKATKAN KEKUATAN OTOT DAN MENINGKATKAN KINERJA FISIK PADA LANSIA

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SUMMARY

Background: Elderly people experience physiological and morphological changes, one of which is in the musculoskeletal system, especially muscles. The physiological changes that occur are decreased muscle strength and decreased muscle mass. Decreased muscle strength can cause decreased functional ability in the elderly because muscle strength affects almost all daily activities. In cases of decreased muscle strength, it can interfere with the functional activities of the elderly which can be measured by the *Berg Balance Scale, 6-minute walking test, dynamometer, multicomponent exercise*. *Multicomponent exercise* can be used by physiotherapists, the elderly, and the community to overcome decreased muscle strength and improve physical performance. **Objective:** To improve the ability of the elderly to know multicomponent exercise to reduce muscle weakness and improve physical performance. **Method:** The method used to disseminate information using KIE media is educational videos, educational videos are chosen as KIE media because they have several advantages. **Results:** KIE media can be seen directly through educational videos to the elderly, the community, physiotherapists and physiotherapy students. **Conclusion:** The educational video titled "Application of multicomponent exercise to increase muscle strength and improve physical performance in the elderly" was selected as a promotional and educational medium for the elderly, the public, physiotherapists, and physiotherapy students.

Keywords: Elderly, Muscle Weakness, Physical Performance, Multicomponent Exercise