

ABSTRACT

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Effectiveness of Active *Range Of Motion (ROM)* to Upper and Lower Extremities Muscle Strength at Panti Tresna Werdha Teratai KM. 6 Palembang

SKRIPSI

PROGRAM STUDI ILMU KEPERAWATAN

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Background: Elderly experienced the physiologic and morphologic changes in musculoskeletal system especially muscular which are decreasing muscle strength and mass

Aims: To analyze effectivity active ROM to upper and lower extremities muscle strength for elderly in Panti Tresna Werdha Teratai KM. 6 Palembang

Method: This study used quasy experiment design with pre-post test non-equivalent control group approach to 18 respondents with total sampling. Active ROM done for three times in a week with duration 30 minutes and three times repetition in every extremity. Friedman and Mann-Whitney used for bivariate analysis.

Results: Majority in intervention group had 4 and 5 muscle strength scale and control group had and 4 muscle strength scale. Friedman test showed significant difference in upper ($p=0.001$) and lower extremities ($p=0.008$). Mann-Whitney test showed significant difference in upper extremities ($p=0.03$) after active ROM intervention, but not significant in lower extremities ($p=0.058$). Elderly and Panti Tresna Werdha Teratai KM. 6 Palembang expected can do the active ROM exercise and programing it for daily routine because this exercise proven can improve the muscle strength.

Keywords: active ROM excercise, muscle strength, upper limb, lower limb, elderly.