

ABSTRACT

Sari, Ismy Tanjung 2023. *The Influence of the Elderly Gymnastics Program in Werda Werda Mukti Karang on Reducing Joint Pain in Rw 06, Purwanto Village, Malang City. Advisor I : Budi Suharno, S.Kp, M.Kes, Supervisor II : Fiashriel Lundy, S.Kep.Ns, M.Kes.*

The process of aging (elderly) is a natural process accompanied by a decrease in physical, psychological, and social conditions that interact with each other. Most of the elderly experience health problems which include setbacks and weaknesses, both physical decline. Joint pain is a inflammation characterized by joint swelling. As an alternative pharmacological treatment of joint pain, the older people consumption to taking drugs to reduce joint pain like a analgesic drugs, prescription drugs, and herbal medicine. One of the recommended physical exercises for the older people is elderly exercise. Elderly gymnastics can have a good influence on the health of the elderly body, one of which is to train the ability of joint muscles in the older people so that stiffness does not occur in the joints. Elderly gymnastics can slow down the process of cell decline due to age, facilitate adjustment of the body's health in life, and protect and improve reserves (Nugroho, 2008). This study aims to determine the effect of the elderly exercise program at Karang Werda Werda Mukti on reducing joint pain. The type of research used in this research is quantitative. The research design used was the Pre-Experimental research method with the Group Pre-test and post-test design. The sample used in this study was the older people in Karang Werda Werda Mukti who met the criteria of 30 elderly. Data collection used an observation sheet containing measurements of pain scales and elderly gymnastic movements. The test used is the Wilcoxon test. H_0 is accepted, i.e. $p\text{-value} \leq 0.05$, i.e. There is no Effect of the Elderly Gymnastics Program in Karang Werda Werda Mukti Elderly on Reducing Joint Pain in RW 06 Purwanto Village. The Older People in Karang Werda Werda Mukti Older for Reducing Joint Pain in RW 06 Purwanto Village. Based on the research, there was an effect of changes in joint pain before elderly exercise and after elderly exercise in the older people in Karang Werda Werda Mukti RW 06 Purwanto Village.

Keywords: *Elderly, Joint Pain, Elderly Exercise*