

## **ABSTRACT**

**Jasmine, Maria Cahyaning, 2023, The Effect of Elderly Exercise Programs by Cadres on Elderly Body Fitness at Budiasih Elderly Integrated Healthcare Center, Campurejo Village, Kediri City, Skripsi, Poltekkes Kemenkes Malang for Applied Health Promotion Study Program. Lecturer I: Fiashriel Lundy, S.Kep.Ns, M.Kes, Lecturer II: Sugianto Hadi, SKM, MPH**

*The elderly population in Indonesia is predicted to experience a higher increase than the elderly population in Asia and globally in 2050. Along the way, the elderly experience significant changes that increase the risk of disease. Posyandu Lansia is an alternative treatment effort made by the government to improve the elderly's life quality. In fact, there are still Posyandu Lansia that do not refer to the National Elderly Commission standard activities, where they do not carry out elderly exercise which is very beneficial for elderly body fitness. Therefore, it is necessary to manage the elderly exercise program as an alternative solution. The purpose of this study was to determine the effect of the elderly exercise program by cadres on the elderly fitness at Budiasih Elderly Integrated Healthcare Center, Campurejo Village, Kediri City. This research is a quantitative study with a pre-experimental design with a one group pre-test post-test design approach. The study population is Budiasih Elderly Integrated Healthcare Center cadres in Campurejo Village, totaling 20 people and active elderly in Budiasih Elderly Integrated Healthcare Center, totaling 120 people. The sampling technique is purposive sampling and obtained a sample of 20 posyandu cadres and 40 elderly. The research was conducted in October 2022 – February 2023. Data analysis use a paired t-test with  $\alpha = 0.05$ , the results show that there is an increase in elderly body fitness by 8.04%. Based on the analysis results, p value = 0.00 is obtained. The p value is  $0.00 < 0.05$ , so it can be concluded that there is an effect of the elderly exercise program by cadres on the elderly body fitness at Budiasih Elderly Integrated Healthcare Center, Campurejo Village, Kediri City.*

**Keywords:** *Elderly Gymnastics Program, Body Fitness, Old Age*