



Balance Examination of The Dasawisma Group of Ngajeg, Tirtomartani, Kalasan, Sleman Regency

J. Nugrahaningtyas W. Utami^{1*}, Githa Andriani²

^{1,2}Universitas Respati Yogyakarta, Indonesia

*Corresponding author: pu3tyas@gmail.com

ABSTRACT

Background: Balance from the body is a person's ability to control or maintain the position of the body so as not to fall. Balance is a very important component for a person in carrying out daily activities.

Purpose: to find out of balance in the community of Ngajeg village, Tirtomartani, Kalasan, Sleman Regency.

Methods: The balance check was carried out on October 7, 2022. The data source comes from the primary data. Data collection technique by accidental sampling, by measuring the length of time standing on the balance board, the examination was carried out on the members of the dasa wisma who were present at the time of the examination by the way the participant stood with one of his legs and measured for a long time staying in a non-falling / connecting position..

Results: 10 participants who took part in the body balance examination were all results 100% of the participants were women. The age of participants 8 (80%) was less than 60 years, balance disorders were 3 (30%) disorders in 1 foot, 5 (50%) had balance disorders in all 2 feet and 2 (20%) normal patients. For a history of disease, both falling and pain in the limbs, 7 (70%) participants experienced pain or had fallen.

Conclusion: Participants who had risk factors fell, the balance would be disturbed

Keywords: *Balance; Falling; Menopause; Pain*