

CHAPTER III

CONCEPTUAL FRAMEWORK, RESEARCH VARIABLES AND OPERATIONAL DEFINITION

A. Concept Framework

Conceptual framework is a term used to describe the relationship between dependent variables. The purpose of this study is to examine the effect of *Cawthorne-Cooksey exercises* and *proprioceptive exercises* on balance in the elderly at risk of falling.

Based on the review of the concept, the conceptual framework of this research is prepared as follows:

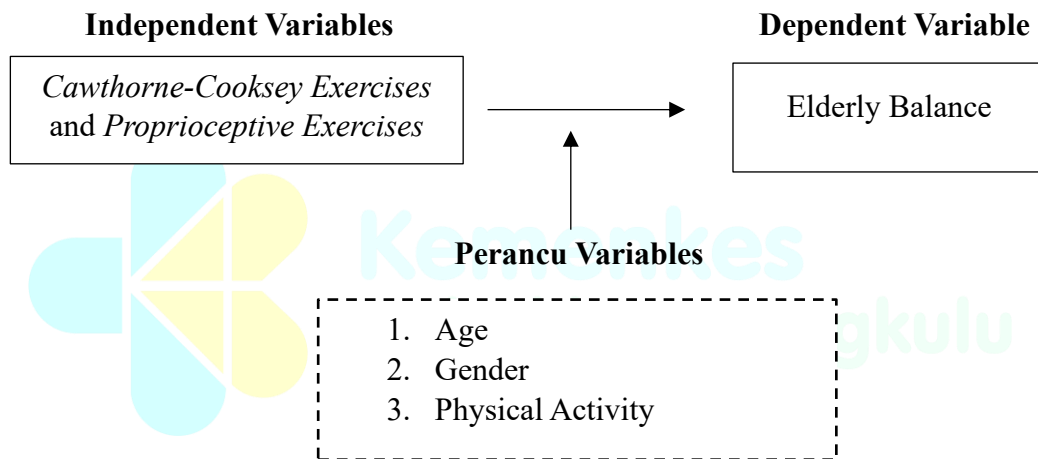
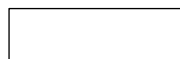


Chart 3. 1 Concept Framework

Description:



: Areas studied



: Affects between variables



: Relationships between variables

B. Operational Definition

This study has independent variables, namely *Cawthorne-Cooksey Exercises* and *Proprioceptive Exercises* and bound variables, namely balance in the elderly, which can be observed in the table below:

Table 3. 1 Operational Definition

Variable	Operational Definition	How to Measure	Measuring Instruments	Measurement Results	Scale
Independent Variables					
<i>Cawthorne-Cooksey Exercises and Proprioceptive Exercises</i>	Vestibular rehabilitation exercises involve head, eyes, and body movements, performed for 15 minutes, 3 times in 1 week for 2 weeks Exercises, which train motor control skills through proprioceptive sensory stimulation, are performed for 15 minutes 3 times in 1 week for 2 weeks	Observations		1= Performed <i>Cawthorne-Cooksey Exercises and Proprioceptive Exercises</i> 2 = Balance <i>Exercises Performed</i>	
<i>Balance Exercises</i>	Physical activity that aims to improve the balance of the body through strengthening the strength of the muscles of the lower extremities, is carried out for 30 minutes 3 times in 1	Observations			

week for 2 weeks					
Dependent Variable					
Balance	Ability to maintain static and dynamic posture measured with objective instruments	Observations	<i>Mountain Balance Scale</i>	The average risk of falling in the medium category was stated with a score of 21-40	Ratio
Characteristics					
Age	A person's life span calculated in years from the date of birth	Filling out a demographic data form	Data collection sheet	Expressed in years	Ratio
Gender	Biological differences between male and female from birth	Filling out a demographic data form	Data collection sheet	1 = Male 2 = Female	Nominal
Physical Activity	Any body movement that involves energy expenditure, such as walking, gymnastics, gardening, or light exercise	Filling out a demographic data form	Data collection sheet	1 = Light (Leisure walking, watering plants, cooking, and light housework) 2 = Moderate (Brisk walking, leisurely cycling, gardening, or cleaning the house at a slightly higher than light intensity) 3 = Heavy (running, jogging, brisk cycling, or swimming)	Ordinal

C. Hypothesis

A hypothesis is a temporary answer to a problem that must be empirically tested. This hypothesis serves as a statement that describes the relationship of the things being studied and studied in a problem, so it can be said to be a conjecture that predicts the relationship between complex phenomena (Amruddin et al., 2022).

Ha: There is an effect of *cawthorne-cooksey exercises* and *proprioceptive exercises* on balance in the elderly at the risk of falling at the Kuala Lempuing Health Center, Bengkulu City.

