

CHAPTER VII CONCLUSION AND SUGGESTION

A. Conclusion

Based on the results of the discussion, it can be concluded that:

1. The average age of the elderly in the intervention group was 67.17 years and the control group was 66.37 years. More than half of the elderly in the intervention group were female 20 people (66.7%) and most of the female control group was 22 people (73.3%). For the physical activity of the intervention group, more than a portion of respondents were lightly physical activity, 17 people (56.7%), while in the control group, more than a portion of the participants were lightly physically active, 19 people (63.3%).
2. The average balance score before intervention was given in the intervention group was 37.20 and after intervention was 44.03. Meanwhile, for the control group, the average balance value before treatment was 36.73 and after treatment was 42.80.
3. There was a significant difference between the balance values before and after the intervention in both groups. In the intervention group, the difference was significant with ($p < 0.0001$), while in the control group the difference was significant with ($p < 0.0001$).
4. There is an Effect of *Cawthorne-Cooksey Exercises* and *Proprioceptive Exercises* on Balance in the Elderly at Risk of Falls at the Kuala Lempuing Health Center, Bengkulu City ($p = 0.009$).

B. Suggestions

Based on the results of the research and discussion, the researcher gave several suggestions to related parties as follows:

1. For Health Services
 - a. *Cawthorne-Cooksey Exercises* and *Proprioceptive Exercises* can be applied at Posyandu Elderly and at home as an effort to improve balance in the elderly so as to reduce the risk of falling.

- b. Standard Operating Procedures (SOPs) related to the implementation of *Cawthorne-Cooksey Exercises* and *Proprioceptive Exercises* need to be prepared as guidelines for implementation in Puskesmas
- c. Socialization of *Cawthorne-Cooksey Exercises* and *Proprioceptive Exercises* to Posyandu Elderly cadres needs to be carried out to support the implementation of exercises in the community.

2. For Educational Institutions

The results of this study can be implemented in Gerontic Nursing, especially related to nursing interventions in the form of exercises to improve balance in the elderly who experience balance disorders. In addition, the results of this research can be used in community service activities carried out by teaching staff and students.

3. For Other Researchers

Researchers can then consider fall history and disease history as control variables or covariates to minimize the influence of confounding variables. In addition, increasing the number of samples and using probability sampling techniques can be done so that the results of the study have a wider generalization power. The use of parametric analysis methods can also be considered by ensuring that the data meets the assumption of normality so that the power of the resulting analysis is more optimal