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A P P E N D I C E S



Kemenkes
Poltekkes Bengkulu

Appendices 1

RESEARCH SCHEDULE

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Appendices 2

DOCUMENTATION







Appendices 3

**APPLICATION LETTER
RESPONDENTS**

Respectfully,

I am the undersigned as a student of the Applied Bachelor of Nursing Study Program of the Ministry of Health of the Ministry of Health of Bengkulu:

Name : Firery Putra Erlanza

Nim : P01720322017

I will conduct a study entitled "**The 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**".

In connection with this intention, I humbly ask for your participation to become a respondent in this research. The data obtained from this study can be beneficial for the community, health workers, and educational institutions. Information about the data obtained will be guaranteed confidentiality and will only be used for research data. Thus this request, I thank you for your attention and participation.

Sincerely,

Firery Putra Erlanza

Appendices 4

**LETTER OF APPROVAL
RESPONDENTS**

I am the undersigned:

Name :

Age :

Address :

Mobile No. :

I am hereby willing to participate as a respondent in a research conducted by Mr. Firery Putra Erlanza, an Applied Bachelor of Nursing Student at the Health Polytechnic of the Ministry of Health of Bengkulu with the title "**The Effect of Cawthorne-Cooksey Exercises and Proprioceptive Exercises on Balance in the Elderly at Risk of Falling at the Kuala Lempuing Health Center, Bengkulu City**".

This research will not harm me or have a bad effect on me and my family, so I am willing to be a respondent. Thus, I made this letter of approval to be used as it should.

Bengkulu, 2026

(.....)

Appendices 5

INFORMED CONSENT AND RESEARCH EXPLANATION

Dear Sir.

Prospective respondents

Respectfully,

I am the undersigned:

Name : Firery Putra Erlanza

Study Program : Str. Nursing and Nurse Profession

NIM : P01720322017

No. Hp : 083802669656

I am a student of the Bengkulu Ministry of Health Polytechnic who is carrying out a research entitled "**The Effect of Cawthorne-Cooksey Exercises and Proprioceptive Exercises on Balance in the Elderly at Risk of Falling at the Kuala Lempuing Health Center, Bengkulu City**". The purpose of this study is to increase knowledge in handling in the elderly balance exercise to reduce the risk of falling.

In this study, respondents will be given observation sheets to assess the balance of the elderly in reducing the risk of falling. This study does not cause harm, harm and side effects. Instead, this study will improve balance and reduce the risk of falls for respondents. If you have become a respondent and incriminating things occur, then it is allowed to report to the researcher or can immediately withdraw from this study by contacting the researcher at the phone number listed above.

The confidentiality of all information provided will be maintained and will only be used for research purposes. All results of records or respondent data will be stored at the Bengkulu Ministry of Health Polytechnic. After reading the information and understanding the objectives of the research and the expected role in this study, please be willing to sign the consent sheet as a respondent of this study.

Bengkulu, 2026

(Firery Putra Erlanza)

Appendices 6

RESEARCH OBSERVATION SHEET

A. Demographic Data

Name :
Age :
Gender:
Physical Activity :

B. Instrument Berg Balance Scale (BBS)

Technician Instructions:

Give a sign √ On the score of each item according to the patient's ability to determine the level of risk of falling.

No.	Balance Items	Score (0-4)
1.	Sit to stand Instructions: Please stand without using your hands	4: Can stand stably without hand assistance 3: Can stand stable with the help of hands 2: Can stand up with hand assistance after several attempts 1: Requires minimal assistance to stand steady 0: Requires moderate to maximum assistance to be able to stand for 30 seconds without assistance
2.	Stand without support Instructions: Stand for 2 minutes without holding on Ket: if the respondent is able to stand without a support for 2 minutes, then a full score is given on item 3 and proceeded to item 4	4: Can stand safely for 2 minutes 3: Can stand for 2 minutes with supervision 2: Can stand for 30 seconds without support 1: Takes a few tries to stand 30 seconds without a support 0: Unable to stand for 30 seconds without assistance
3.	Sitting without support (in a chair without armrests) Instructions: Sit with your hands folded for 2 minutes	4: Can sit safely for 2 minutes 3: Can sit for 2 minutes with supervision 2: Can sit for 30 seconds 1: Can sit for 10 seconds 0: Unable to sit without a support for 10 seconds

4.	Move from standing to sitting Instructions: Please sit down	4: Sit safely with minimal hand assistance 3: Controlling sitting movements with the help of hands 2: Control the movement of sitting with the hamstrings as support in the chair 1: Able to sit independently, the movement is unstable 0: Need help sitting
5.	Transfer Instructions: Adjust the distance between seats, then have the respondent move from a seat with armrests to a chair without armrests or from bed to chair	4: Can move safely with minimal hand help 3: Can move safely using hand help 2: Can move with direction or under supervision 1: Requires the help of one person 0: Requires more than one person assistance
6.	Standing without support with your eyes closed Instructions: Close your eyes and stand for 10 seconds	4: Can stand comfortably for 10 seconds 3: Can stand for 10 seconds with supervision 2: Can stand for 3 seconds 1: Unable to keep eyes closed for 3 seconds 0: Needs help to prevent falls
7.	Standing without support with legs closed Instructions: Close both legs together and hold without assistance	4: Can position the legs independently and stand for 1 minute 3: Can position the legs independently and stand 1 minute with supervision 2: Can position the legs independently and stand for 30 seconds 1: Requires help to adjust the position of the legs and is able to stand for 15 seconds 0: Needs help to adjust the position of the legs and is unable to stand for 15 seconds
8.	Reach forward with full straight arms Instructions: Raise your arms forward to 90 degrees, straighten your fingers, and reach forward. (The physiotherapist places a ruler and asks the respondent to reach as far as possible while reaching. Record the distance reached, the rotation of the body is allowed to obtain the maximum range.	4: Mamu reaches well >25 cm (10 inches) 3: Able to reach >12.5 cm (5 inches) safely 2: Able to reach >5 cm (2 inches) safely 1: Able to reach but need supervision 0: Loss of balance when trying

9.	Picking up objects from the floor in a standing position Instructions: Grab the shoes or sandals that are in front of your feet	4: Can take safely and easily 3: Can take, but requires supervision 2: Unable to pick, but able to approach a shoe 2-5 cm (1-2 inches) balanced and independent 1: Can't pick up, try several times with supervision 0: Unable to pick up and need help not to fall
10.	Turning to look back Instructions: In a standing position, rotate your body to look back to the left and right (you can use the object as a reference).	4: Can look back on one side 3: Can look back well on one side, but the other side lacks 2: Only able to look sideways while staying balanced 1: Requires supervision when turning 0: Needs help to keep your balance from falling
11.	360-degree rotation Instructions: Please do a full 360-degree rotation	4: Can rotate 360 degrees safely in 4 seconds 3: Can rotate 360 degrees safely in one direction in 4 seconds or less 2: Can rotate 360 degrees safely but slowly 1: Requires supervision and instruction 0: Requires help to rotate
12.	Placing the legs alternately on a small bench in a standing position without support Instructions: Place your feet alternately on the step stool, then move on to the next step	4: Can be self-guided and safe, do 8 steps in 20 seconds 3: Can stand independently and safely, complete 8 steps within >20 seconds 2: Can perform 4 steps without aids with supervision 1: Can do more than 2 steps, but requires minimal assistance 0: Needs help to prevent falls
13.	Stand with one foot in front of the other Instructions: (Show it to respondents). Place one foot in front of the other. If it feels difficult, start with a wider distance	4: Can position easily, autonomously, and lasts 30 seconds 3: Can position easily and independently for 30 seconds 2: Can position with small steps, self-sustaining for 30 seconds 1: Requires assistance to position, but can last for 15 seconds 0: Loss of balance when positioning and standing
14.	Standing on one leg	4: Can stand on one leg for >10 seconds 3: Can stand on one leg for 5-10 seconds

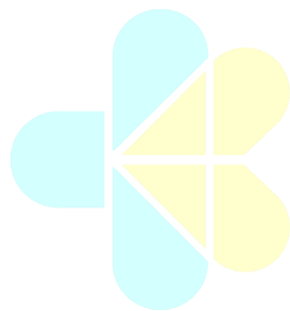
	Instructions: Lift one leg and maintain the position for as long as possible	2: Can stand ≥ 3 seconds independently 1: Tries to stand on its own but doesn't reach 3 seconds 0: Unable to afford and need help so as not to fall
--	--	--

Source : Miyata, et al (2022)

Total score:

Interpretation:

- ☐ 41-56 = Low fall risk
- ☐ 21-40 = Moderate fall risk
- ☐ 0-20 = High risk of falling



Kemenkes
Poltekkes Bengkulu

Appendices 7

STANDARD OPERATING PROCEDURES (SOP)

CAWTHORNE-COOKSEY EXERCISES

	STANDARD OPERATING PROCEDURES CAWTHORNE-COOKSEY EXERCISES
Definition	<i>The Cawthorne-Cooksey Exercises</i> are a series of simple exercises designed to train the body's balance system, especially the inner ear (vestibular), through gradual movements of the head, eyes, and body.
Purpose	Train balance and lower the risk of falling
Indications	Elderly ≥ 60 years old with balance disorders
Tools/Materials and Training Requirements	1. Flat, non-rocky and non-slippery floors/paths 2. Seats 3. Tennis ball 4. Stopwatch 5. Tension Meter 6. The exercise was carried out in 3 sets for 15 minutes 7. Exercises are done 3 times a week in 2 weeks
Venue Preparation	Can be done at home or customized to the client's convenience
Client Preparation	1. Greet and introduce yourself 2. Identify the client's identity 3. Explain the purpose and benefits of the intervention action taken 4. Describe the duration of the intervention 5. Set the client's place and comfort
How It Works	1. Check the blood pressure of the respondent before doing the exercise
	2. Warm up by sitting still while taking a deep breath, then turn your shoulders back and forth for 1 minute.
	3. After warming up, do the exercises in several sets in order
	4. Pause for 1 minute each set of exercises
	A. Eye and head movements, in a sitting position-Start slowly, then increase the speed:
	a) Look up and down (10x) b) Look left and right (10x) c) Bring your fingers closer together and keep them away while staying focused on seeing them (10x) d) Turn the head left and right (start slowly then faster) with your eyes open (10x) e) Move the head up and down (start slowly then faster) with your eyes open (10x) f) Perform movements (d) and (e) with your eyes closed

	B. Head and body movements, in a sitting position:
	a) Take an object on the floor, lift it over your head, and then place it back on the floor (keep looking at it during the exercise) (5x)
	b) Perform rotational movements from the shoulder joint (10x)
	c) Bend forward, then pick up the object that is placed on the floor between your knees (5x)
	C. Standing exercises (do exercises near chairs or tables for handrails)
	a) Repeat exercises A and B
	b) Changing from a sitting position to standing with your eyes open and closed (5x) respectively
Termination and evaluation stage	c) Changing from sitting to standing and rotating between them (5x)
	d) Throwing small balls from hand to hand above eye level while eyes focused on the ball (10x)
	e) Throwing small balls from hand to hand below the knee while focusing on the ball (10x)
	5. Stop the exercise if the respondent feels short of breath
Sources:	6. Continue with the rest of the exercises that have been determined, after the respondent has rested or has calmed down and the respondent's condition has improved
	7. Exercise is closed with cooling for 1 minute
Termination and evaluation stage	1. Tidying up tools and materials
	2. Evaluation after <i>Cawthorne-Cooksey Exercises</i> therapy and follow-up contract
	3. Documentation of the results of the action
Sources:	(Seyedahmadi et al., 2023)

Appendices 8

STANDARD OPERATING PROCEDURES (SOP) *PROPRIOCEPTIVE EXERCISES*

	STANDARD OPERATING PROCEDURES <i>PROPRIOCEPTIVE EXERCISES</i>
Definition	<i>Proprioceptive Exercises</i> are exercises that aim to train the body's ability to recognize the position and movement of joints and limbs without having to see them, through stimulation of muscles, joints, and nerves.
Purpose	Train balance and lower the risk of falling
Indications	Elderly ≥ 60 years old with balance disorders
Tools/Materials and Training Requirements	1. Flat floor/path is not rocky and non-slippery 2. Seats 3. Stopwatch 4. Tension Meter 5. The exercise was carried out as many as 5 sets of exercises for 15 minutes 6. Exercises are done 3 times a week in 2 weeks
Venue Preparation	Can be done at home or customized to the client's convenience
Client Preparation	1. Greet and introduce yourself 2. Identify the client's identity 3. Explain the purpose and benefits of the intervention action taken 4. Describe the duration of the intervention 5. Set the client's place and comfort
How It Works	1. Check the blood pressure of the respondent before doing the exercise
	2. Warm up by sitting still while taking a deep breath, rotate your ankles for 2 minutes
	3. After warming up, do the exercises in several sets in order
	4. Pause for 1 minute each set of exercises
	A. One-leg balance
	a) Stand upright on a flat floor b) Lift one of the legs ± 5-10 cm off the floor c) Hold a standing position with one leg for 15-30 seconds. d) Repeat on the other leg e) Repetitions: 5 times per leg Note: if it's difficult, use the wall or chair as a handle
	B. Toe walking
	a) Stand up straight, lift your heels so that only the tips of your toes touch the floor b) Knees slightly bent c) Walk forward for ± 5-10 meters d) Keep your back straight and steady steps.

	e) Repetitions: 5 times back and forth
	C. Heel Walking
	a) Standing up straight, lift the tips of the toes so that only the heels are on the floor. b) Keep balance, knees slightly bent. c) Walk forward for ± 5 -10 meters. d) Repetitions: 5 times back and forth.
	D. Cross-body leg swings
	a) Stand upright, one of the hands can be attached to the wall/chair for balance b) Swing one leg back and forth, then to the side cross past the body c) Slow movement, keep control of the direction of the swing d) Repetitions: 15-20 times for each leg
	E. Blind advanced one-leg balance (standing one leg with your eyes closed)
	a) Stand up straight, lift one foot ± 5 -10 cm off the floor b) Close your eyes slowly, hold the position for 10-20 seconds c) Focus on calm breathing and body control. d) Repetitions: 5 times per leg. Note: Do it near a wall/chair to be safe in case of loss of balance
	5. Stop the exercise if the respondent feels short of breath
	6. Continue with the rest of the exercises that have been determined, after the respondent has rested or has calmed down and the respondent's condition has improved
	7. Exercise is closed with cooling for 1 minute
Termination and evaluation stage	1. Tidying up tools and materials 2. Evaluation after <i>Proprioceptive Exercises</i> therapy and follow-up contract 3. Documentation of the results of the action
Sources:	(Viswas et al., 2021)

Appendices 9

STANDARD OPERATING PROCEDURES (SOP) *BALANCE EXERCISES*

	STANDARD OPERATING PROCEDURES <i>BALANCE EXERCISES</i>
Definition	<i>Balance Exercises</i> are a series of physical activities that aim to improve the body's ability to maintain a stable position, both when standing still and moving. These exercises involve the musculoskeletal, vestibular, and proprioceptive systems.
Purpose	Train balance and lower the risk of falling
Indications	Elderly ≥ 60 years old with balance disorders
Tools/Materials and Training Requirements	1. Flat floor/path is not rocky and non-slippery 2. Seats 3. Stopwatch 4. Tension Meter 5. The exercise was carried out as many as 6 sets of exercises for 30 minutes 6. Exercises are done 3 times a week in 2 weeks
Venue Preparation	Can be done at home or customized to the client's convenience
Client Preparation	1. Greet and introduce yourself 2. Identify the client's identity 3. Explain the purpose and benefits of the intervention action taken 4. Describe the duration of the intervention 5. Set the client's place and comfort
How It Works	1. Check the blood pressure of the respondent before doing the exercise
	2. Warm up by stretching your legs and arms for 2 minutes
	3. After warming up, do the exercises in several sets in order
	4. Pause for 1 minute each set of exercises
	A. Single limb stance
	a) Stand upright on a flat floor b) Lift one of the legs ± 5-10 cm off the floor c) Hold a standing position with one leg for 15-30 seconds. d) Repeat on the other leg e) Repetitions: 5 times per leg Note: if it's difficult, use the wall or chair as a handle
	B. Clock Reach
	a) Stand up straight and imagine there is a big clock in front of you b) Extend one hand forward as a hour marker c) Reach a specific direction (e.g. 12, 3, 6, and 9 o'clock) while maintaining balance d) Return to the starting position in each direction. e) Do 2-3 sets with 4 directions each set

	C. Tandem Stance a) Stand with one foot in front of the other, so that the heel of the back foot touches the tip of the front toe (heel to toe position) b) Hold a still standing position for ± 20 seconds per rep c) Change leg position (front leg to back) d) Repeat 3 times for each position
	D. Single Limb Stance with Arm Movement a) Do basic positions such as <i>Single limb stance</i> b) When balancing the body, perform arm movements (sideways, forwards, or upwards) c) Hold the position for 10-20 seconds while moving the arm slowly d) Switch legs and repeat e) Do 3 reps per side
	E. Knee marching a) Stand up straight while holding on to a chair or without a handle if able b) Raise your right knee to hip height (if you can), then lower it c) Replace it with the left knee, such as walking in place d) Do 10-15 knee lifts on each side e) Repeat 2-3 sets Note: if it's difficult, use the wall or chair as a handle
	F. Grapevine exercise a) Stand up straight, then step to the side in a <i>cross step</i> pattern: 1) Right foot steps to the right side 2) The left leg crosses in front of the right foot 3) The right leg returns to the right side 4) Left leg crossed behind right foot b) Make a movement in one direction (right), then the other way (left) c) Repeat 5-6 cross-step steps per direction
	5. Stop the exercise if the respondent feels short of breath
	6. Continue with the rest of the exercises that have been determined, after the respondent has rested or has calmed down and the respondent's condition has improved
	7. Exercise is closed with cooling for 1 minute
Termination and evaluation stage	1. Tidying up tools and materials 2. Evaluation after <i>Balance Exercises</i> therapy and follow-up contract 3. Documentation of the results of the action
Sources:	(Hadikusuma & Rossa, 2021)

Appendices 10

BENGKULU CITY HEALTH OFFICE LETTER



PEMERINTAH KOTA BENGKULU DINAS KESEHATAN

Jl. Letjen Basuki Rahmat No. 8 Kel. Belakang Pondok Kec. Ratu Samban Kota Bengkulu
Email dinkeskotabengkulu1@gmail.com / www.dinkes.bengkulkota.go.id Kode Pos 34223

REKOMENDASI

Nomor : 000.9.2 / 10 25 /D.Kes/2026

Dasar Surat

1. a.n. Direktur I Bidang Akademik Poltekkes Bengkulu Nomor : PP.01.01/F.XXIII.1/566/2026 25 Januari 2026.
2. Kepala Badan Kesatuan Bangsa dan Politik Kota Bengkulu Nomor : 000.9.2/250/KESBANGPOL-REK/2026 Tanggal 29 Januari 2026 . Perihal : Izin Penelitian, atas nama :

Nama : **Firey Putra Erlanza**
NIM/NPM : P01720322017
Pekerjaan : Mahasiswa
Program Studi : Sarjana Terapan – Keperawatan
Judul Penelitian : Pengaruh Cawthorne – Cooksey Exercise dan Proprioceptive Exercise Terhadap Keseimbangan pada Lansia Risiko Jatuh di Puskesmas Kuala Lempuing Kota Bengkulu.
Tempat Penelitian : Puskesmas Kuala Lempuing Kota Bengkulu
Lama Kegiatan : 04 Maret 2026 s/d 31 Juni 2026
No.HP / Email : 0838-0266-9656

Pada prinsipnya Dinas Kesehatan Kota Bengkulu tidak berkeberatan diadakan penelitian/kegiatan yang dimaksud dengan catatan ketentuan :

- a. Tidak dibenarkan mengadakan kegiatan yang tidak sesuai dengan penelitian yang dimaksud.
- b. Harap mentaati semua ketentuan yang berlaku serta mengindahkan adat istiadat setempat.
- c. Apabila masa berlaku Rekomendasi Penelitian ini sudah berakhir, sedangkan pelaksanaan belum selesai maka yang bersangkutan harus mengajukan surat perpanjangan Rekomendasi Penelitian.
- d. Setelah selesai mengadakan kegiatan diatas agar melapor kepada Kepala Dinas Kesehatan Kota Bengkulu (tembusan).
- e. Surat Rekomendasi Penelitian ini akan dicabut kembali dan dinyatakan tidak berlaku apabila ternyata pemegang surat ini tidak mentaati ketentuan seperti tersebut diatas.

Demikianlah Rekomendasi ini dikeluarkan untuk dapat dipergunakan sebagaimana mestinya.

Bengkulu, Maret 2026
Plt. Kepala Dinas Kesehatan
Kota Bengkulu

Nelli Hartati, SKM, MM
Pembina - IV/a
NIP.19720419-199101-2-001

Tembusan :

1. Yth.Sdr. Ka. UPTD. Puskesmas Kuala Lempuing Kota Bengkulu
2. Yang Bersangkutan

Appendices 11

ETHICAL CLEARANCE CERTIFICATE



Kementerian Kesehatan
Poltekkes Bengkulu

Jalan Indragiri No. 3 Padang Harapan
Bengkulu 38225
(0736) 341212
<https://poltekkesbengkulu.ac.id>

KETERANGAN LAYAK ETIK
DESCRIPTION OF ETHICAL EXEMPTION
"ETHICAL EXEMPTION"

No.KEPK.BKL/026/01/2026

Protokol penelitian versi 1 yang diusulkan oleh :
The research protocol proposed by

Peneliti utama : Firery Putra Erlanza
Principal In Investigator

Nama Institusi : Poltekkes Kemenkes Bengkulu
Name of the Institution

Dengan judul:
Title

"Pengaruh Cawthorne-Cooksey Exercises Dan Proprioceptive Exercises Terhadap Keseimbangan Pada Lansia Risiko Jatuh Di Puskesmas Kuala Lempuing Kota Bengkulu"

"The Effect of Cawthorne-Cooksey Exercises and Proprioceptive Exercises on Balance in Older Adults at Risk of Falls at Kuala Lempuing Community Health Center Bengkulu City"

Dinyatakan layak etik sesuai 7 (tujuh) Standar WHO 2011, yaitu 1) Nilai Sosial, 2) Nilai Ilmiah, 3) Pemerataan Beban dan Manfaat, 4) Risiko, 5) Bujukan/Eksploitasi, 6) Kerahasiaan dan Privacy, dan 7) Persetujuan Setelah Penjelasan, yang merujuk pada Pedoman CIOMS 2016. Hal ini seperti yang ditunjukkan oleh terpenuhinya indikator setiap standar.

Declared to be ethically appropriate in accordance to 7 (seven) WHO 2011 Standards, 1) Social Values, 2) Scientific Values, 3) Equitable Assessment and Benefits, 4) Risks, 5) Persuasion/Exploitation, 6) Confidentiality and Privacy, and 7) Informed Consent, referring to the 2016 CIOMS Guidelines. This is as indicated by the fulfillment of the indicators of each standard.

Pernyataan Laik Etik ini berlaku selama kurun waktu tanggal 01 Januari 2026 sampai dengan tanggal 01 Januari 2027.

This declaration of ethics applies during the period January 01, 2026 until January 01, 2027.



January 01, 2026
Chairperson,

apt. Zamharira Muslim, M.Farm

Appendices 12

CERTIFICATE OF COMPLETION OF RESEARCH



PEMERINTAH KOTA BENGKULU
DINAS KESEHATAN
UPTD PUSKESMAS KUALA LEMPUNING
(Badan Layanan Umum Daerah)
Jalan Kuala Lempuing Telp. (0736) 341709 Bengkulu Kode Pos 38223
Email : pkm.kualalempuing.2014@gmail.com



SURAT KETERANGAN

Nomor : 400.7.31 / 167.4 / PKM KL / SKET / V / 2026

1. Dasar Surat dari a.n Direktur I Bidang Akademik Poltekkes Kemenkes Bengkulu Nomor : PP.01.01/F.XXIII.1/566/2026 Tanggal 25 Januari 2026, Kepala Badan Kesatuan Bangsa dan Politik Kota Bengkulu Nomor : 000.9.2/250/KESBANGPOL-REK/2026 Tanggal 29 Januari 2026 dan Surat Rekomendasi dari Dinas Kesehatan Kota Bengkulu Nomor : 000.9.2/1025 /D.Kes/2026, Perihal Izin Penelitian atas nama :

FIRERY PUTRA ERLANZA

NIM. PO1720322017

Judul : Pengaruh Cawthorne – Cooksey Exsercise dan Proprioceptive Exercisc terhadap keseimbangan pada Lansia Resiko Jatuh Di Puskesmas Kuala Lempuing Kota Bengkulu Tahun 2026
Tempat Kegiatan : UPTD Puskesmas Kuala Lempuing Kota Bengkulu
Lama Kegiatan : 01 Februari s/d 31 Maret 2026

2. Bahwa yang bersangkutan benar-benar telah melaksanakan Penelitian di UPTD Puskesmas Kuala Lempuing sesuai ketentuan yang telah ditentukan.

Demikianlah Surat Keterangan ini dikeluarkan untuk dapat dipergunakan sebagaimana mestinya.

Bengkulu, 09 Mei 2026
Pjt Kepala UPTD Puskesmas
Kuala Lempuing Kota Bengkulu



Jesika Lady Saputri, SST
Penata Tk.I / III d
NIP. 19890112 201101 2 006

KESBANGPOL LETTER



PEMERINTAH KOTA BENGKULU BADAN KESATUAN BANGSA DAN POLITIK

Alamat : Jl. Melur No.1 Kelurahan Nusa Indah
Email : bkesbangpolkotabengkulu@gmail.com

REKOMENDASI PENELITIAN

Nomor : 000.9.2/250/KESBANGPOL-REK/2026

- Dasar : Peraturan Menteri Dalam Negeri Republik Indonesia Nomor 7 Tahun 2014 tentang Perubahan Atas Peraturan Menteri Dalam Negeri Republik Indonesia Nomor 64 Tahun 2011 tentang Pedoman Penerbitan Rekomendasi Penelitian
- Memperhatikan : Surat dari Wakil Direktur I Bidang Akademik Poltekkes Kemenkes Bengkulu Nomor : PP.01.01/F.XXIII.1/568/2026 tanggal 25 Januari 2026 perihal Izin Penelitian

DENGAN INI MENYATAKAN BAHWA

- Nama : Firery Putra Erlanza
NPM : P01720322017
Pekerjaan : Mahasiswa
Prodi/ Fakultas : Sarjana Terapan Keperawatan
Judul Penelitian : Pengaruh Cawthorne-Cooksey Exercises Dan Proprioceptive Exercises Terhadap Keseimbangan Pada Lansia Risiko Jatuh di Puskesmas Kuala Lempuing Kota Bengkulu
- Tempat Penelitian : Wilayah Kerja Puskesmas Kuala Lempuing Kota Bengkulu
- Waktu Penelitian : 1 Februari 2026 s.d 31 Maret 2026
Penanggung Jawab : Wakil Direktur I Bidang Akademik Poltekkes Kemenkes Bengkulu
- Dengan Ketentuan : 1 Tidak dibenarkan mengadakan kegiatan yang tidak sesuai dengan penelitian yang dimaksud.
2 Harus mentaati peraturan perundang-undangan yang berlaku serta mengindahkan adat istiadat setempat.
3 Apabila masa berlaku Rekomendasi Penelitian ini sudah berakhir, sedangkan pelaksanaan belum selesai maka yang bersangkutan harus mengajukan surat perpanjangan Rekomendasi Penelitian.
4 Surat Rekomendasi Penelitian ini akan dicabut kembali dan dinyatakan tidak berlaku apabila ternyata pemegang surat ini tidak mentaati ketentuan seperti tersebut diatas.

Demikianlah Rekomendasi Penelitian ini dikeluarkan untuk dapat dipergunakan sebagaimana mestinya.

Bengkulu, 29 Januari 2026

a.n. WALI KOTA BENGKULU

Kepala Badan Kesatuan Bangsa dan Politik Kota Bengkulu,



Syofyan Tosoni, SE, MM
Pembina Utama Muda (IVc)
NIP. 197009021993031006

Appendices 14

RESEARCH PERMIT



**Kementerian Kesehatan
Direktorat Jenderal
Sumber Daya Manusia Kesehatan**

Politeknik Kesehatan Bengkulu

Jalan Indragiri No.3 Padang Harapan

Bengkulu 38225

(0736) 341212

<https://www.poltekkesbengkulu.ac.id>

25 Januari 2026

Nomor : PP. 01.01/F.XXIII.1/561/2026
Perihal : Izin Penelitian

Yth,
Kepala Puskesmas Kuala Lempuing
di
Tempat

Sehubungan penyusunan tugas akhir mahasiswa dalam bentuk Skripsi Progam Studi Keperawatan Program Sarjana Terapan Jurusan Keperawatan Politeknik Kesehatan Kemenkes Bengkulu Tahun Akademik 2025/2026 , dengan ini kami mohon Bapak/Ibu dapat memberikan izin pengambilan data untuk penelitian kepada:

Nama : Firery Putra Erlanza
NIM : P01720322017
Tempat Penelitian : Wilayah Kerja Puskesmas Kuala Lempuing
Waktu Penelitian : 01 Februari-31 Maret 2026
Judul : Pengaruh Cawthome-Cooksey Exercises Dan Proprioceptive Exercises Terhadap Keseimbangan Pada Lansia Risiko Jatuh Di Puskesmas Kuala Lempuing Kota Bengkulu
No Handphone : 083802669656

Demikianlah, atas perhatian dan kesediaan Bapak/Ibu diucapkan terimakasih.

a.n. Direktur Poltekkes Kemenkes Bengkulu

Wakil Direktur Bidang Akademik



Septiyanti, S.Kep, Ners, M.Pd



Appendices 15

THESIS GUIDANCE SHEET

PEMBIMBING I : Ns. Hermansyah, S.Kep., M.Kep
MAHASISWA : Firery Putra Erlanza
NIM : P01720322017
JUDUL SKRIPSI : Pengaruh *Cawthorne-Cooksey Exercises* dan *Proprioceptive Exercises* terhadap keseimbangan pada Lansia risiko jatuh di Puskesmas Kuala Lempuing Kota Bengkulu

NO	HARI / TANGGAL	TOPIK	SARAN	PARAF PEMBIMBING
1.	Senin, 28 Juli 2025	Konsul Judul	- Cari masalah terkait penelitian yang diminati - Alasan mengenai pengambilan judul	
2.	Kamis, 31 Juli 2025	Konsul Judul	- ACC Judul - Perbanyak referensi terkait judul yang diminati - Lakukan studi lapangan - Lanjutkan ke BAB I, BAB II, BAB III, dan BAB IV	
3.	Kamis, 21 Agustus 2025	Konsul BAB I	- Perhatikan isi BAB I - Perbaiki penulisan - Perbanyak sumber materi	
4.	Senin, 15 September 2025	Konsul perbaikan BAB I	- Perbaiki rumusan masalah - Perbaiki tujuan penelitian - Tambahkan data yang mendukung	
5.	Selasa, 7 Oktober 2025	Konsul BAB II, BAB III, dan BAB IV	- Tambahkan jurnal yang mendukung di BAB II - Perbaiki Definisi Operasional - Perbaiki Variabel Perancu - Sistematika penulisan - Perbaiki rumus perhitungan sampel	
6.	Selasa, 21 Oktober 2025	Konsul perbaikan BAB I, BAB II, BAB III, dan BAB IV	- Perbaikan penulisan - Tambahkan sumber pada bagian "<i>Berg Balance Scale (BBS)</i>" - Tambahkan rencana kegiatan - Perbaiki variabel "aktivitas fisik" pada Definisi Operasional - Perbaiki Daftar Pustaka - Buat lampiran proposal	

7.	Selasa, 4 November 2025	Konsul perbaikan BAB I, BAB II, BAB III, dan BAB IV	• Perbaiki sampel • Perbaiki lampiran	hr
8.	Kamis, 6 November 2025	Konsul BAB I, BAB II, BAB III, dan BAB IV	• ACC Proposal dan Lanjut ujian proposal	hr
9.	Jumat, 10 April 2026	Konsul BAB V	• Belajar SPSS • Konsultasi hasil penelitian • Penyusunan sesuaikan dengan tujuan khusus	hr
10.	Senin, 13 April 2026	Konsul BAB V	• Perbaikan pembacaan hasil interpretasi • Konsultasi Bab V sesuaikan dengan tujuan khusus • Perbaiki penulisan hasil analisis data	hr
11.	Selasa, 14 April 2026	Konsul BAB VI dan VII	• Konsultasi Bab VI dan VII • Tambahkan jurnal yang relevan dengan penelitian • Sesuaikan saran dengan keterbatasan penelitian	hr
12.	Kamis, 23 April 2026	Konsul BAB VI	• Konsultasi Bab VI • Tambahkan penelitian terdahulu yang terkait dengan penelitian • Perbaiki penulisan	hr
13.	Selasa, 28 April 2026	Konsul Perbaikan	• ACC Skripsi • ACC Sidang Hasil	hr

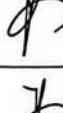
PEMBIMBING II : Ns. Dwi Wulandari, S.Kep., M.A.N

MAHASISWA : Firery Putra Erlanza

NIM : P01720322017

JUDUL SKRIPSI : Pengaruh *Cawthorne-Cooksey Exercises* dan *Proprioceptive Exercises* terhadap keseimbangan pada Lansia risiko jatuh di Puskesmas Kuala Lempuing Kota Bengkulu

NO	HARI / TANGGAL	TOPIK	SARAN	PARAF PEMBIMBING
1.	Senin, 28 Juli 2025	Konsul Judul	• Cari masalah terkait penelitian yang diminati • Alasan mengenai pengambilan judul	
2.	Kamis, 31 Juli 2025	Konsul Judul	• ACC Judul • Perbanyak referensi terkait judul yang diminati • Lakukan studi lapangan • Lanjutkan ke BAB I, BAB II, BAB III, dan BAB IV	
3.	Jumat, 22 Agustus 2025	Konsul BAB I	• Perhatikan isi BAB I • Perbaiki penulisan • Perbanyak sumber materi	
4.	Rabu, 17 September 2025	Konsul perbaikan BAB I	• Perhatikan isi BAB I • Perbaiki tujuan penelitian • Tambahkan data yang mendukung	
5.	Kamis, 9 Oktober 2025	Konsul BAB II, BAB III, dan BAB IV	• Tambahkan jurnal yang mendukung di BAB II • Perbaiki kerangka teori • Perbaiki Variabel Perancu • Sistematisa penulisan • Tambahkan materi BAB II	
6.	Jumat, 31 Oktober 2025	Konsul perbaikan BAB I, BAB II, BAB III, dan BAB IV	• Perbaikan penulisan • Perhatikan struktur penulisan BAB I • Perbaiki rumusan masalah • Perbanyak data yang mendukung • Perbanyak materi BAB II	

7.	Selasa, 4 November 2025	Konsul perbaikan BAB I, BAB II, BAB III, dan BAB IV	• Perbaikan penulisan • Tambahkan Indikasi dan Kontraindikasi pada terapi • Buat lampiran proposal	
8.	Kamis, 6 November 2025	Konsul BAB I, BAB II, BAB III, dan BAB IV	• ACC Proposal dan Lanjut ujian proposal	
9.	Kamis, 02 April 2026	Konsul BAB V	• Konsultasi hasil kuisisioner penelitian • Belajar SPSS • Penyusunan sesuaikan dengan tujuan khusus	
10.	Rabu, 08 April 2026	Konsul BAB V	• Konsultasi bab V sesuaikan dengan tujuan khusus • Tambahkan lampiran jadwal penelitian	
11.	Rabu, 15 April 2026	Konsul BAB VI dan VII	• Konsultasi Bab VI dan VII • Isi Kesimpulan dan saran sesuaikan dengan tujuan khusus	
12.	Selasa, 21 April 2026	Konsul BAB VII	• Konsultasi Bab VII • Sesuaikan saran dengan keterbatasan penelitian	
13.	Rabu, 22 April 2026	Konsul Perbaikan	• ACC Skripsi • ACC maju seminar hasil	



Poltekkes Bengkulu