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Effect of Tai Chi Gymnastics on The Flexibility and Strength of Limb Muscles among Elderly at HKBP Church in West Bandung

Pengaruh Senam Tai Chi Terhadap Fleksibilitas dan Kekuatan Otot Ekstremitas pada Lansia di Gereja HKBP Bandung Barat

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Abstract

Tai Chi Gymnastics is one of physical activity that can be used to treat musculoskeletal disorder. This research aimed to know the influence of Tai Chi Gymnastic on flexibility and muscle strength for elderly. The study method is using control group with pretest-posttest non-equivalent control group design, using purposive sampling with the number of respondents intervention and control groups of 34 people. Data were collected with observation sheet. The study instrument is manual muscle test and goniometer sheets. The result showed improvement in flexibility. Before intervention, 58.8% has poor flexibility, and after intervention 91,2% has good flexibility. Also that flexibility before intervention, the majority of respondents (58.8%) has poor flexibility, and after intervention almost all respondents (91.2%) has good flexibility. For muscle strength, before intervention the majority of respondents (73.5%) has low muscle strength, and after intervention, mostly respondents (55.9%) has high muscle strength. The results obtained p value of 0.000 ≤ α (0,05) that means there are significant Tai Chi exercises for flexibility and extremity muscle strength in elderly in West Bandung. Flexibility and muscle strength between the treatment group and control group are different, with p value of 0.000 ≤ α (0,05). It showed that the more often doing Tai Chi gymnastics, the better muscle strength and flexibility in the elderly.

Keyword : Elderly, Tai, Chi, Flexibility, Muscle, Strength, ,

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