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**FAKULTAS KESEHATAN**  
**PROGRAM STUDI ILMU KEPERAWATAN**

Skripsi, Juni 2025

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**HUBUNGAN LATIHAN RENTANG GERAK (ROM) DENGAN  
KEKUATAN OTOT PADA LANSIA DI PUSKESMAS PASAWAHAN  
KABUPATEN KUNINGAN**

xvii+ 95 halaman + 5 tabel + 12 lampiran

**ABSTRAK**

Lansia seringkali mengalami penurunan kekuatan otot yang dapat mempengaruhi kualitas hidup mereka. Latihan range of motion (ROM) dapat menjadi salah satu intervensi untuk meningkatkan kekuatan otot pada lansia. Tujuan dari penelitian ini adalah untuk mengidentifikasi hubungan Latihan ROM dengan peningkatan kekuatan otot pada lansia di puskesmas pasawahan kabupaten kuningan.

Jenis penelitian kuantitatif dengan pendekatan *cross sectional* dengan jumlah sampel sebanyak 86 responden. Sampel diambil dengan teknik *purposive sampling*. Hasil uji etik penelitian dinyatakan “Layak Etik” dari KEPK Mahardika.

Hasil penelitian didapatkan bahwa kekuatan otot responden di puskesmas pasawahan yaitu meningkat sebanyak 76 orang (88.4%). Latihan ROM yaitu dilakukan sebanyak dilakukan sebanyak 71 orang (82.6%). Hasil uji Spearman rank diperoleh nilai korelasi 0,310 terdapat hubungan signifikan dan positif antara Latihan ROM dengan Kekuatan Otot pada lansia (p value 0,004,  $\alpha = 0,05$ ). semakin tinggi intensitas Latihan ROM, semakin tinggi pula peningkatan kekuatan otot pada lansia tersebut.

Penelitian ini diharapkan dapat memberikan edukasi kepada lansia tentang manfaat latihan rom untuk meningkatkan kekuatan otot.

**Kata Kunci : Latihan Rentang Gerak (ROM), Kekuatan Otot, Lansia**  
**Daftar Pustaka : 39 (2019-2025)**

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HEALTH FACULTY  
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*Mini Thesis, June 2025*

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***Relationship Between Range Of Motion (ROM) Exercises And Muscle Strength In The Elderly At Pasawahan Community Health Center Kuningan Regency***

*xvii + 95 pages + 5 tables + 12 appendices*

***ABSTRACT***

*Elderly people often experience decreased muscle strength which can affect their quality of life. Range of motion (ROM) exercises can be one of the interventions to increase muscle strength in the elderly. The purpose of this study was to identify the relationship between ROM exercises and increased muscle strength in the elderly at the Pasawahan Community Health Center, Kuningan Regency.*

*This type of quantitative research with a cross-sectional approach with a sample of 86 respondents. The sample was taken using a purposive sampling technique. The results of the research ethics test were declared "Ethical Worthy" by KEPK Mahardika.*

*The results of the study showed that the muscle strength of respondents at the Pasawahan Community Health Center increased by 76 people (88.4%). ROM exercises were carried out by 71 people (82.6%). The results of the Spearman rank test obtained a correlation value of 0.310, there was a significant and positive relationship between ROM exercises and muscle strength in the elderly ( $p$  value 0.004,  $\alpha = 0.05$ ). the higher the intensity of ROM exercises, the higher the increase in muscle strength in the elderly.*

*This research is expected to provide education to the elderly about the benefits of ROM exercises to increase muscle strength.*

***Keywords : Range Of Motion Exercise, Muscle Strength, Elderly***

***Referencies : 39 (2019-2025)***