

ABSTRAK

Nurul Azizah Rangkuti (NIM 6213510001) Rancangan Senam Relaksasi Dengan Menggunakan Alat *Handweights* Pada Lansia Di UPTD Pelayanan Sosial Lanjut Usia Binjai.
(Pembimbing : Syamsul Gultom) Skripsi Medan: Fakultas Ilmu Keolahragaan UNIMED, 2025

Penelitian ini bertujuan untuk menghasilkan rancangan senam relaksasi dengan menggunakan alat *handweights* yang sesuai bagi lansia di UPTD Pelayanan Sosial Lanjut Usia Binjai. Rancangan ini diharapkan dapat menciptakan suasana rileks, membantu menjaga kekuatan otot tangan, serta meningkatkan kebugaran jasmani dan kesejahteraan mental lansia. Penelitian ini menggunakan metode *Research and Development (R&D)* dengan tahapan: (1) analisis kebutuhan, (2) pengembangan produk, (3) validasi ahli, dan (4) uji coba produk. Subjek penelitian terdiri dari 15 orang lansia berusia 60–75 tahun yang masih mampu melakukan aktivitas fisik ringan. Data diperoleh melalui kuesioner kebutuhan, lembar penilaian validator ahli, serta observasi selama pelaksanaan uji coba.

Rancangan senam terdiri atas tiga bagian utama, yaitu pemanasan, gerakan inti menggunakan *handweights* berbobot 0,5 kg, dan pendinginan. Gerakan dirancang dengan prinsip ergonomi, keamanan, kesederhanaan, dan kenyamanan, serta diiringi musik *low impact* untuk menciptakan efek relaksasi. Hasil validasi ahli senam menunjukkan bahwa rancangan ini memperoleh skor 88 dengan kategori “Baik Sekali”, menandakan bahwa program senam relaksasi layak diterapkan pada lansia. Uji coba yang dilakukan menunjukkan bahwa peserta merasa nyaman, rileks, dan termotivasi untuk berpartisipasi dalam kegiatan fisik rutin. Dengan demikian, senam relaksasi menggunakan *handweights* dapat dijadikan alternatif kegiatan olahraga bagi lansia yang aman, sederhana, dan efektif untuk menjaga kekuatan otot tangan sekaligus meningkatkan kualitas hidup di masa lanjut usia.

Kata Kunci : Rancangan Senam Relaksasi, Lanjut Usia, *Research and Development (R&D)*

ABSTRACT

Nurul Azizah Rangkuti (NIM 6213510001) Design of Relaxation Exercises Using Handweights for the Elderly at the Binjai Elderly Social Services Unit.

(Supervisor: Syamsul Gultom) Thesis Medan: Faculty of Sport Science, UNIMED, 2025

This study aims to develop a relaxation exercise design using handweights suitable for older adults at the UPTD Social Services for the Elderly in Binjai. The design is expected to create a relaxing atmosphere, help maintain upper body muscle strength, and improve physical fitness as well as mental well-being among the elderly. This research employed the Research and Development (R&D) method, consisting of the following stages: (1) needs analysis, (2) product development, (3) expert validation, and (4) product testing. The research subjects consisted of 15 elderly participants aged 60–75 years who were still able to perform light physical activities. Data were collected through needs assessment questionnaires, expert validator evaluation sheets, and observation during product trials.

The exercise design consists of three main components: warm-up, core movements using 0.5 kg handweights, and cool-down. The movements were designed based on principles of ergonomics, safety, simplicity, and comfort, accompanied by low-impact music to enhance relaxation effects. The results of the expert validation showed a score of 88, categorized as “Excellent,” indicated that the relaxation exercise program is suitable for the elderly. The trial results demonstrated that participants felt comfortable, relaxed, and motivated to engage in regular physical activity. Therefore, relaxation exercises using handweights can serve as a safe, simple, and effective alternative physical activity for the elderly to maintain arm muscle strength and improve quality of life in later years.

Keywords: Relaxation Exercise Design, Seniors, Research and Development (R&D)