

## BAB VI

### KESIMPULAN DAN SARAN

#### 6.1 Kesimpulan

Berdasarkan hasil analisis dan pembahasan penelitian yang telah diuraikan, dapat disimpulkan sebagai berikut:

1. Responden Lansia di Griya Usia Lanjut Santo Yosef didominasi oleh wanita dengan presentase 75%, klasifikasi usia  $\geq 75$  tahun dengan presentase 68,8%, dan skor MMSE normal dengan presentase 56,3%.
2. Responden Lansia di Griya Usia Lanjut Santo Yosef Surabaya memiliki nilai minimum *Timed-Up and Go Test* sebelum Tai-chi sebesar 11,50 detik dan nilai maksimum sebesar 42,92 detik .
3. Responden Lansia di Griya Usia Lanjut Santo Yosef Surabaya memiliki nilai minimum *Timed-Up and Go Test* sesudah Tai-chi sebesar 10,31 detik dan nilai maksimum sebesar 51,61 detik.
4. Tidak terdapat perbedaan yang signifikan antara nilai *Timed-Up and Go Test* sebelum dan sesudah Tai-chi.

## 6.2 **Saran**

1. Untuk penelitian selanjutnya, diharapkan dapat memilih populasi yang sama sekali belum pernah mendapatkan latihan fisik yang rutin dan memperpanjang waktu latihan fisik Tai-chi (> 8 minggu dan 45-55 menit setiap sesi), serta untuk meneliti variabel selain mobilitas fungsional.
2. Untuk lansia, mobilitas fungsional dapat ditingkatkan dengan mengikuti kegiatan-kegiatan rutin yang diadakan oleh griya, seperti SKJ lansia dan senam bugar.
3. Untuk griya, latihan fisik Tai-chi bisa dijadikan kegiatan rutin sebagai salah satu kegiatan untuk meningkatkan mobilitas fungsional.

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