

**Pengaruh latihan "salam trendi" terhadap kekuatan otot, kecepatan berjalan dan kemampuan fungsional lansia paska stroke di Kota Depok  
= Effect of a combined of deep breathing stretching and range of motion towards muscles strength walking speed and functional ability of older person with post stroke at Depok**

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**Abstrak**

Stroke pada lansia mengakibatkan keterbatasan kemandirian. Salam Trendi merupakan latihan fisik untuk mengurangi keterbatasan yang dilakukan di rumah dan bersifat individual. Penelitian ini bertujuan mengidentifikasi pengaruh latihan terhadap kekuatan otot, kecepatan berjalan, dan kemampuan fungsional lansia paska stroke di Kota Depok. Penelitian menggunakan desain Quasi Eksperimen pre dan post test design. Besar sampel 44 responden, dipilih dengan tehnik consecutive sampling. Hasil penelitian menunjukkan bahwa kekuatan otot lengan ( $p=0.042$ ) dan kaki ( $p=0.005$ ); kecepatan berjalan ( $p=0.002$ ) berubah secara signifikan setelah diberikan latihan. Latihan ini direkomendasikan sebagai salah satu intervensi keperawatan pada lansia paska stroke di komunitas.

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Stroke in older person resulted in dependency. A combined of deep breathing, stretching and Range of Motion is one of physical exercise to increase independence. This study aimed to measure effects of this exercise to muscle strength, walking speed, and functional ability of older person with post-stroke. A quasi-experimental with pre and post-test design was applied. Sample of 44 respondents were selected by consecutive sampling technique. Results showed that strength of arm and legs muscle and walking speed increased significantly after intervention given ( $p = 0.042; 0.005; 0.002$ ). It is recommended to provide this exercise as nursing intervention at community.