

## HUBUNGAN STATUS GIZI DAN RIWAYAT PENYAKIT DENGAN KEKUATAN GENGAM TANGAN PADA PASIEN LANSIA DI RSUP DR. SARDJITO

Windraya Anungyatna<sup>1</sup>, Susetyowati<sup>2</sup>, Yosephin Anandati Pranoto<sup>2</sup>

### INTISARI

**Latar Belakang:** Perubahan komposisi tubuh pada lansia akibat penuaan berpengaruh terhadap penurunan kekuatan otot (KO). Kekuatan genggam tangan merupakan salah satu metode pengukuran untuk melihat KO. Hubungan Indeks Massa Tubuh (IMT), Lingkar Lengan Atas (LLA), dan riwayat penyakit terhadap kekuatan genggam tangan masih jarang diteliti. Perlu dilakukan penelitian tentang hubungan IMT, LLA, dan riwayat penyakit dengan kekuatan genggam tangan.

**Tujuan:** Mengetahui hubungan antara karakteristik pasien lansia, IMT, LLA, dan riwayat penyakit dengan kekuatan genggam tangan.

**Metode Penelitian:** *Cross-sectional* analitik dengan data sekunder dari penelitian utama yang berjudul "Malnutrisi pada Lansia: Prevalensi dan Identifikasi Faktor Penyebab di Rumah Sakit Jejaring Mitra FKMK", sebanyak 126 subjek. Uji analisis menggunakan univariat dan bivariat. Analisis bivariat menggunakan uji *Chi Square* dan uji *Kendall's Tau*.

**Hasil Penelitian:** Sebanyak 57,1% pasien lansia memiliki IMT normal. Kekuatan genggam tangan kategori kuat lebih banyak pada pasien lansia perempuan dibandingkan laki-laki. Hasil *Chi Square* menunjukkan terdapat hubungan bermakna antara jenis kelamin ( $p=0,030$ ), status gizi (IMT ( $p=0,017$ ) dan LLA ( $p=0,009$ ) dengan kekuatan genggam tangan. Namun, tidak terdapat hubungan bermakna antara usia dengan kekuatan genggam tangan pada lansia ( $p>0,05$ ). Hasil *Kendall's Tau* menunjukkan terdapat hubungan bermakna antara riwayat penyakit dengan kekuatan genggam tangan ( $p=0,002$ ).

**Kesimpulan:** Terdapat hubungan antara jenis kelamin, status gizi, dan riwayat penyakit dengan kekuatan genggam tangan pada lansia di rumah sakit.

**Kata Kunci:** lansia, kekuatan genggam tangan, status gizi, riwayat penyakit

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<sup>1,2</sup>Program Studi Gizi Kesehatan Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

## THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND MEDICAL HISTORY WITH HAND GRIP STRENGTH IN THE ELDERLY PATIENTS AT DR. SARDITO HOSPITAL

Windraya Anungyatna<sup>1</sup>, Susetyowati<sup>2</sup>, Yosephin Anandati Pranoto<sup>2</sup>

### ABSTRACT

**Background:** Changes in body composition in the elderly due to aging affect the decrease in muscle strength. Hand grip strength is one of the measurement methods for seeing muscle strength. The relationship between Body Mass Index (BMI), Upper Arm Circumference (UAC), and medical history on hand grip strength is still rarely studied. It is necessary to conduct research on the relationship between BMI, UAC, and medical history with hand grip strength.

**Objective:** Knowing the relationship between characteristics of elderly patients, BMI, ALL, and medical history with hand grip strength

**Method:** Analitic *cross-sectional* with secondary data from the main research "Malnutrition in the Elderly: Prevalence and Identification of Causative Factors in FKKMK Partner Network Hospitals", with 126 subject. Analysis using univariate and bivariate. Bivariate analysis using Chi Square test and Kendall's Tau test.

**Result:** 57.1% of elderly patients have normal BMI. The hand grip strength in the strong category is more in female elderly patients than in male patients. The result of Chi Square showed that there was a significant relationship between gender ( $p=0.030$ ), nutritional status (BMI ( $p=0.017$ ) and UAC ( $p=0.009$ ) with hand grip strength. However, there was no significant relationship between age and hand grip strength in the elderly ( $p>0.05$ ). *Kendall's Tau* showed that there was a significant relationship between disease history and hand grip strength ( $p=0.002$ ).

**Conclusion:** There is a relationship between gender, nutritional status, and medical history with hand grip strength in the elderly in the hospital.

**Keyword:** elderly, hand grip strength, nutritional status, medical history

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<sup>1,2</sup>Health Nutrition Department Faculty of Medicine, Public Health and Nursing Gadjah Mada University