

INTISARI

Latar Belakang: Aktivitas fisik menurun sejalan dengan bertambahnya usia. Kurangnya aktivitas fisik yang dilakukan dapat menimbulkan masalah yang berkaitan dengan risiko jatuh pada lansia. Perbedaan antara lansia laki-laki dan lansia perempuan dalam melakukan aktivitas fisik serta tingkat resiko jatuh penting untuk diteliti lebih lanjut.

Tujuan: Penelitian ini bertujuan untuk mengetahui perbedaan aktivitas fisik dan risiko jatuh antara lansia laki-laki dan lansia perempuan.

Metode: Penelitian ini merupakan penelitian analitik observasional dengan desain *cross sectional* dan menggunakan pendekatan kuantitatif. Dilaksanakan di Balai Pelayanan Sosial Lanjut Usia Abiyoso di Pakem Sleman dan Balai Pelayanan Sosial Lanjut Usia Budi Luhur di Bantul dengan menggunakan total *sampling* sejumlah 96 sampel pada September hingga Oktober 2022. Pengambilan data menggunakan *Rapid Assessment of Physical Activity (RAPA)* dan *Five Times Sit to Stand Test*. Analisis data penelitian menggunakan analisis statistik deskriptif kuantitatif dengan persentase.

Hasil: Berdasarkan hasil uji statistik dilihat dari aktivitas fisik menunjukkan lansia perempuan paling banyak masuk ke dalam kategori kurang aktif sebanyak 21 orang (43.8%), dan lansia laki-laki paling banyak masuk ke dalam kategori kurang dari aktivitas biasa-aktivitas ringan sebanyak 15 orang (31.3%). Hasil uji statistik dilihat dari risiko jatuh menunjukkan lansia perempuan yang memiliki risiko jatuh rendah sebanyak 5 orang (10.4%) dan yang memiliki risiko jatuh tinggi yakni sebanyak 43 orang (89.6%). Sedangkan pada lansia laki-laki yang memiliki risiko jatuh rendah sebanyak 5 orang (10.4%) dan yang memiliki risiko jatuh tinggi yakni sebanyak 43 orang (89.6%).

Kesimpulan: Terdapat perbedaan aktivitas fisik dan risiko jatuh antara lansia laki-laki dan lansia perempuan

Kata Kunci: aktivitas fisik, jenis kelamin lansia, risiko jatuh

ABSTRACT

Background: Physical activity decreases with age. Lack of physical activity can cause problems related to the risk of falling in the elderly. The difference between male and female elderly in physical activity and the level of risk of falling is important for further research.

Objective: This study aims to determine differences in physical activity and risk of falling between elderly men and elderly women.

Methods: : This research is an observational analytic study with a cross-sectional design and uses a quantitative approach. It was carried out at the Abiyoso Elderly Social Service Center in Pakem Sleman and the Budi Luhur Elderly Social Service Center in Bantul using a total sampling of 96 samples from September to October 2022. Data was collected using the Rapid Assessment of Physical Activity (RAPA) and the Five Times Sit to Stand Test. Analysis of research data using quantitative descriptive statistical analysis with percentages.

Results : Based on the results of statistical tests seen from physical activity, it showed that most elderly women were in the less active category, as many as 21 people (43.8%), and most elderly men were included in the category of less than ordinary activities, as many as 15 people. (31.3%). Statistical test results seen from the risk of falling showed that there were 5 elderly women who had a low risk of falling (10.4%) and who had a high risk of falling, namely 43 people (89.6%). Whereas in the elderly men who had a low risk of falling were 5 people (10.4%) and those who had a high risk of falling were 43 people (89.6%).

Conclusion: There are differences in physical activity and the risk of falling between elderly men and elderly women

Keywords: physical activity, elderly gender, risk of falling