

ABSTRAK

HUBUNGAN TINGKAT AKTIVITAS FISIK DENGAN MASSA OTOT DAN KECEPATAN BERJALAN PADA LANSIA DI DAERAH ISTIMEWA YOGYAKARTA

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Latar Belakang: Fenomena peningkatan populasi lansia di Indonesia beriringan dengan tantangan kesehatan masyarakat. Penurunan massa otot dan kecepatan berjalan akibat penuaan dan minimnya aktivitas fisik dapat memprediksi penurunan kualitas kesehatan, kecacatan, hingga mortalitas.

Tujuan: Penelitian ini secara umum bertujuan untuk mengetahui hubungan antara tingkat aktivitas fisik dengan massa otot dan kecepatan berjalan pada lansia di Daerah Istimewa Yogyakarta.

Metode: Penelitian ini merupakan studi observasional dengan rancangan *cross sectional*. Normalitas data dilihat menggunakan uji Kolmogorov-Smirnov. Data dianalisis menggunakan uji deskriptif, Mann-Whitney U test, Kruskal-Wallis test, Independent T-test, One-way ANOVA, dan Spearman's Rank Correlation.

Hasil: Tidak terdapat perbedaan rata-rata tingkat aktivitas fisik berdasarkan usia, jenis kelamin, status gizi, dan riwayat penyakit. Massa otot yang lebih baik ditemui pada responden dengan jenis kelamin laki-laki, status gizi normal, dan memiliki riwayat penyakit kronis. Kecepatan berjalan yang lebih baik ditemui pada responden laki-laki. Tidak terdapat hubungan signifikan antara aktivitas fisik dengan massa otot dan kecepatan berjalan responden.

Kesimpulan: Tidak ditemukan hubungan yang signifikan antara aktivitas fisik dengan massa otot dan kecepatan berjalan pada lansia di Daerah Istimewa Yogyakarta.

Kata kunci: hubungan, lansia, aktivitas fisik, massa otot, kecepatan berjalan

ABSTRACT

ASSOCIATION BETWEEN PHYSICAL ACTIVITY WITH MUSCLE MASS AND GAIT SPEED AMONG ELDERLY IN THE SPECIAL REGION OF YOGYAKARTA

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Background: The phenomenon of the increasing elderly population in Indonesia is accompanied by challenges to public health. Decreased muscle mass and gait speed due to aging and lack of physical activity can predict a decline in health quality, independence, and even mortality.

Purpose: This research generally aims to determine the relationship between physical activity level and muscle mass and gait speed in the elderly in the Special Region of Yogyakarta.

Methods: This research is an observational study with a cross sectional design. Data normality was seen using the Kolmogorov-Smirnov test. Data were analyzed using descriptive tests, Mann-Whitney U test, Kruskal-Wallis test, Independent T-test, One-way ANOVA, and Spearman's Rank Correlation.

Results: There were no differences in average levels of physical activity based on age, gender, nutritional status, and history of illness. Better muscle mass was found in respondents who were male, had normal nutritional status, and had a history of chronic disease. Better gait speed was found in male respondents. There was no significant relationship between physical activity and the respondents' muscle mass and gait speed.

Conclusion: No significant relationship was found between physical activity and muscle mass and gait speed in the elderly in the Special Region of Yogyakarta.

Keywords: association, elderly, physical activity, muscle mass, gait speed