



INTISARI

Latar Belakang: Lanjut usia (lansia) merupakan kelompok usia di atas 60 tahun yang rentan mengalami penurunan fungsi fisik, termasuk berisiko mengalami sarkopenia. Sarkopenia ditandai dengan penurunan fungsi dan massa otot akibat penuaan yang diperparah dengan kurangnya aktivitas fisik. Aktivitas fisik secara teori memiliki peran penting dalam mencegah sarkopenia. Hubungan aktivitas fisik dengan kejadian sarkopenia pada lansia perlu diteliti lebih lanjut.

Tujuan: Mengetahui hubungan antara aktivitas fisik dengan kejadian sarkopenia pada lansia di Yogyakarta dan mengetahui pengaruh variabel luar dengan kejadian sarkopenia.

Metode: Penelitian ini dilakukan dengan pendekatan kuantitatif dan rancangan *cross-sectional* pada bulan November-Desember 2024 dengan total 112 responden lansia di Yogyakarta. Instrumen yang digunakan yaitu *Rapid Assessment of Physical Activity* (RAPA) untuk mengukur aktivitas fisik responden. Kejadian sarkopenia diukur menggunakan *Strength, assistance in walking, rising a chair, climbing stairs, calf circumference, and falls* (SARC-CalF), kekuatan genggaman tangan, manuver duduk-berdiri, dan pengukuran indeks massa tubuh. Data dianalisis menggunakan uji statistik *spearman correlation test* dan *chi-square* untuk menentukan hubungan antar variabel, serta uji statistik regresi ordinal logistik untuk melihat pengaruh variabel luar dengan kejadian sarkopenia.

Hasil: Berdasarkan hasil uji statistik, aktivitas fisik responden paling banyak terdapat pada kategori kurang aktif (42%). Kejadian sarkopenia pada responden lebih banyak dibandingkan yang tidak mengalami sarkopenia (58,9%). Variabel aktivitas fisik dengan kejadian sarkopenia secara statistik menunjukkan hubungan yang signifikan ($p < 0,001$; $r = 0,473$). Hanya jenis kelamin lansia sebagai variabel luar yang menunjukkan pengaruh signifikan dengan kejadian sarkopenia ($p < 0,05$)

Kesimpulan: Terdapat hubungan bermakna antara aktivitas fisik dengan kejadian sarkopenia pada lansia di Yogyakarta dan terdapat pengaruh langsung jenis kelamin lansia sebagai variabel luar dengan kejadian sarkopenia.

Kata Kunci: aktivitas fisik, kekuatan genggaman tangan, lansia, penuaan, sarkopenia



ABSTRACT

Background: Elderly are an age group over 60 years and who are vulnerable to a decline in physical function, including the risk of sarcopenia. Sarcopenia is characterized by a reduction in muscle mass and function due to aging which will worsen with lack of physical activity. Physical activity is theoretically has an important role in preventing sarcopenia. The relationship between physical activity and the incidence of sarcopenia among the elderly needs further study.

Objective: To determine the relationship between physical activity and the incidence of sarcopenia in the elderly in Yogyakarta and to determine the influence of external variables on the incidence of sarcopenia.

Methods: This study used a quantitative approach with a cross-sectional design in November-December 2024 with a total of 112 elderly respondents in Yogyakarta.. The instrument used was the Rapid Assessment of Physical Activity (RAPA) to measure the physical activity of respondents. The incidence of sarcopenia was measured using Strength, assistance in walking, rising a chair, climbing stairs, calf circumference, and falls (SARC-CalF), handgrip strength, sit-stand maneuvers, and body mass index measurements. Data were analyzed using the Spearman correlation test and chi-square tests to determine the relationship between variables, as well as the logistic ordinal regression test to see the effect of external variables on the incidence of sarcopenia.

Results: Based on the results of statistical tests, the highest number of respondents' physical activity was in the less active category (42%). The incidence of sarcopenia in respondents was greater than those who did not experience sarcopenia (58.9%). The variable physical activity and the incidence of sarcopenia showed a statistically significant relationship ($p < 0.001$; $r = 0.473$). Only elderly gender as an external variable showed a significant influence on the incidence of sarcopenia ($p < 0.05$)

Conclusion: There is a significant relationship between physical activity and the incidence of sarcopenia in the elderly in Yogyakarta and there is a direct influence of the gender of the elderly as an external variable on the incidence of sarcopenia.

Keywords: aging, elderly, handgrip strength, physical activity, sarcopenia