

HUBUNGAN FREKUENSI LATIHAN FISIK DENGAN KUALITAS HIDUP LANJUT USIA DI BPSTW YOGYAKARTA UNIT ABIYOSO

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ABSTRAK

Latar Belakang: Jumlah populasi lansia terus meningkat dari tahun ke tahun. Peningkatan jumlah lansia sering dikaitkan dengan permasalahan yang dialami lansia yang menyebabkan perubahan pada kualitas hidup lansia. Latihan fisik merupakan salah satu program yang diketahui dapat meningkatkan kualitas hidup lansia jika dilakukan secara rutin. Balai Pelayanan Sosial Tresna Werdha Yogyakarta Unit Abiyoso telah memiliki program latihan fisik rutin untuk lansia namun belum pernah diidentifikasi hubungan frekuensi latihan fisik dengan kualitas hidup lansia.

Tujuan penelitian: Penelitian ini bertujuan untuk mengetahui hubungan frekuensi latihan fisik dengan kualitas hidup lanjut usia di Balai Pelayanan Sosial Tresna Werdha Yogyakarta Unit Abiyoso.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan metode analitik korelasional menggunakan rancangan *cross sectional*. Penelitian dilakukan pada bulan November 2018-Februari 2019 dengan jumlah sampel 32 responden menggunakan metode *total sampling*. Data dikumpulkan menggunakan formulir daftar hadir latihan fisik dan instrumen WHOQOL-Bref. Analisis data menggunakan uji *Chi-square*.

Hasil: Mayoritas lansia di BPSTW Yogyakarta Unit Abiyoso rutin melakukan latihan fisik (75%) dan memiliki kualitas hidup yang baik (78,1%). Terdapat hubungan antara frekuensi latihan fisik dengan skor keseluruhan kualitas hidup lansia di BPSTW Yogyakarta Unit Abiyoso dengan nilai $p=0,047$ ($<0,05$). Namun, tidak terdapat hubungan frekuensi latihan fisik dengan skor masing – masing domain kualitas hidup, antara lain domain kesehatan fisik ($p=0,578$), kesejahteraan psikologis ($p=0,148$), hubungan sosial ($p=1,000$) dan hubungan dengan lingkungan ($p=0,254$).

Kesimpulan: Terdapat hubungan antara frekuensi latihan fisik dengan kualitas hidup lanjut usia di Balai Pelayanan Sosial Tresna Werdha Yogyakarta Unit Abiyoso.

Kata Kunci: Frekuensi latihan fisik, kualitas hidup, lansia

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THE RELATIONSHIP BETWEEN PHYSICAL EXERCISE FREQUENCY AND QUALITY OF LIFE OF THE ELDERLY IN ABIYOSO UNIT OF BPSTW YOGYAKARTA

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ABSTRACT

Background: The elderly population increase continuously year by year. The increase of elderly is often linked to the problems experienced by them. This causes the changes of the elderly quality of life. Physical exercise is a program to improve the elderly quality of life if routinely performed. The Abiyoso Unit of Balai Pelayanan Sosial Tresna Werdha (BPSTW) Yogyakarta has established the routinely physical exercise program for the elderly, but the correlation of physical exercise and the elderly quality of life has not been identified.

Objective: This study aims to identify the correlation of physical exercise frequency and quality of life of the elderly in Abiyoso Unit of Balai Pelayanan Sosial Tresna Werdha Yogyakarta.

Method: This study was a quantitative study with cross sectional design and analyzed using the correlation method. This study was conducted on November 2018 – February 2019 with the sample 32 respondents applying total sampling method. Data were collected by using physical exercise attendance form and WHOQOL-Bref instrument. Fisher's Exact Test was applied to analyze the data.

Result: The majority of the elderly in Abiyoso Unit of BPSTW Yogyakarta routinely do physical exercise (75%) and has good quality of life (78,1%). There is a relation of physical exercise frequency and the whole elderly quality of life scores in Abiyoso Unit of BPSTW Yogyakarta of $p=0.047$ ($<0,05$). However, there is no relation of the physical exercise frequency and each quality of life domain, such as physical health domain ($p=0.578$), psychological welfare ($p=0.148$), social relation ($p=1.000$) and environmental relation ($p=0.254$).

Conclusion: There had been a relationship between physical exercise frequency and quality of life of the elderly in Abiyoso Unit of Balai Pelayanan Sosial Tresna Werdha Yogyakarta.

Keywords: Physical exercise frequency, quality of life, elderly

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