

## HUBUNGAN FREKUENSI LATIHAN FISIK TERHADAP KEMAMPUAN BERJALAN LANJUT USIA DI BPSTW YOGYAKARTA UNIT ABIYOSO

Amalia Ratna Alfiandary<sup>1</sup>, Sri Mulyani<sup>2</sup>, Heru Subekti<sup>2</sup>

### ABSTRAK

**Latar Belakang:** Semakin tua usia seseorang maka semakin tinggi pula kemungkinan mengalami kesulitan berjalan. Latihan fisik teratur diketahui dapat membantu memperbaiki kondisi kesehatan tersebut. BPSTW Yogyakarta Unit Abiyoso telah menyelenggarakan latihan fisik berupa senam setiap hari namun belum diikuti secara rutin oleh seluruh lansia. Tidak banyak pula penelitian yang menghubungkan frekuensi latihan fisik dengan kemampuan berjalan lansia baik yang mempunyai gangguan kognitif maupun tidak.

**Tujuan Penelitian:** Penelitian ini bertujuan untuk mengetahui hubungan frekuensi latihan fisik terhadap kemampuan berjalan lansia serta perbedaan pengaruh latihan fisik terhadap kemampuan berjalan lansia dengan gangguan kognitif dan tidak.

**Metode:** Penelitian ini adalah penelitian observasional analitik dengan pendekatan *cross sectional*. Penelitian dilaksanakan di BPSTW Yogyakarta Unit Abiyoso pada November 2018–Februari 2019. Metode pengambilan sampel menggunakan teknik *total sampling* dengan sampel sebanyak 54 lansia. Instrumen penelitian berupa daftar hadir latihan fisik serta *Mini-Mental Status Examination (MMSE)* dan *Timed Up and Go Test (TUGT)* yang sudah diterjemahkan dalam Bahasa Indonesia. Analisis data dilakukan secara univariat serta bivariat menggunakan uji *Somer's d* dan *Chi-Square*.

**Hasil:** Sebagian besar responden memiliki frekuensi latihan fisik rutin (79,6%) dan kemampuan berjalan dengan tingkat umumnya mandiri untuk mobilitas (51,8%), serta tidak mempunyai gangguan kognitif (57,4%). Hasil uji frekuensi latihan fisik dengan kemampuan berjalan menunjukkan nilai signifikansi 0,525 ( $p>0,05$ ) sehingga  $H_0$  diterima. Sedangkan hasil uji kemampuan kognitif dengan kemampuan berjalan menunjukkan nilai 0,003 ( $p<0,05$ ) sehingga  $H_0$  ditolak.

**Kesimpulan:** Tidak ada hubungan antara frekuensi latihan fisik dengan kemampuan berjalan, sebaliknya terdapat hubungan antara kemampuan kognitif dengan kemampuan berjalan lansia.

**Kata kunci:** *Kemampuan berjalan, lanjut usia, latihan fisik*

<sup>1</sup> Mahasiswa Program Studi S1 Ilmu Keperawatan Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

<sup>2</sup> Departemen Keperawatan Jiwa dan Komunitas Program Studi Ilmu Keperawatan Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

## THE CORRELATION OF PHYSICAL EXERCISE FREQUENCY AND WALKING ABILITY OF THE ELDERLY IN ABIYOSO UNIT OF BPSTW YOGYAKARTA

Amalia Ratna Alfiandary<sup>1</sup>, Sri Mulyani<sup>2</sup>, Heru Subekti<sup>2</sup>

### ABSTRACT

**Background:** The older a person the higher the probability experiencing walking difficulty. Regular physical exercise could support improving such health condition. Abiyoso Unit of BPSTW Yogyakarta has conducted everyday physical exercise, but not all elderly has participated. There is not many research linking physical exercise frequency and elderly walking ability both for who experiencing cognitive disorder and not.

**Objective:** This study aims to identify the correlation of physical exercise frequency and elderly walking ability, and the differences of physical exercise effects and elderly walking ability both for experiencing cognitive disorder and not.

**Method:** This study is an analytic observational research applying *cross sectional* approach. The study was conducted in Abiyoso Unit of BPSTW Yogyakarta on November 2018–February 2019. The sampling method was *total sampling* technique with 54 elderly persons as samples. The research instruments were physical exercise attendance list and *Mini-Mental Status Examination (MMSE)* and *Timed Up and Go Test (TUGT)* having been translated into Bahasa Indonesia. Univariate and bivariate using *Somer's d* and *Chi-Square* test were applied to analyse the data.

**Result:** Most respondents have routine physical exercise (79,6%) and the walking ability with generally independent level for mobility (51,8%), and have no cognitive disorder (57,4%). The test result of physical exercise and walking ability shows a significance score of 0,525 ( $p > 0,05$ ) so  $H_0$  is accepted. On the other hand the test result of cognitive ability and walking ability shows a score of 0,003 ( $p < 0,05$ ) so  $H_0$  is rejected.

**Conclusion:** There is no correlation of physical exercise frequency and walking ability, on the contrary there is a correlation of cognitive ability and walking ability of the elderly.

**Keywords:** *Elderly, physical exercise, walking ability*

<sup>1</sup> Student of School of Nursing Faculty of Medicine, Public Health, and Nursing Universitas Gadjah Mada

<sup>2</sup> School of Nursing Faculty of Medicine, Public Health, and Nursing Universitas Gadjah Mada