

HUBUNGAN ANTARA PERUBAHAN AKTIVITAS FISIK TERHADAP PERUBAHAN ASUPAN ENERGI DAN PROTEIN PADA LANJUT USIA DI DAERAH ISTIMEWA YOGYAKARTA

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INTISARI

Latar belakang: Salah satu penyebab malnutrisi pada lansia adalah asupan makan yang semakin inadekuat seiring pertambahan usia. Selain asupan makan, lansia juga cenderung mengalami penurunan aktivitas fisik. Studi sebelumnya menyebutkan bahwa terdapat hubungan antara aktivitas fisik terhadap asupan makan. Namun, belum ada penelitian yang secara spesifik menjelaskan mengenai hubungan perubahan aktivitas fisik terhadap perubahan asupan makan (energi dan protein) lansia seiring terjadinya penuaan.

Tujuan: Mengetahui pengaruh perubahan aktivitas fisik terhadap perubahan asupan energi dan protein lansia di DI Yogyakarta.

Metode: Penelitian ini adalah penelitian *multiple cross-sectional* menggunakan data sekunder dari penelitian berjudul “*Changes in health, nutritional, functional and mental status, hospitalisation and quality of life among community-living older people in Yogyakarta, Indonesia*” dengan mengambil dua waktu yang berbeda (2015 vs 2018). Data dianalisis dengan menggunakan *Paired T-test* untuk mengetahui perbedaan variabel dari tahun 2015 ke 2018, serta *Pearson Correlation* untuk mengetahui hubungan perubahan aktivitas fisik terhadap asupan energi dan protein.

Hasil: Terdapat perbedaan signifikan baik aktivitas fisik ($p=0,001$), asupan energi ($p<0,000$), dan asupan protein ($p<0,000$) antara tahun 2015 dan 2018. Perubahan aktivitas fisik berkorelasi positif baik terhadap perubahan energi ($r=0,122$) maupun perubahan protein ($r=0,109$) pada level signifikan 0,05.

Kesimpulan: Terdapat penurunan aktivitas fisik, asupan energi, dan asupan protein lansia dari tahun 2015 ke 2018. Perubahan aktivitas fisik memiliki pengaruh terhadap perubahan asupan energi dan protein pada lansia dari tahun 2015 hingga 2018.

Kata kunci: lansia, perubahan aktivitas fisik, perubahan asupan energi dan protein.

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THE ASSOCIATION BETWEEN CHANGES IN PHYSICAL ACTIVITY ON CHANGES IN ENERGY AND PROTEIN INTAKE OF OLDER ADULTS IN SPECIAL REGION OF YOGYAKARTA

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ABSTRACT

Background: One of the causes of malnutrition in the elderly is decreasing food intake with aging. Moreover, older people also tend to decrease in physical activity. Previous studies have stated that there was a relationship between physical activity and food intake. However, there were no studies that explain the relationship between changes in physical activity on changes in food intake (especially energy and protein) in older people.

Objective: The study was conducted to assess the relationship between changes in physical activity on changes in energy and protein intake of older people in DI Yogyakarta.

Method: This was a multiple cross-sectional study using secondary data from other study titled "*Changes in health, nutritional, functional and mental status, hospitalisation and quality of life among community-living older people in Yogyakarta, Indonesia*". Data on this study used two time points (2015 vs 2018). Paired T-Test was used to measure changes each variables from 2015 to 2018. Pearson Correlation was used to assess the relationship between changes in physical activity on changes in energy and protein intake.

Result: There were significant differences in physical activity ($p=0.001$), energy intake ($p<0.000$), and protein intake ($p<0.000$) between 2015 and 2018. Changes in physical activity were positively correlated with changes in energy intake ($r=0.122$) and changes in protein intake ($r=0.109$) at a significant level of 0.05.

Conclusion: There were a decrease in physical activity, energy intake, and protein intake in older people from 2015 to 2018. Changes in physical activity had a correlation on changes in energy and protein intake in the elderly from 2015 to 2018.

Keywords: elderly, changes in physical activity, changes in energy and protein intake.

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