

INTISARI

Latar Belakang : Usia harapan hidup yang tinggi di Indonesia mengakibatkan jumlah lansia meningkat. Propinsi Daerah Istimewa Yogyakarta memiliki prevalensi lansia tertinggi di Indonesia (14.50%) terutama di Kota Yogyakarta dan Kabupaten Kulon Progo. Peningkatan usia harapan hidup akan memunculkan permasalahan sosial, ekonomi, fisiologis, psikologis dan kesehatan termasuk malnutrisi. Disamping itu, beban tanggungan kelompok usia produktif bertambah karena lansia cenderung membutuhkan bantuan orang lain. Penilaian status gizi lansia penting karena semakin bertambah usia maka terjadi perubahan status gizi dan metabolisme yang menyebabkan kehilangan massa otot dan tulang yang berdampak pada fungsional tubuh dan aktivitas fisik lansia.

Tujuan : Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara status gizi dengan status kemandirian dan aktivitas fisik pada lansia di Yogyakarta

Metode : Jenis penelitian yang digunakan adalah observasional dengan desain penelitian *Cohort retrospektif* dengan menggunakan data sekunder dari penelitian sebelumnya. Penelitian mengambil lokasi di Kota Yogyakarta yaitu Kecamatan Gondokusuman dan Kecamatan Jetis serta Kabupaten Kulon Progo yaitu di Kecamatan Girimulyo dan Kecamatan Panjatan. Responden penelitian berjumlah 343 orang lansia ikut dalam penelitian di tahun 2015 dan tahun 2018. Status gizi diukur menggunakan *Mini Nutritional Assessment* (MNA), status kemandirian diukur dengan *Instrumental Activities of Daily Living* (IADL) dan aktivitas fisik diukur menggunakan *International Physical Activity Questionnaire* (IPAQ).

Analisis data yang digunakan antara lain *Wilcoxon signed rank test*, *Spearman rank test* dan *Logistic Regression* dengan tingkat kemaknaan $p < 0.05$ dan CI 95%.

Hasil : Tidak terdapat perbedaan rata-rata status gizi lansia dari 2015 ke 2018 ($p = 0.104$) namun terdapat perbedaan rata-rata status kemandirian dan aktivitas fisik dari tahun 2015 ke 2018 ($p = 0.000$). Hasil *Spearman rank test* menunjukkan bahwa tidak ada hubungan antara perubahan status gizi dengan perubahan status kemandirian ($\rho = -0.032$, $p = 0.553$) dan aktivitas fisik pada lansia ($\rho = 0.063$, $p = 0.242$). Perubahan status kemandirian dan perubahan aktivitas fisik tidak memiliki hubungan signifikan dengan variabel jenis kelamin, usia, tempat tinggal, pendidikan dan pekerjaan setelah dilakukan analisis multivariat dengan *Logistic Regression*.

Kesimpulan : Tidak terdapat hubungan status gizi dengan perubahan status kemandirian dan aktivitas fisik pada lansia di Yogyakarta

Kata Kunci : Status Gizi, Status Kemandirian, Aktivitas Fisik, Lansia

ABSTRACT

Background : The high of life expectancy in Indonesia has resulted in an increasing number of elderly people. Yogyakarta Province has the highest prevalence of elderly in Indonesia (14.50%), especially in Yogyakarta City and Kulon Progo Regency. Life expectancy will lead to social, economic, physiological, psychological and health improvements including malnutrition. In addition, the dependents of the productive age group increase the elderly tend to need the help of others. Assessment of the nutritional status of the elderly is important because as they got older, there is a change in nutritional status and decrease in muscle and bone loss which has an impact on body function and physical activity of the elderly.

Objective : The purpose of this study was to determine the relationship between nutritional status with independence status and physical activity in the elderly in Yogyakarta.

Method : The type of research used was observational with cohort retrospective study design using secondary data from previous studies. The research took place in the city of Yogyakarta, namely Gondokusuman and Jetis districts and Kulon Progo Regency, namely Girimulyo and Panjatan districts. The research respondents were 343 elderly people who had participated in the study in 2015 and 2018. Nutritional status was measured by the Mini Nutritional Assessment (MNA), independence status was measured by instrumental Activities of Daily Living (IADL) and physical activity was measured by the International Physical Activity Questionnaire (IPAQ). The data analysis used included the Wilcoxon signed rank

test, Spearman rank test and Logistic Regression with a significance level of $p < 0.05$ and 95% CI.

Result : There is no difference in the average nutritional status of the elderly from 2015 to 2018 ($p = 0.104$) but there is difference in the average status of independence and physical activity from 2015 to 2018 ($p = 0.000$). The result of Spearman rank test show that there is no relationship between changes in nutritional status with changes in independence status ($\rho -0.032$, $p = 0.553$) and physical activity status in the elderly ($\rho 0.063$, $p = 0.242$). Changes in independence status and changes in physical activity did not have a significant relationship with the variables of gender, age, place of residence, education and occupation after multivariate analysis with Logistic Regression was performed.

Conclusion : There is no a relationship between nutritional status with functional status and physical activity in elderly in Yogyakarta.

Keywords : Nutrition Status, Functional Status, Physical Activity, Elderly