

INTISARI

LATAR BELAKANG: Orang lanjut usia cukup rentan untuk mengalami jatuh. Kemampuan fisik dan kognitif akan menurun sejalan dengan usia dan dipercepat dengan kerusakan fungsional akan meningkatkan kejadian jatuh. Beberapa faktor risiko jatuh meliputi anemia dan kadar gula darah, sebagai faktor nutrisi yang dinilai dengan *Body Mass Index* dengan menurunkan konsentrasi. Manajemen terbaik adalah dengan usaha prevensi melalui usaha *screening* sedini mungkin.

TUJUAN: Mengetahui hubungan *Body Mass Index*, kadar hemoglobin, dan kadar gula darah sewaktu dengan hasil *Timed Up and Go test* pada lansia di Panti Jompo Budhi Dharma.

METODE: Rancangan penelitian potong lintang dengan jumlah sampel diambil melalui metode *population sampling*. Analisis bivariat menggunakan metode Spearman program SPSS 22.

HASIL: 33 orang lansia diteliti dengan hasil nilai signifikansi korelasi BMI dengan hasil tes TUG 0,347 dan nilai korelasi -0,169. Kadar GDS dengan hasil tes TUG memiliki nilai signifikansi 0,504 dan nilai korelasi 0,121. Kadar hemoglobin dengan hasil tes TUG memiliki nilai signifikansi 0,296 dan nilai korelasi -0,188.

KESIMPULAN: Tidak didapatkan hubungan signifikan antara nilai BMI, kadar gula darah sewaktu, dan kadar hemoglobin dengan nilai tes TUG.

KATA KUNCI: *Timed Up and Go test*, *Body Mass Index*, hemoglobin, gula darah sewaktu, lansia.

ABSTRACT

BACKGROUND: The elderly are quite prone to fall. One's physical ability and cognitive function will decline with aging and is accelerated by functional damage which will increase the incidence of falls. Some risk factors for falls include anemia and high or low blood sugar level, as nutritional factors, both of them are assessed through the Body Mass Index leading to the concentration degradation. The best management is to attempt prevention through screening efforts as early as possible.

OBJECTIVE: To determine the relationship of Body Mass Index, hemoglobin levels, and blood sugar levels with the results of the Timed Up and Go test in the elderly in Budhi Dharma nursing home.

METHODS: A cross-sectional study design with the sample was taken through the method of population sampling. The bivariate analysis used SPSS 22 Spearman.

RESULTS: 33 elderly people investigated and resulted in BMI correlation with TUG test significant value 0.347 and -0.169 correlation values. The correlation of GDS levels and TUG test had the significant value of 0.504 and 0.121 correlation value. Hemoglobin levels with TUG test correlation resulted in having significant value of 0.296 and -0.188 correlation values.

CONCLUSION: There were no significant correlation between BMI, blood sugar levels during and hemoglobin levels with TUG test scores.

KEYWORDS: Timed Up and Go test, body mass index, hemoglobin, blood sugar when, elderly.