

## INTISARI

**Latar belakang :** Secara alamiah usia lanjut mengalami kemunduran fisik, biologis, mental maupun sosial dan timbul berbagai penyakit. Senam kebugaran adalah salah satu bentuk latihan fisik yang memberikan pengaruh positif terhadap kemampuan fisik usia lanjut bila dilakukan secara baik dan benar, tetapi dalam melakukan senam kebugaran diperlukan sejumlah asupan zat gizi yang diperoleh dari makanan sehari-hari sesuai dengan kecukupan gizi yang dianjurkan agar usia lanjut tetap sehat dan bugar.

**Tujuan :** untuk mengetahui hubungan asupan zat gizi dengan tingkat kebugaran usia lanjut kelompok binaan.

**Metode :** Penelitian survai observasional (*exploratory study*), rancangan *cross sectional* dengan pendekatan kuantitatif. Populasi adalah usia lanjut berusia 60-70 tahun berdomisili di Kecamatan Kota Arga Makmur. Subyek adalah kelompok usia lanjut yang mengikuti kegiatan senam kebugaran jasmani di 11 Posyandu Usila. Jumlah subyek sebanyak 62 orang yang diambil secara random sederhana. Variabel independen adalah asupan zat gizi, status gizi, kebiasaan makan dan karakteristik usila. Variabel dependen adalah tingkat kebugaran. Data dianalisis dengan uji kai kuadrat dan regresi logistik ganda.

**Hasil :** Rata-rata tingkat asupan zat gizi usia lanjut terhadap AKG adalah energi 56,5% ± 8,1, protein 72,2% ± 25,1, lemak 56,8% ± 20,8, karbohidrat 99,9% ± 33,2, vitamin B<sub>1</sub> (9,3%), vitamin B<sub>12</sub> (11,2%), vitamin B<sub>6</sub> (10,5%), vitamin E (10,4%), vitamin C (13,5%), vitamin A (48,7%), asam folat (5,8%), kalsium (9,3%), besi (9,6%) dan seng (6,2%). Status gizi (IMT) diperoleh sebesar 46,8% adalah gizi kurang dan 30,6% adalah gizi lebih, kebiasaan makan sekitar 59,7% adalah kurang baik. Tingkat kebugaran sekitar 69,4% adalah kurang. Hasil analisis bivariat menunjukkan tidak terdapat hubungan yang bermakna antara asupan zat gizi dengan tingkat kebugaran ( $p > 0,05$ ), tetapi terdapat hubungan yang bermakna antara status gizi, kebiasaan makan dan status bekerja dengan tingkat kebugaran ( $p < 0,05$ ). Dari analisis multivariat diketahui kebiasaan makan dan status bekerja adalah variabel dominan mempengaruhi tingkat kebugaran usia lanjut.

**Kesimpulan :** Tidak terdapat hubungan yang bermakna antara asupan zat gizi dengan tingkat kebugaran. Rata-rata asupan zat gizi usia lanjut adalah kurang terhadap AKG dan sebagian besar tingkat kebugaran usia lanjut juga kurang.

## ABSTRACT

**Background:** Naturally old people are undergoing physical, biological, mental and social decline and having much illness. Doing physical exercise can bring positive effect to elderly physical capability if it is done properly and correctly. However, doing physical exercise needs nutrition intake gained from daily food with sufficient nutrition as recommended in order to stay fit and healthy.

**Objectives:** To know the relationship between nutrition intake and physical fitness of elderly nurture group.

**Method:** The study was an exploratory type which used cross sectional design with quantitative approach. Population consisted of the elderly aging 60 – 70 years at subdistrict of Arga Makmur City. The subject comprised group of old people doing physical exercise at 11 integrated service center for the elderly. There were 62 people randomly selected. Independent variables included nutrition intake, nutritional status, eating habit and elderly characteristics, whereas dependent variable included physical fitness. Data were analyzed using chi-square and double logistic regression.

**Result:** Average of elderly nutrition intake against nutrition sufficiency index was 56.5% with more or less 8.1 for energy, 72.2% with more or less 25,1 for protein, 56.8% with more or less 20.8 for fat, 99.9% with more or less 33.2 for carbohydrate, 9.3% for B, vitamin, 11.2% for B12 vitamin, 10.5% for B6 vitamin, 10.4% for E vitamin, 13.5% for C vitamin, 48.7% for A vitamin, 5.8% for folat acid, 9.3% for calcium, 9.6% for iron and 6.2% for zink. Nutritional status based on mass body index showed as much as 46.8% was nutrition deficient and 30.6% was nutrition sufficient, whereas 59.7% had improper eating habit. As much as 69.4% had low physical fitness ( $p>0.05$ ), but there was significant relationship between nutritional status, eating habit and status of work with physical fitness ( $p<0.05$ ). Multivariate analysis showed that eating habit and status of work were dominant variables which affected elderly physical fitness.

**Conclusion:** There was no significant relationship between nutrition intake and physical fitness. Average of elderly nutrition intake against nutrition sufficiency index was low and most of elderly had low physical fitness.