

# **HUBUNGAN STATUS GIZI (IMT) DAN AKTIVITAS FISIK DENGAN KUALITAS HIDUP LANSIA DI RW 02 KELURAHAN JATIBENING BEKASI TAHUN 2020**

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## **Abstrak**

Usia Harapan Hidup (UHH) penduduk dunia, termasuk Indonesia mengalami peningkatan yang signifikan selama 10 tahun terakhir. Hal ini mengakibatkan peningkatan pesat jumlah lansia, jika hal ini tidak diimbangi dengan kualitas hidup yang baik dapat menimbulkan gangguan kesehatan. Penelitian ini bertujuan untuk menganalisis hubungan antara status gizi (IMT) dan aktivitas fisik dengan kualitas hidup lansia di RW 02 Desa Jatibening, Bekasi. Penelitian ini adalah observasional analitik dengan desain cross sectional. Responden dipilih dengan menggunakan teknik simple random sampling dengan jumlah sampel 63 lansia ( $\geq 60$  tahun). Pengambilan data dilakukan pada bulan Desember 2020 – Januari 2021. Data status gizi diperoleh melalui pengukuran langsung menggunakan timbangan digital dan pengukur tinggi badan mikrotoise. Data aktivitas fisik dan kualitas hidup diperoleh melalui pengisian kuesioner dengan wawancara menggunakan Physical Activity Scale for the Elderly (PASE) dan World Health Organization Quality of Life Old (WHOQOL-OLD). Pengolahan data menggunakan uji korelasi rank spearman. Hasil penelitian menunjukkan bahwa ada hubungan antara status gizi dengan kualitas hidup ( $r = 0,471$ ;  $p = 0,000$ ) dan ada hubungan antara aktivitas fisik dengan kualitas hidup ( $r = 0,673$ ;  $p = 0,000$ ) di RW 02 Desa Jatibening, Kota Bekasi. Berdasarkan hasil uji diatas maka dapat disimpulkan bahwa status gizi dan aktivitas fisik memiliki pengaruh terhadap kualitas hidup lansia.

**Kata Kunci :** Status Gizi; Aktivitas Fisik; Kualitas Hidup; Lansia

# **THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS (BMI) AND PHYSICAL ACTIVITY WITH QUALITY OF LIFE OF THE ELDERLY IN RW 02 JATIBENING BEKASI**

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## **Abstract**

Life expectancy of the world's population, including Indonesia, has increased significantly for the last 10 years. This has resulted in a rapid increase in the number of elderly people, if this is not balanced with a good quality of life it can cause health problems. This research aims to analyze the relationship between nutritional status (BMI) and physical activity with the quality of life of the elderly in RW 02 Jatibening Village, Bekasi. This research method is analytic observational with a *cross-sectional* design. The respondent was selected by using simple random sampling technique with a total sample of 63 elderly ( $\geq 60$  years). Data collection was carried out in December 2020 - January 2021. Nutritional status data obtained through direct measurement using a digital scale and a microtoise height meter. Physical activity and quality of life data were obtained through filling out a questionnaire with interviews using the Physical Activity Scale for the Elderly (*PASE*) and the World Health Organization Quality of Life Old (*WHOQOL-OLD*). Data processing using the *Spearman rank* correlation test. The results showed that there was a relationship between nutritional status and quality of life ( $r = 0.471$ ;  $p = 0.000$ ) and there was a relationship between physical activity and quality of life ( $r = 0.673$ ;  $p = 0.000$ ) in RW 02 Jatibening Village, Bekasi. Based on the test results above, it can be concluded that nutritional status and physical activity have an influence on the quality of life of the elderly

**Keywords :** Nutritional Status; Physical Activity; Quality of Life; Elderly