

HUBUNGAN ANTARA AKTIVITAS FISIK DENGAN KESEIMBANGAN DINAMIS PADA LANSIA WANITA DI KOMUNITAS DAHLIA SENJA, LIMO

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Abstrak

Latar Belakang: Pada usia lanjut aktivitas fisik lansia mengalami penurunan, ini menyebabkan penurunan keseimbangan dinamis pada lansia. Keseimbangan dinamis yang terganggu dapat meningkatkan tingkat resiko jatuh pada lansia. **Tujuan:** Tujuan penelitian ini adalah untuk mengetahui hubungan antara aktivitas fisik dengan keseimbangan dinamis pada lansia wanita di komunitas dahlia senja limo depok. **Desain:** Desain penelitian ini menggunakan metode *cross-sectional* dengan metode pengukuran menggunakan *International Physical Activity Questionnaire Short Form (IPAQ-SF)* untuk mengukur tingkat aktivitas fisik dan *Timed Up and Go Test (TUG)* untuk mengukur tingkat keseimbangan dinamis. Sampel pada penelitian ini ialah lansia pada Komunitas Lansia Dahlia Senja Limo Depok yang berjumlah 40 sampel. **Hasil Penelitian:** Berdasarkan hasil uji *Spearman's rho* diketahui nilai $p : 0,026$ dimana $p < 0,05$ dan diketahui nilai koefisien korelasi sebesar 0,351. Hasil analisis tersebut menunjukkan bahwa terdapat korelasi positif yang bermakna antara aktivitas fisik dengan keseimbangan dinamis pada lansia wanita di komunitas dahlia senja.

Kata kunci: aktivitas fisik, Keseimbangan dinamis , Lansia.

RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND DYNAMIC BALANCE IN THE ELDERLY WOMEN IN THE DAHLIA SENJA COMMUNITY, LIMO

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Abstract

Background: In old age, the physical activity of the elderly decreases, this causes a decrease in dynamic balance in the elderly. Disturbed dynamic balance can increase the level of risk of falling in the elderly. **Purpose:** The aim of this study was to determine the relationship between physical activity and dynamic balance in elderly women in the Dahlia Senja Limo Community, Depok. **Purpose:** The aim of this study was to determine the relationship between physical activity and dynamic balance in elderly women in the Dahlia Senja Limo Community, Depok. **Design:** The design of this study used a cross-sectional method with measurement methods using the International Physical Activity Questionnaire Short Form (IPAQ-SF) to measure physical activity levels and the Timed Up and Go Test (TUG) to measure dynamic balance levels. The sample in this study were the elderly in the Dahlia Senja Limo Depok Elderly Community, totaling 40 samples. **Research Results:** Based on the results of the Spearman's rho test, it is known that the value of $p: 0.026$ where $p < 0.05$ and it is known that the correlation coefficient is 0.351. The results of this analysis show that there is a significant positive correlation between physical activity and dynamic balance in elderly women in the Dahlia Senja Community.

Keywords: physical activity, dynamic balance,