

GAMBARAN *ACTIVE KNEE EXTENSION TEST* (AKET) PADA LANSIA DI PANTI SOSIAL TRESNA WERDHA BUDI MULIA

3

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Abstrak

Latar Belakang: Jumlah lansia meningkat secara global, termasuk di Indonesia. Penuaan menyebabkan penurunan fleksibilitas otot *hamstring*, yang dapat memengaruhi keseimbangan, mobilitas, dan kemampuan menjalani aktivitas sehari-hari. Tujuan penelitian ini menganalisis gambaran *Active Knee Extension Test* (AKET) lansia di Panti Sosial Tresna Werdha Budi Mulia 3, berdasarkan usia, jenis kelamin, dan indeks massa tubuh (IMT). **Metode:** Penelitian deskriptif kuantitatif dengan pendekatan *cross-sectional* dilakukan pada Oktober 2024 terhadap 64 lansia di Panti Sosial Tresna Werdha Budi Mulia 3 dipilih sebagai responden melalui kriteria inklusi dan eksklusi. Fleksibilitas *hamstring* diukur menggunakan metode *Active Knee Extension Test* dengan alat ukur goniometer. **Hasil:** Sebanyak 38 lansia (59,4%) menunjukkan penurunan fleksibilitas *hamstring*, terutama pada kelompok usia 60–74 tahun. Perempuan memiliki fleksibilitas yang lebih baik dibandingkan laki-laki, dan lansia dengan IMT normal menunjukkan hasil fleksibilitas yang lebih optimal. **Kesimpulan:** Sebagian besar lansia tergolong dalam kelompok usia *elderly* (60–74 tahun) sebanyak 38 orang (59,4%), dengan mayoritas berjenis kelamin perempuan sebanyak 42 orang (65,6%). Sebanyak 25 orang (39,1%) memiliki IMT *normal*, sedangkan kategori *overweight* hanya mencakup 5 orang (7,8%). Mayoritas lansia menunjukkan penurunan fleksibilitas *hamstring*, baik pada sisi *dextra* 52 orang (81,3%) maupun *sinistra* 53 orang (82,8%), sementara fleksibilitas baik hanya ditemukan pada sekitar 12 orang (18%).

Kata Kunci: lansia, fleksibilitas *hamstring*, *Active Knee Extension Test*.

DESCRIPTION OF ACTIVE KNEE EXTENSION TEST (AKET) IN THE ELDERLY AT THE BUDI MULIA 3 TRESNA WERDHA SOCIAL HOME

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Abstract

Background: The number of elderly people is increasing globally, including in Indonesia. Aging causes a decrease in hamstring muscle flexibility, which can affect balance, mobility and the ability to carry out daily activities. The purpose of this study was to analyze the description of the Active Knee Extension Test (AKET) of the elderly at Panti Sosial Tresna Werdha Budi Mulia 3, based on age, gender, and body mass index (BMI). **Methods:** Quantitative descriptive research with a cross-sectional approach was conducted in October 2024 on 64 elderly people at the Tresna Werdha Budi Mulia 3 Social Home selected as respondents through inclusion and exclusion criteria. Hamstring flexibility was measured using the Active Knee Extension Test method with a goniometer measuring instrument. **Results:** A total of 38 elderly people (59.4%) showed a decrease in hamstring flexibility, especially in the age group 60-74 years. Women have better flexibility than men, and elderly with normal BMI show more optimal flexibility results. **Conclusion:** Most of the elderly belong to the elderly age group (60-74 years) as many as 38 people (59.4%), with the majority being female as many as 42 people (65.6%). A total of 25 people (39.1%) have normal BMI, while the overweight category only includes 5 people (7.8%). The majority of elderly people showed decreased hamstring flexibility, both on the dextra side 52 people (81.3%) and sinistra 53 people (82.8%), while good flexibility was only found in about 12 people (18%).

Keywords: elderly, hamstring flexibility, Active Knee Extension Test.