ANALISIS HUBUNGAN AKTIVITAS FISIK HARIAN TERHADAP KESEIMBANGAN DINAMIS PADA LANJUT USIA DI PANTI SOSIAL TRESNA WERDHA BUDI MULIA 3

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Abstrak

Lanjut usia mengalami berbagai perubahan fisiologis yang berdampak pada penurunan kemampuan fungsional, termasuk Aktivitas fisik dan keseimbangan dinamis. Penurunan kedua aspek tersebut dapat meningkatkan risiko jatuh, khususnya pada lansia yang tinggal di panti sosial. Penelitian ini bertujuan untuk menganalisis hubungan antara Aktivitas fisik harian dengan keseimbangan dinamis pada lanjut usia di Panti Sosial Tresna Werdha Budi Mulia 3. Penelitian ini menggunakan desain observasional analitik dengan pendekatan potong lintang (*Cross-sectional*). Sampel penelitian berjumlah 50 lansia yang dipilih berdasarkan kriteria inklusi dan eksklusi. Aktivitas fisik harian diukur menggunakan *Physical Activity Scale for the Elderly* (PASE), sedangkan keseimbangan dinamis dinilai menggunakan *Timed Up and Go Test* (TUGT). Analisis data dilakukan menggunakan uji korelasi *Spearman's rho.* Hasil penelitian menunjukkan *mean* skor PASE sebesar 75,19 ± 45,16 dan *mean* waktu TUGT sebesar 17,83 ± 8,29 detik. Uji korelasi menunjukkan adanya hubungan yang signifikan antara Aktivitas fisik harian dan keseimbangan dinamis (r = –0,300; p = 0,034). Semakin tinggi Aktivitas fisik harian, semakin baik keseimbangan dinamis lansia.

Kata kunci: Aktivitas Fisik Harian, Keseimbangan Dinamis, Lansia, PASE, TUGT

ANALYSIS OF THE RELATIONSHIP BETWEEN DAILY PHYSICAL ACTIVITY AND DYNAMIC BALANCE AMONG OLDER ADULTS AT PANTI SOSIAL TRESNA WERDHA BUDI MULIA 3

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Abstract

Older adults experience physiological changes that contribute to a decline in functional abilities, including physical activity levels and dynamic balance. Decreases in these aspects may increase the risk of falls, particularly among older adults living in social care institutions. This study aimed to analyze the relationship between daily physical activity and dynamic balance among older adults at Panti Sosial Tresna Werdha Budi Mulia 3. This study employed an analytic observational design with a Cross-sectional approach. A total of 50 older adults were recruited based on predefined inclusion and exclusion criteria. Daily physical activity was assessed using the Physical Activity Scale for the Elderly (PASE), while dynamic balance was measured using the Timed Up and Go Test (TUGT). Data were analyzed using Spearman's rho correlation test. The results showed a Mean PASE score of 75.19 ± 45.16 and a Mean TUGT time of 17.83 ± 8.29 seconds. Correlation analysis revealed a significant relationship between daily physical activity and dynamic balance ($r = -0.300$; $p = 0.034$). Higher levels of daily physical activity were associated with better dynamic balance performance.