

GAMBARAN KEMAMPUAN FUNGSIONAL TUNGKAI BAWAH PADA LANSIA MENGGUNAKAN *FIVE TIMES SIT TO STAND TEST (FTSST)* DI PANTI SOSIAL TRESNA WERDHA BUDI MULIA 3

Salsabilah Arda Mevita

Abstrak

Latar Belakang: Lanjut usia merupakan kelompok yang rentan mengalami penurunan fungsi fisik, terutama kekuatan otot tungkai bawah yang berperan penting dalam menjaga stabilitas postur, mobilitas, serta pencegahan risiko jatuh. Peningkatan jumlah lansia di Indonesia yang mencapai 12,00% pada tahun 2024 menuntut perhatian terhadap kondisi fungsional mereka, khususnya lansia yang tinggal di panti sosial dengan tingkat aktivitas fisik rendah. **Tujuan Penelitian:** Penelitian ini bertujuan untuk menggambarkan kemampuan fungsional tungkai bawah lansia di Panti Sosial Tresna Werdha Budi Mulia 3 serta mendeskripsikan karakteristik responden berdasarkan usia, jenis kelamin, riwayat pekerjaan, dan aktivitas fisik. **Metode Penelitian:** Penelitian ini merupakan penelitian deskriptif kuantitatif dengan pendekatan potong lintang (*cross-sectional*) yang melibatkan 81 responden melalui teknik total sampling. Kemampuan fungsional tungkai bawah diukur menggunakan *Five Times Sit to Stand Test (FTSST)*. **Hasil:** Hasil penelitian menunjukkan bahwa 72,8% lansia memiliki kemampuan fungsional tungkai bawah kategori rendah, 17,3% kategori menurun, dan 9,9% kategori baik. Kondisi ini dipengaruhi oleh faktor usia, jenis kelamin, riwayat pekerjaan, serta aktivitas fisik yang tergolong inaktif. **Kesimpulan:** Kemampuan fungsional tungkai bawah lansia di panti sosial ini sebagian besar masih rendah, sehingga diperlukan intervensi berupa latihan penguatan tungkai bawah dan peningkatan aktivitas fisik teratur untuk mendukung kemandirian dan menurunkan risiko jatuh.

Kata Kunci: Lanjut Usia; Kemampuan Fungsional; Tungkai Bawah; *Five Times Sit to Stand Test (FTSST)*.

THE OVERVIEW OF LOWER LIMB FUNCTIONAL ABILITY IN THE ELDERLY USING THE *FIVE TIMES SIT TO STAND TEST* (FTSST) AT PANTI SOSIAL TRESNA WERDHA BUDI MULIA 3

Salsabilah Arda Mevita

Abstract

Background: Older adults are a population vulnerable to declines in physical function, particularly lower limb muscle strength, which plays a crucial role in maintaining postural stability, mobility, and preventing fall risk. The increasing proportion of older adults in Indonesia, reaching 12.00% in 2024, highlights the need for greater attention to their functional condition, especially among those living in social care facilities with low levels of physical activity. **Objective:** This study aimed to describe the lower limb functional ability of older adults at Panti Sosial Tresna Werdha Budi Mulia 3 and to characterize respondents based on age, sex, occupational history, and physical activity. **Methods:** This study employed a quantitative descriptive design with a *cross-sectional* approach involving 81 respondents selected through total sampling. Lower limb functional ability was assessed using the *Five Times Sit to Stand Test* (FTSST). **Results:** The results showed that 72.8% of older adults had low lower limb functional ability, 17.3% were in the declining category, and 9.9% were classified as having good functional ability. This condition was influenced by age, sex, occupational history, and predominantly inactive physical activity levels. **Conclusion:** Lower limb functional ability among older adults in this social care facility remains largely low, indicating the need for interventions such as lower limb strengthening exercises and regular physical activity to support functional independence and reduce fall risk.

Keywords: Elderly; Functional Ability; Lower Limb; *Five Times Sit to Stand Test* (FTSST).