

HUBUNGAN ANTARA AKTIVITAS FISIK DENGAN KUALITAS HIDUP LANSIA DI DUSUN SEYEGAN DESA MARGOKATON KECAMATAN SEYEGAN KABUPATEN SLEMAN

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INTISARI

Latar Belakang: Keberadaan lanjut usia sering kali dipersepsikan negatif, dianggap beban keluarga dan masyarakat sekitarnya. Kenyataan ini mendorong berkembangnya anggapan bahwa menjadi tua identik dengan semakin banyaknya masalah yang dialami oleh lanjut usia. Masalah yang dihadapi oleh lanjut usia antara lain masalah kesehatan. Masalah ini dipengaruhi oleh penurunan fungsi berbagai organ tubuh pada lansia. Salah satu upaya untuk meningkatkan derajat kesehatan lansia yaitu memelihara kondisi kesehatan melalui aktivitas fisik dan mental. Banyak aktivitas yang masih dilakukan oleh lansia antara lain berjalan, menyapu bahkan ada lansia yang bekerja menuai padi. Kesejahteraanpun menjadi salah satu parameter untuk kualitas hidup lansia, salah satu parameter kualitas hidup adalah kesehatan.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara aktivitas fisik dengan kualitas hidup lansia di Dusun Seyegan Desa Margokaton Kecamatan Seyegan Kabupaten Sleman.

Metode Penelitian: Penelitian ini adalah penelitian korelasional dengan menggunakan pendekatan *cross sectional*. Penelitian ini dilakukan di Dusun Seyegan Desa Margokaton Kecamatan Seyegan Kabupaten Sleman. Subyek dalam penelitian ini adalah lansia yang berusia lebih dari 60 tahun dengan jumlah 72 orang. Teknik pengambilan sampel menggunakan metode sampling jenuh. Instrumen yang digunakan adalah kuesioner PASE dan SF 36. Analisa data menggunakan *Chi Square* dengan tingkat kemaknaan p value $< 0,05$.

Hasil: Hasil penelitian menunjukkan bahwa jumlah lansia yang memiliki aktivitas fisik sedang sejumlah 32 responden atau 44,4% dan memiliki kualitas hidup baik sejumlah 45 responden atau 62,5%. Hasil perhitungan statistik diperoleh nilai p value sebesar 0,335. Nilai koefisien kontingensi sebesar 0,172 menunjukkan keeratan hubungan antara aktivitas fisik dengan kualitas hidup lansia adalah sangat rendah.

Kesimpulan: Tidak ada hubungan yang signifikan antara aktivitas fisik dengan kualitas hidup lansia di Dusun Seyegan Desa Margokaton Kecamatan Seyegan Kabupaten Sleman.

Kata kunci: Aktivitas fisik, Kualitas Hidup, Lansia

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THE CORRELATION STUDY BETWEEN THE PHYSICAL ACTIVITY AND QUALITY LIFE OF THE ELDERLY IN DUSUN SEYEGAN DESA MARGOKATON KECAMATAN SEYEGAN KABUPATEN SLEMAN

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ABSTRACT

Background: The elderly life were usually have a negative perception, in which their family and their society judged them as a burden. This condition grew an assumption which was said that the process to be old shown with the complex problems they had. One of those problem was about the healthy condition. That problem was influenced by the decrease of the anatomic function of the elderly. Thus, one of the solution to grow up their healthy level was by taking care the healthy condition by doing the physical aactivity and mental. There were many physical activities stiill done by the elderly. They were walking and sweeping. Moreover, there were some elderly which were still like to reap the rice. The prosperity become one of the parameter for the quality life of the elderly. Beside that, that was also become the quantity and healthy life.

Objectives: The objectives of this study was to determine the relationship between physical activity with quality life of the elderly in Dukuh Seyegan Desa Margokaton Kecamatan Seyegan Kabupaten Sleman.

Research Methode: This study was a correlation study which is done by using sectional approach. That was conducted in Dusun Seyegan Desa Margokaton Kecamatan Seyegan Kabupaten Sleman. While, the subject of this study was the elderly with the age more than 60 years and the total was 72 people. This study used the saturated sampling technique. Thus, the instruments which is used were PASE and SF 36 questionare. And, the data of this study were analyzed by using Chi Square with a significane level of p value <0.05.

Result: The results of this study showed that the total of the elderly which have the moderate physical activity were 32 respondents or 44,4%. While, the total of the elderly which have good quality life were 45 respndents or 62,5%. The calculation of the statistic result shown that the value of p was 0,335. While, the contingency coefficient value was 0,172, in which that value showed the strength of the correlation of the physical activity and quality life of the elderly was lowest.

Conclusion: There was no significant correlation between physical activity and quality life of elderly in Dusun Seyegan Desa Margokaton Kecamatan Seyegan Kabupaten Sleman.

Keywords: Physical activity, Quality of Life, Elderly

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