

ABSTRAK

Hubungan Aktivitas Fisik dengan Risiko Jatuh Pada Lansia Di Desa Kalipancur Kecamatan Bojong Kabupaten Pekalongan

Yunita Amalia, Wiwiek Natalya

Latar Belakang : Peningkatan umur lansia diringi menurunnya fungsi fisik, psikologis, sosial dan ekonomi. Penurunan fungsi fisik menyebabkan aktivitas lansia berubah dan gangguan fisiologis yang dialami oleh lansia akan berdampak pada peningkatan Risiko jatuh yang dapat mengakibatkan keterbatasan fisik melaksanakan aktivitas sehari-hari. Penelitian ini bertujuan untuk mengetahui hubungan aktivitas fisik dengan risiko jatuh pada lansia di Desa Kalipancur Kecamatan Bojong Kabupaten Pekalongan.

Metode : Penelitian ini menggunakan desain deskriptif korelasi dengan pendekatan *cross sectional*. Sampel diambil dengan cara *cluster random sampling* sebanyak 114 responden. Instrumen penelitian menggunakan kuesioner *Phsyical Activity Scale for Elderly* dan *Risk For Older People-Community Setting*.

Hasil : Sebagian besar responden beraktivitas fisiknya kurang aktif yaitu 69 responden (60,5%). Responden berisiko jatuh ringan sedang 95 responden (83,3%). Hasil hipotesis menggunakan uji *Chi Square* menunjukkan nilai *p value* 0,021 ($p < 0,05$), yang artinya ada hubungan antara aktivitas fisik dengan risiko jatuh pada lansia.

Simpulan : Ada hubungan antara aktivitas fisik dengan risiko jatuh pada Lansia. Saran dari hasil penelitian ini adalah perlu pemantauan aktivitas fisik lansia yang aman sesuai dengan kondisi lansia dan perlu dilakukan tindakan pencegahan risiko jatuh pada lansia.

Kata Kunci : Aktivitas fisik, Risiko Jatuh, Lansia

Daftar Pustaka : 58 (2014-2024)

Kata: 182 kata

ABSTRACT

Yunita Amalia¹, Wiwiek Natalya²

The Correlation between Physical Activity and the Risk of Falling in the Elderly in Kalipancur Village, Bojong District, Pekalongan Regency

Background: *The increase in the age of the elderly is accompanied by a decrease in physical, psychological, social and economic functions. The decline in physical function causes the activities of the elderly to change, and physiological disorders experienced by the elderly will have an impact on increasing the risk of falls, which can result in physical limitations in daily activities. This study aims to determine the correlation between physical activity and the risk of falling in the elderly in Kalipancur Village, Bojong District, Pekalongan Regency.*

Methods: *This study used a correlation descriptive design with a cross-sectional approach. The sample was taken by means of cluster random sampling of 114 respondents. The research instrument used the Physical Activity Scale for Elderly and Risk for Older People-Community Setting questionnaires.*

Results: *Most of the respondents were less physically active, namely 69 respondents (60.5%). Respondents at risk of falling mildly and moderately 95 respondents (83.3%). The results of the hypothesis using the Chi-Square test showed a p-value of 0.021 ($p < 0.05$), which means that there is a relationship between physical activity and the risk of falling in the elderly.*

Conclusion: *There is a correlation between physical activity and the risk of falls in the elderly. The suggestion from the results of this study is that it is necessary to monitor the physical activity of the elderly safely in accordance with the condition of the elderly and it is necessary to take measures to prevent the risk of falling in the elderly.*

Keywords: *physical activity, risk of falls, elderly*

Bibliography: 58 (2014-2024)