

ABSTRACT

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KEVIN TJIAYADI

**RELATIONSHIP OF CARBOHYDRATE INTAKE, PHYSICAL ACTIVITY,
AND FASTING BLOOD GLUCOSE ELDERLY ASSOCIATION DONG YUE
TAIJI INDONESIA, KOSAMBI BARU WEST JAKARTA**

VI bab, 67 Pages, 14 Tables, 2 Pictures

Background: Increasing the prevalence of the elderly every year is a country's challenge to improve the quality of life of its citizens. According to the census of the Central Statistics Agency, the number of elderly people in Indonesia in 2014 in 2000 reached 14.4 million and by the year 2014 reached 18.5 million and estimated in 2020 the elderly population in Indonesia reached 28.28 million and in DKI Jakarta in 2014 reached 179 thousand people. As an increasing number of elderly then the problem health disorders are also on the rise. The problem of blood sugar disorder is the main problem that often occurs in the elderly with regard to functional decline in elderly bodies. The prevalence of hyperglycemia increases with increasing age, the age group 50 – 59 years of 19.6% suffering from hyperglycemia and the age group 60 – 64 years of 24.6%. Factors precipitating the onset of interference elderly blood sugar the most dominant is the excess carbohydrate intake and lack of physical activity.

Objective: analyze the relationship of the carbohydrate intake and physical activity against elderly fasting blood glucose levels at the Association of Dong Yue Taiji Indonesia, Duri Kosambi Jakarta.

Methods: the study was used cross-sectional design with sampling using total sampling obtained 45 elderly people who later analyzed used test of rank spearman.

Results: Respondents are dominated by women (86.7%) with a central value of fasting blood glucose levels of respondents 94 mg/dl. Variables that have a relationship with fasting blood glucose is the intake of carbohydrates ($p < 0.05$) and variables that do not have a relationship with fasting blood glucose is physical activity ($p > 0.05$).

Conclusion: the intake of carbohydrates has a significant relationship with the elderly, fasting blood glucose levels and physical activity does not have a significant relationship with the level of fasting blood glucose of the elderly.

Key words: carbohydrate intake, fasting blood glucose levels and physical activity.