

ABSTRAK



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HUBUNGAN ANTARA USIA DAN KEBUGARAN LANSIA YANG MENGIKUTI SENAM OSTEOPOROSIS DI RUMAH SAKIT ROYAL TARUMA JAKARTA BARAT

Terdiri dari VI bab, 52 Halaman, 6 Tabel, 2 Skema, 1 Grafik, 9 Lampiran

Tujuan: untuk mengetahui hubungan antara usia dengan kebugaran pada lansia yang mengikuti senam osteoporosis di Rumah Sakit Royal Taruma, Jakarta Barat. **Sampel:** penelitian ini terdiri dari 25 lansia yang mengikuti senam osteoporosis di Rumah Sakit Royal Taruma, Jakarta Barat yang dipilih berdasarkan *purposive sampling*. Umur sampel berkisar 55-80 tahun dengan frekuensi senam >4 minggu. Sampel dilakukan pemeriksaan usia dan kebugaran dengan *Six Minute Walk Test* (6MWT). **Metode:** Penelitian ini merupakan penelitian *cross sectional* dengan observasional dan merupakan studi korelasi untuk menentukan hubungan usia dan kebugaran. **Hasil:** Rata-rata dan SD usia lansia yang mengikuti senam osteoporosis adalah $66,52 \pm 6,83$, sedangkan pada kebugaran lansia adalah $36,70 \pm 3,18$. Uji *Spearman Rank Correlation Coefficient* ditemukan bahwa $p > 0,05$ ($p = 0,701$). Hal ini menunjukkan bahwa tidak ada korelasi antara usia dan kebugaran pada lansia yang mengikuti senam osteoporosis di Rumah Sakit Royal Taruma, Jakarta Barat. Sedangkan nilai r (kekuatan korelasi) $= -0,081$, artinya ada korelasi negatif antara usia lansia dan kebugaran lansia. **Kesimpulan:** tidak ada korelasi antara usia dan kebugaran khususnya pada lansia yang mengikuti senam osteoporosis, namun terdapat korelasi negatif antara usia dan kebugaran lansia.

Kata kunci: Usia, Kebugaran, Senam Osteoporosis

ABSTRACT



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THE CORRELATION BETWEEN AGE AND FITNESS OF ELDERLY WHO TAKE THE OSTEOPOROSIS GYMNASTIC AT ROYAL TARUMA HOSPITAL WEST JAKARTA

Consist of Chapter VI, 52 Pages, 6 Tables, 2 Schemes, 1 Graphic, 9 Attachments

Objective: Determine the correlation between age and fitness of elderly who take osteoporosis gymnastic at Royal Taruma Hospital, West Jakarta. **Sample:** This study consisted of 25 elderly who participated in osteoporosis gymnastic at Royal Taruma Hospital, West Jakarta, which was selected based on purposive sampling. The sample age ranges from 55-80 years with a gymnastic frequency > 4 weeks. The sample was examined for age and fitness with the Six Minute Walk Test (6MWT). **Methods:** This study was a cross sectional with observational study and was a correlation study to determine the relationship between age and fitness. **Results:** Average and standar deviation of the age in the elderly who take osteoporosis gymnastic was $66,52 \pm 6,83$, while in elderly fitness was $36,70 \pm 3,18$. The Spearman Rank Correlation Coefficient test found that $p > 0.05$ ($p = 0.701$). This shows that there is no correlation between age and fitness in the elderly who take osteoporosis gymnastic at Royal Taruma Hospital, West Jakarta. While the value of r (correlation strength) = -0.081 , meaning that there is a negative correlation between the age of the elderly and the fitness of the elderly. **Conclusion:** there is no correlation between age and fitness in the elderly who follow osteoporosis gymnastic, but there is a negative correlation between the age and the fitness of the elderly.

Keywords: Age, Fitness, Osteoporosis Gymnastic.