

## ABSTRAK



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### **HUBUNGAN AKTIVITAS FISIK RENDAH DENGAN KESEIMBANGAN PADA LANSIA**

Terdiri VI Bab, 64 Halaman, 3 Gambar, 10 Tabel, 3 Skema, 5 Diagram, 10 Lampiran

**Tujuan:** Untuk mengetahui hubungan aktivitas fisik rendah dengan keseimbangan pada lansia. **Metode:** Jenis penelitian ini merupakan penelitian deskriptif korelatif antara aktivitas fisik rendah lansia dengan keseimbangan lansia yang terdiri dari 37 lansia di Wilayah Kerja Puskesmas Pondok Tinggi berdasarkan teknik *purposive sampling*. Pemeriksaan aktivitas fisik rendah menggunakan kuisioner *Physical Activity Scale for the Elderly* (PASE) menunjukkan nilai  $\text{mean} \pm \text{SD}$  aktivitas fisik rendah sebesar  $55,37 \pm 18,99$  dan pengukuran keseimbangan menggunakan *Time Up and Go Test* (TUGT) didapatkan nilai  $\text{mean} \pm \text{SD}$  keseimbangan sebesar  $18,14 \pm 5,67$ . **Hasil :** Uji *Spearman-Rank Correlation Coefficient* di peroleh nilai  $p < 0,001$  dimana  $p < \text{nilai } \alpha (0,005)$  dengan nilai  $r = -0,535$  yang artinya terdapat hubungan yang bermakna antara aktivitas fisik rendah dengan perubahan keseimbangan lansia dengan arah korelasi negatif yang berarti semakin rendah aktivitas fisik maka keseimbangan lansia semakin buruk. **Kesimpulan :** Ada hubungan yang signifikan antara aktivitas fisik rendah dengan keseimbangan lansia.

**Kata kunci:** lansia, aktivitas fisik rendah, keseimbangan, physical activity of the elderly (PASE), timed up and go test (TUGT)

## ABSTRACT



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### **RELATIONSHIP BETWEEN LOW PHYSICAL ACTIVITY AND BALANCE IN THE ELDERLY**

Consist of 6 Chapters, 64 Pages, 3 Images, 10 Tables, 3 Schemes, 5 Diagrams, 10 Attachments

**Objective:** This study aimed to know the relationship between low physical activity and balance in the elderly. **Methods:** This type of research is a descriptive correlative study between the low physical activity of the elderly and the balance of the elderly consisting of 37 elderly in the work area of Puskesmas Pondok Tinggi based on purposive sampling technique. Examination of low physical activity using the Physical Activity Scale for the Elderly (PASE) questionnaire shows that the mean  $\pm$  SD value of low physical activity is  $55.37 \pm 18.99$  and measurement of balance using the Time Up and Go Test (TUGT) obtained a mean  $\pm$  SD balance of  $18.14 \pm 5.67$ . **Results :** The Spearman-Rank Correlation Coefficient test obtained p value  $<0.001$  where  $p < \text{value } \alpha (0.005)$  with a value of  $r = -0.535$ , which means that there is a significant relationship between low physical activity and changes in the balance of the elderly with negative correlation, which means that it is getting lower. physical activity, the balance of the elderly is getting worse. **Conclusion:** There is a significant relationship between low physical activity and balance in the elderly.

**Keywords :** elderly, low physical activity, balance, physical activity of the elderly (PASE), timed up and go test (TUGT)