ABSTRACT

CORRELATION BETWEEN ELDERLY GYMNASTIC WITH QUALITY OF LIFE THE ELDERLY WHO SUFFERING HYPERTENSION IN CLINIC HC UMMI KEDATON BANDAR LAMPUNG

By
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Quality of life of individuals suffering from hypertension worse compared to individuals who have normal blood pressure. It is influenced by blood pressure and the person's level of consciousness. Improved quality of life mentally obtained through physical activity is to reduce stress, increase enthusiasm and confidence, and reduce anxiety and depression associated with the disease a person is going through. This study aims to determine the relationship gymnastics elderly quality of life of elderly who suffer from hypertension in clinic HC UMMI Kedaton Bandar Lampung.

This research was conducted during the month of November 2015 at the Clinic of HC UMMI Kedaton Bandar Lampung. This study was an observational study with the method used is cross sectional sample using the total sample and get 58 respondents. This study uses correlation analysis chi square.

The results showed the majority of the elderly who suffer from hypertension have a quality of life that is very good, and most of the elderly in clinical HC UMMI Kedaton doing gymnastics elderly, and most of the elderly who suffer from hypertension are elderly people who are female, and there is a significant relationship ($p = 0.000$) among the elderly exercise on quality of life of elderly who suffer from hypertension.

Keywords: elderly, elderly gymnastic, Hypertension, quality of life