

ABSTRACT

DIFFERENCE OF QUALITY OF LIFE FOR ELDERLY PATIENTS WITH HYPERTENSION WHO FOLLOW GYMNASTIC AND WHO DO NOT FOLLOW GYMNASTICS IN ELDERLY COMMUNITY HEALTH CARE KEDATON HEALTH CENTER BANDAR LAMPUNG

By

Ririn Rahayu MS

Increasing social welfare directed at improved quality of life individual and society, including elderly is one of the target in development in Indonesian. It is characterized by an increased the average lifespan of the population, resulting in the increased in amount or elderly growth every year. For elderly vulnerable to certain diseases as diabetes mellitus, disorders of the heart and hypertension. One of efforts to handle hypertension is to do gymnastics for elderly. Physical activity is regular turns out to be increasing life quality of physically and mentally someone. This study aimed to know the difference the quality of life for elderly patients hypertension who follows elderly gymnastic and who did not in elderly community health care kedaton health center Bandar Lampung. Design of this study is descriptive analytic. Sample of this study are 42 respondents who follows elderly gymnastic and 42 respondents did not follow elderly gymnastics. Statistical analysis used in this research was t-independent test. There are significant differences ($p = 0,00$) between the quality of life for elderly patients with hypertension who follows elderly gymnastics with the quality of life for elderly patients with hypertension who did not follow elderly gymnastic.

Keywords: elderly, elderly gymnastic, hypertension, the quality of life of elderly.