

ABSTRAK

HUBUNGAN INDEKS MASSA TUBUH TERHADAP KESEIMBANGAN LANSIA PADA KOMUNITAS UPRIGHT YOGA LAMPUNG

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Latar Belakang: Peningkatan jumlah lansia di dunia diproyeksikan akan terjadi secara signifikan beberapa tahun mendatang. Lansia mengalami proses penuaan dengan hilangnya massa otot dan fungsi fisik secara progresif yang mengakibatkan gangguan mobilitas dan meningkatkan risiko jatuh. Gangguan keseimbangan dipengaruhi oleh indeks massa tubuh dengan manifestasi perubahan *center of gravity*. Yoga menjadi pilihan olahraga bagi lansia karena manfaatnya dalam meningkatkan fleksibilitas, serta keseimbangan. Penelitian ini dilakukan untuk mengetahui hubungan IMT terhadap keseimbangan lansia pada komunitas Upright Yoga Lampung.

Metode: Penelitian analitik observasional, pendekatan *cross sectional* dengan sampel sebanyak 49 responden yang didapatkan melalui teknik *simple random sampling*. Data diambil melalui kuesioner dan pemeriksaan fisik berupa pengukuran berat dan tinggi badan serta tes keseimbangan metode *timed up and go*.

Hasil: Ditemukan hasil 4% lansia *underweight*, 16% normal, 16% *overweight*, 34% *obese I*, dan 30% *obese II*. Didapatkan pula hasil 36% lansia memiliki keseimbangan normal dan 64% memiliki risiko jatuh ringan. Didapatkan hasil bahwa terdapat hubungan antara indeks massa tubuh terhadap keseimbangan lansia pada komunitas Upright Yoga Lampung ($p=0.022$).

Kesimpulan: Terdapat hubungan antara indeks massa tubuh terhadap keseimbangan lansia pada komunitas Upright Yoga Lampung.

Kata Kunci: Lansia, indeks massa tubuh, keseimbangan, yoga

ABSTRACT

CORRELATION BETWEEN BODY MASS INDEX WITH BALANCE ON ELDERLY IN LAMPUNG UPRIGHT YOGA COMMUNITY

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Background: The number of elderly people in the world is predicted to increase significantly in the coming years. Elderly people experience aging process which manifests as the loss of muscle mass and physical function, both occurring progressively. Those, then, become the main factors of mobility impairment which continuously leads to an elevated risk of falling. Balance disorder is influenced by body mass index (BMI). Studies have presented that altered center of gravity is found in people with higher BMI score. Yoga is an option for the elderly since the exercise has the ability to improve flexibility and balance. This study aims to determine the relationship between BMI and balance on elderly in Lampung Upright Yoga Community.

Method: Observational analytical research, cross-sectional approach with 49 respondents obtained through simple random sampling techniques. Data was collected through questionnaires, weight and height measurements also timed up-and-go tests.

Results: The results showed that 4% of elderly people were underweight, 16% were normal, 16% were overweight, 34% were obese I, and 30% were obese II. It was found that 36% of elderly people had normal balance and 64% had a mild risk of falling. It was shown that there was a relationship between body mass index and balance on elderly in Lampung Upright Yoga Community ($p=0.022$).

Conclusion: There is a relationship between body mass index and balance on elderly in Lampung Upright Yoga Community.

Keywords: Elderly, body mass index, balance, yoga