

## INTISARI

### HUBUNGAN AKTIVITAS FISIK DENGAN KEJADIAN DEMENSIA PADA LANSIA DI PANTI WREDHA DHARMA BHAKTI SURAKARTA

Biyan Mahfudz Abrory Saputra<sup>1)</sup>, Vitri Dyah Herawati<sup>2)</sup>, Rif Atiningtyas Haris<sup>3)</sup>

**Latar Belakang:** Aktivitas fisik merupakan salah satu faktor yang mempengaruhi demensia. Aktivitas fisik yang rutin dapat meningkatkan aliran darah ke otak dan meningkatkan pembentukan neurotransmitter otak yang berperan dalam memori seseorang untuk mengurangi demensia

**Tujuan:** Mengetahui hubungan aktivitas fisik dengan kejadian demensia pada lansia di Panti Wredha Dharma Bhakti Surakarta.

**Metode:** Jenis penelitian ini adalah deskriptif korelasional dengan pendekatan cross sectional. Populasi penelitian adalah semua lansia di Panti Wredha Dharma Bhakti Surakarta yang berjumlah 86 lansia. Sampel diambil berdasarkan rumus Slovin berjumlah 46 lansia, teknik pengambilan sampel *purposive sampling*. Instrumen penelitian menggunakan kuesioner PASE dan MMSE. Teknik analisis data menggunakan rumus persentase dan *Chi Square*.

**Hasil:** (1) Lansia di Panti Wredha Dharma Bhakti Surakarta sebagian besar kurang dalam aktivitas fisik, yaitu terdapat 27 lansia (57,4%). (2) Lansia di Panti Wredha Dharma Bhakti Surakarta, hampir setengah mengalami demensia ringan, yaitu terdapat 22 lansia (42,8%). (3) Terdapat hubungan yang signifikan aktivitas fisik dengan kejadian demensia pada lansia di Panti Wredha Dharma Bhakti Surakarta ( $r_t$  0,475 dan  $p$  value 0,002).

**Simpulan:** Terdapat hubungan yang signifikan aktivitas fisik dengan kejadian demensia pada lansia di Panti Wredha Dharma Bhakti Surakarta

**Kata Kunci:** Aktivitas Fisik, Demensia, Lansia

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## ABSTRACT

### THE CORRELATION OF PHYSICAL ACTIVITIES TO DEMENSIA INCIDENCE ON ELDERLY AT WREDHA DHARMA BHAKTI HOME IN SURAKARTA

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**Background:** Physical activity is one of the factor contributes to dementia. Daily physical activity can increase blood flow to the brain. Besides, it also increases the formation of neurotransmitters of the brain and play a role in memory to reduce dementia

**Objective:** To determine the correlation of physical activity to dementia incidence on the elderly at the Dharma Bhakti Wredha Home in Surakarta.

**Method:** The research belongs to descriptive correlation with cross sectional approach. The population was all elderly at Wredha Dharma Bhakti home in Surakarta with 60 people. The sampling technique used total sampling technique with 60 elderly as a sample. The research instrument used the PASE and MMSE questionnaire. Meanwhile, the data analysis technique used the percentage formula and Spearman's Rank.

**Result:** Almost elderly at Wredha Dharma Bhakti home in Surakarta had not enough physical activity with 88 people (63.3%). (2) almost half of elderly at Wredha Dharma Bhakti home in Surakarta had medium dementia with 20 people (40%) (3) There is a significant correlation of physical activity to dementia incidence in the elderly at Dharma Bhakti Nursing Home in Surakarta (p value 0,000).

**Conclusion:** There is a significant correlation physical activity to dementia incidence on elderly at the Dharma Bhakti Nursing Home in Surakarta

**Keywords:** Physical Activity, Dementia Incidence, Elderly

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