

## Determinan yang berhubungan dengan kebugaran non kardiorespiratori pada wanita pralansia di Kecamatan Pancoran Mas Kota Depok tahun 2015 = Related determinants of non cardiorespiratory fitness on middle aged women in Pancoran Mas Sub District Depok 2015

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### Abstrak

Kelompok lanjut usia mengalami perkembangan yang pesat di masa mendatang. Kebugaran menjadi salah satu prediktor dalam menentukan kesakitan dan kematian pada kelompok lansia. Penelitian ini membahas karakteristik, komposisi tubuh, gaya hidup dan asupan gizi dengan kebugaran yang diukur melalui serangkaian tes kebugaran pada wanita pralansia di Kecamatan Pancoran Mas kota Depok. Penelitian menggunakan desain studi cross-sectional dan dilakukan pada 134 orang wanita pralansia di Kecamatan Pancoran Mas kota Depok. Hasil penelitian menunjukkan bahwa 72.4 persen wanita pralansia berada pada kondisi tidak bugar. Variabel paling berhubungan dengan kebugaran adalah aktivitas fisik setelah dikontrol dengan IMT, persen lemak tubuh, status merokok dan asupan vitamin B12.

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The elderly experiencing fairly rapid growth in the future. Physical fitness had been found as predictor to morbidity and mortality to elderly group. This study focused on the physical fitness of middle aged women in Pancoran Mas District, Depok. The purpose of this study was to determine the relations between characteristic, lifetsyle, body composition and nutritinal intake to physical fitness. This study was a cross-sectional design and the data were collected from 134 middle aged women. Physical Fitness was measured by fitness test using hand grip test, sit and reach test, and czuka chair sit and stand test. The result showed that 72.4 percentage of respondent belonged to unfit condition. The most influential variable were physical activity intake after adjusted by BMI, percentage of body fat, smoking status and vitamin B12 intake.