

***THE RELATIONSHIP OF PHYSICAL ACTIVITY WITH MYOGENIC LOW  
BACK PAIN IN THE ELDERLY***

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***ABSTRACT***

**Background:** One of the impact caused by a back of physical activity in the elderly is the emergence of these musculoskeletal disorders which involve skeletal muscle which are related to biomechanical factors, the causative factors of musculoskeletal disorders age, smoking, obesity, and one of the elderly is LBP. **Purpose:** To determine the relationship between physical activity and myogenic LBP in the elderly. **Method:** The design of this study used a cross-sectional correlational descriptive approach. This research was a written assignment using a questionnaire which was distributed to the respondent simultaneously, and the result of the assignment are written in the form a survey exercise. **Result:** The result using the gamma test obtained significant result of 0,95 ( $p > 0,05$ ) so  $H_0$  is accepted, which means there is no relationship between physical activity and silent pain in myogenic low back pain in the elderly. For a significant value of 0,001 ( $p < 0,05$ ) then  $H_a$  is accepted, which means there is a relationship between physical activity and tenderness in myogenic low back pain in the elderly. And a significant value of 0,00 ( $p < 0,05$ ) means that  $H_a$  is accepted, which means there is a relationship between physical activity and motion pain in myogenic low back pain in the elderly. **Conclusion:** There is no significant relationship between silent pain and physical activity in the elderly and there is a significant relationship between tenderness and movement pain physical activity in the elderly.

**Keyword:** elderly, physical activity, LBP