

ABSTRACT

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RELATIONSHIP BETWEEN PHYSICAL FITNESS AND HYPERTENSION LEVEL OF OLDER PEOPLE IN POSYANDU LANSIA OF KELURAHAN JEBRES, KECAMATAN JEBRES, SURAKARTA

ABSTRACT

Background : Hypertension is a health problem close relationship with older people. It occurred because of physiological change such as reduced capability of heart contractility, reduced blood vessel elasticity physical fitness was proved to be able to improve life quality of an individual physically and mentally and to reduce blood pressure.

Purpose: Purpose of the research was to know relationship physical fitness and hypertension level of older people in Posyandu Lansia of Kelurahan Jebres, Kecamatan Jebres, Surakarta.

Method: The research was observational-analytical one and it can be included in qualitative research with a correlational design and a cross sectional approach. Sample was taken by using purposive sampling resulting in 100 respondents. Data was obtained by measurements with sphygmomanometer and stopwatch and then, it was analysed and to be evidence of a research. Further, the data was tested by using uivariate and bivariate analyses with correlation test of Spearman rank.

Results: Respondents with mild hypertension were 59 respondents (59%) and those with poor physical fitness were 43 respondents (43%). Meanwhile, correlation between hypertension level and physical fitness indicated that most respondents with moderate physical fitness had mild hypertension (33 respondents or 33%). Based on the data, significance finding was obtained with 0.000 and p value < 0.05 meaning that H_a was accepted that relationship between physical fitness and hypertension of older people was found in Posyandu Lansia Kelurahan Jebres, Kecamatan Jebres, Surakarta.

Conclusion: A significant relationship between physical fitness and hypertension level of older people in Posyandu Lansia Kelurahan Jebres, Kecamatan Jebres, Surakarta.

Key words: Physical fitness, hypertension, older people