

## **RELATIONSHIP OF PHYSICAL ACTIVITY WITH BALANCE IN ELDERLY TYPE II DIABETES MELITIS**

Anto Setiawan

[Setiawananto32@gmail.com](mailto:Setiawananto32@gmail.com)

### **ABSTRACT**

**Background:** *Elderly or elderly is a phase that has been arranged by God, which is characterized by increased weakness, increased vulnerability of the body to various diseases, a changing environment, loss of dexterity and reduced mobility and physiological changes. Physical health in the elderly has decreased, mainly related to energy, activity, work capacity, pain and dependence on medical care.*  
**Objective:** *To determine whether there is a relationship between physical activity and balance in the elderly with type II diabetes mellitus.* **Methods:** *This study uses the observation method with sampling using purposive sampling with a total sample of 9 subjects. The research instrument used a questionnaire, measuring the Physical Activities Scale For Elderly (PASE) and the Time Up And Go Test. Data analysis using Gamma and Somers'd correlation test.* **Results:** *The results of this study indicate a significant relationship between physical activity and balance in the elderly with type II diabetes mellitus with a value ( $p = 0.018$ ).* **Conclusion :** *There is a significant relationship between physical activity and balance in the elderly with type II diabetes mellitus.*

**Keywords:** *Elderly, Physical activity and balance.*