

THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND THE RISK OF SARCOPENIA IN THE ELDERLY AT NGRAU ELDERLY POSYANDU, TANJUNGSARI VILLAGE

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ABSTRAK

Background: Aging leads to a decline in muscle mass and strength, thereby increasing the risk of sarcopenia in older adults. This condition negatively affects physical function, mobility, and quality of life. Physical activity plays a crucial role in maintaining muscle strength and stability, while inactivity accelerates muscle loss and worsens sarcopenia. **Objective:** To examine the relationship between physical activity and the risk of sarcopenia in the elderly. **Methods:** This was an observational study with a cross-sectional design conducted at the Elderly Posyandu in Ngrau, Tanjungsari Village, involving 51 participants. Physical activity was assessed using the PASE questionnaire (Physical Activity Scale for the Elderly), while sarcopenia risk was measured with the SARC-F questionnaire (Strength, Assistance in walking, Rise from a chair, Climb stairs, and Falls). **Results:** The Spearman rank test showed a significance value of 0.002 ($p < 0.05$). The chi-square test to determine the odds ratio also yielded a value of 0.002 ($p < 0.05$). **Conclusion:** There is a significant association between physical activity and the risk of sarcopenia in older adults.

Keywords: Physical activity, Sarcopenia, PASE (Physical Activity Scale for the Elderly), SARC-F.