

ABSTRAK

Lansia merupakan kelompok populasi yang rentan terhadap penurunan kemampuan fisik dan kesehatan umum. *VO2max*, yang merupakan ukuran kapasitas maksimum seseorang dalam menggunakan oksigen selama aktivitas fisik, telah terbukti menjadi indikator penting dari kebugaran kardiorespirasi pada lansia. Lansia cenderung mengurangi aktivitasnya yang akan berdampak pada kebugaran jasmaninya. Kurangnya aktivitas fisik pada lansia dapat meningkatkan risiko penyakit kardiovaskular. Penelitian ini bertujuan untuk mengetahui hubungan aktivitas fisik terhadap daya tahan kardiovaskuler (*VO2Max*) pada lansia. Penelitian ini merupakan penelitian kuantitatif analisis deskriptif non eksperimental. Sampel penelitian terdiri dari 30 orang yang dipilih secara purposive sampling berdasarkan kriteria inklusi dan eksklusi. Pengumpulan data dilakukan melalui wawancara kuisioner *Physical Activity Scale for the Elderly* (PASE) dan *Six Minute Walking Test*. Penelitian yang dilakukan menggunakan uji korelasi momen produk pearson didapatkan nilai signifikan 0,000 dan koefisien korelasi 0,947 yang artinya adanya korelasi yang sangat kuat kearah positif antara aktivitas fisik dan daya tahan kardiovaskuler (*VO2Max*).

Kata Kunci: *Aktivitas Fisik, Lansia, Physical Activity Scale for the Elderly (PASE), Six Minute Walking Test, VO2max.*

ABSTRACT

The elderly are a population group vulnerable to declines in physical ability and general health. VO₂max, which is a measure of a person's maximum capacity to use oxygen during physical activity, has been shown to be an important indicator of cardiorespiratory fitness in the elderly. The elderly tend to reduce their activity which will have an impact on their physical fitness. Lack of physical activity in the elderly can increase the risk of cardiovascular disease. This study aims to determine the relationship of physical activity to cardiovascular endurance (VO₂Max) in the elderly. This research is a non-experimental descriptive analysis quantitative research. The study sample consisted of 30 people selected by purposive sampling based on inclusion and exclusion criteria. Data collection was carried out through Physical Activity Scale for the Elderly (PASE) questionnaire interviews and the Six Minute Walking Test. Research conducted using the Pearson product moment correlation test obtained a significant value of 0.000 and a correlation coefficient of 0.947 which means that there is a very strong correlation in a positive direction between physical activity and cardiovascular endurance (VO₂Max).

Keywords: *Physical Activity, Elderly, Physical Activity Scale for the Elderly (PASE), Six Minute Walking Test, VO₂Max.*