

ABSTRAK

Proses penuaan menyebabkan penurunan fisiologis, termasuk daya tahan kardiovaskuler. Aktivitas fisik merupakan faktor yang mempengaruhi kardiovaskuler. Penelitian ini bertujuan untuk menyelidiki hubungan antara aktivitas fisik terhadap daya tahan kardiovaskuler. Penelitian ini menggunakan pendekatan penelitian kuantitatif dengan rancangan penelitian *cross-sectional study*. Sebanyak 64 lansia wanita di desa Jegu yang dipilih sebagai sampel melalui teknik *purposive sampling*. Aktivitas fisik diukur menggunakan *Physical Activities Scale for Elderly (PASE)*, sedangkan daya tahan kardiovaskuler diukur menggunakan *Six Minute Walk Test (6MWT)*. Hasil analisis data dengan *spearman rho* menunjukkan adanya hubungan yang signifikan antara aktivitas fisik dengan daya tahan kardiovaskuler ($p=0,001$) dengan nilai koefisien korelasi positif sebesar $p=0,322$. Ini menunjukkan bahwa semakin meningkat aktivitas fisik, semakin meningkat daya tahan kardiovaskuler. Berdasarkan hasil penelitian disimpulkan adanya hubungan yang kuat antara aktivitas fisik terhadap daya tahan kardiovaskuler pada lansia wanita di desa jegu.

Kata Kunci: Lansia wanita, aktivitas fisik, daya tahan kardiovaskuler, 6MWT, PASE

ABSTRACT

The aging process causes physiological decline, including a decrease in cardiovascular endurance. Physical activity is a factor that influences cardiovascular health. This research aimed to investigate the relationship between physical activity and cardiovascular endurance. The research employed a quantitative approach with a cross-sectional research design. A total of 64 elderly women in Jegu village were selected as samples through a purposive sampling technique. Physical activity was measured using the Physical Activities Scale for the Elderly (PASE), while cardiovascular endurance was measured using the Six-Minute Walk Test (6MWT). The results of the data analysis with Spearman's rho showed a significant relationship between physical activity and cardiovascular endurance ($p=0.002$) with a positive correlation coefficient of $p=0.472$. This research indicated that as physical activity increases, cardiovascular endurance also increases. Based on the results of this study, it was concluded that there was a strong relationship between physical activity and cardiovascular endurance in elderly women in Jegu village.

Keywords: *Elderly women, physical activity, cardiovascular endurance, 6MWT, PASE*