

ABSTRAK

Kemampuan fungsional merupakan indikator penting dalam menentukan tingkat kemandirian lansia dalam menjalani aktivitas sehari-hari. Aktivitas fisik yang rendah dan IMT yang tidak ideal berpotensi menurunkan kapasitas fungsional pada lansia. Penelitian ini bertujuan untuk mengetahui hubungan antara aktivitas fisik dan IMT terhadap kemampuan fungsional pada lansia wanita di Desa Jegu. Penelitian ini menggunakan pendekatan kuantitatif dengan rancangan *cross-sectional*. Sampel terdiri dari 64 lansia wanita usia 60–74 tahun yang dipilih menggunakan teknik *purposive sampling*. Aktivitas fisik diukur menggunakan *Physical Activity Scale for the Elderly* (PASE), kemampuan fungsional dinilai menggunakan Indeks Barthel, dan IMT dihitung dari berat badan dan tinggi badan. Analisis data menggunakan uji korelasi Spearman dan korelasi berganda. Hasil analisis menggunakan korelasi Spearman didapatkan hubungan signifikan dan arah hubungan yang positif antara aktivitas fisik dengan kemampuan fungsional ($p = 0,000$; $r = 0,783$), IMT dengan kemampuan fungsional didapatkan hubungan signifikan kearah negatif ($p = 0,002$; $r = -0,376$). Hasil korelasi berganda menunjukkan bahwa aktivitas fisik dan IMT secara simultan berhubungan signifikan dengan kemampuan fungsional ($p = 0,000$; $R = 0,723$; $R^2 = 0,523$), dengan aktivitas fisik sebagai pengaruh dominan. Dapat disimpulkan bahwa terdapat hubungan yang kuat antara aktivitas fisik dan IMT dengan kemampuan fungsional lansia wanita di Desa Jegu.

Kata Kunci: Lansia wanita, Kemampuan Fungsional, Aktivitas Fisik, Indeks Massa Tubuh, PASE

ABSTRACT

Functional ability is an important indicator in determining the level of independence of older adults in carrying out daily activities. Low physical activity and suboptimal BMI have the potential to reduce functional capacity in older adults. This study aims to find out the relationship between physical activity and BMI and functional abilities in older women in Jegu Village. This study used a quantitative approach with a cross-sectional design. The sample consisted of 64 elderly women aged 60–74 years selected using purposive sampling. Physical activity was measured using the Physical Activity Scale for the Elderly (PASE), functional ability was assessed using the Barthel Index, and BMI was calculated from weight and height. Data analysis used Spearman's correlation test and multiple correlation. The results of the Spearman correlation analysis showed a significant and positive relationship between physical activity and functional ability ($p = 0.000$; $r = 0.783$), while BMI and functional ability showed a significant negative relationship ($p = 0.002$; $r = -0.376$). The multiple correlation results indicated that physical activity and BMI were simultaneously significantly related to functional ability ($p = 0.000$; $R = 0.723$; $R^2 = 0.523$), with physical activity as the dominant influence. It can be concluded that there is a strong relationship between physical activity and BMI with the functional ability of elderly women in Jegu Village.

Keywords: *Elderly Women, Functional Ability, Physical Activity, Body Mass Index, PASE*