

INTISARI

Lansia adalah seseorang yang mengalami perubahan struktur dan fungsi sistem biologis karena usianya yang telah lanjut. Semakin berusia lanjut, maka seorang individu semakin rentan pula terhadap penyakit dan kondisi fisik yang mulai menurun. Semua fungsi organ tubuh mulai menurun tidak terkecuali fungsi paru. Penurunan fungsi paru ini berpengaruh pada kapasitas vital dan frekuensi pernapasan. Olahraga dapat menjadi salah satu solusi untuk meningkatkan kualitas hidup lansia, salah satunya senam lansia. Semua lansia memiliki manfaat untuk memperlambat proses degeneratif. Senam lansia sangat dianjurkan untuk mereka yang memasuki usia 60 tahun ke atas. Penelitian tentang hubungan senam lansia terhadap frekuensi pernapasan lansia perlu dilakukan untuk mengetahui manfaat nyata senam lansia untuk kesehatan para lansia.

Penelitian ini menggunakan desain *cross sectional* dengan rancangan desain non eksperimental. Populasi yang digunakan adalah semua lansia penghuni Panti Sosial Tresna Werdha (PSTW) Budhi Luhur Bantul yang berjumlah 88 orang. Sampel dalam penelitian ini adalah lansia penghuni Panti Sosial Tresna Werdha (PSTW) Budhi Luhur Bantul yang sesuai kriteria inklusi berupa aktif mengikuti senam lansia sejumlah 47 orang.

Perhitungan statistik uji *Chi-Square* antara variabel independen berupa senam lansia dan variabel dependen berupa frekuensi pernapasan lansia menunjukkan bahwa nilai ($p=0,004$) sehingga terbukti adanya hubungan antara senam lansia terhadap frekuensi pernapasan lansia. Nilai *Contingency Coefficient* menunjukkan nilai sebesar 0,609 (pada rentang 0,6-0,79) yang dapat diartikan bahwa variabel senam lansia dan variabel frekuensi pernapasan lansia terbukti memiliki hubungan yang bersifat erat.

Hasil penelitian dapat disimpulkan senam lansia memiliki hubungan terhadap frekuensi pernapasan pada lansia. Lansia yang melakukan senam lansia secara teratur cenderung memiliki frekuensi pernapasan normal.

Kata kunci : senam lansia, frekuensi pernapasan, lansia

ABSTRACT

Elderly is someone who experienced the changes of structure and biological function because of advanced age. Furthermore, they will have high risk to suffer many disease and bad physical condition. All organs function begins to getting worse. One of them is lung function. The decreasing of lung function also brings an impact to vital capacity and respiratory rate value. Exercise can be the solution to improve the quality of life in elderly. The most common exercise for elderly is elderly gymnast. Elderly gymnast is particularly recommended for those who entered the age of 60 years old. This study is about relation between elderly gymnast and respiratory rate in elderly. This study needs to be done to find out the real benefits of elderly gymnast for the health aspect of elderly.

This study used cross sectional design with non experimental form. The population in this study is the elderly in Panti Sosial Tresna Werdha (PSTW) Budhi Luhur Bantul which is have 88 people. The sample itself is elderly in Panti Sosial Tresna Werdha (PSTW) Budhi Luhur Bantul who appropriate based on inclusion criteria such as active doing elderly gymnast and have no respiratory problems. This study used 47 elderly as sample.

In the statistic calculation using Chi-square test to know the relation between independent variable (elderly gymnast) and dependent variables (respiratory rate in elderly) shows that the p value ($p = 0.004$) so we can conclude that there is a relationship between elderly gymnast and respiratory rate in elderly. Coefficient Contingency value indicates a value of 0.609 (on a range value 0.6-0.79) which means that the variable elderly gymnast and variable respiratory rate in elderly have a strong relation.

From the results of this study we can concluded that there is a relation between elderly gymnast and respiratory rate in elderly. Elderlry who does elderly gymnast regularly tend to has normal respiratory rate.

Keywords: *elderly gymnast, elderly, respiratory rate*