

THE EFFECT OF PHYSICAL WELFARE ON PHYSICAL ACTIVITY OF THE ELDERLY

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ABSTRACT

Healthy individuals are able to perform daily activities independently. Whereas in the elderly, diseases that attack can make the elderly experience dependence either at mild, moderate or severe levels. This study aims to determine the effect of physical well-being on the physical activity of the elderly in Lampeudeu Tunong Village, Pidie District, Pidie Regency. This research is analytic with cross-sectional approach. The population in this study were all elderly people who live in Lampeudeu Tunong Village, Pidie District, Pidie Regency, namely 35 people. This research was conducted from 21 to 23 September 2021. Based on the results of research and discussion, it can be concluded that the majority of respondents have moderate physical activity, namely 22 respondents (62.9%), the majority of respondents have poor physical well-being, as many as 23 respondents (65.7%) and there is an effect of physical well-being on the physical activity of the elderly in Lampeudeu Tunong Village, Pidie District, Pidie Regency (p value = 0.028 0.05). It is suggested to respondents to be able to maintain their health and also keep active, even if it is a light activity considering that physical activity can maintain body fitness.

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1. Introduction

Aging is a natural process that cannot be avoided, it runs continuously and continuously. Furthermore, it will cause anatomical, physiological and biochemical changes in the body so that it will affect the functions and abilities of the body as a whole. Aging is characterized by biological deterioration that can be seen from various physical setbacks, including sagging skin, wrinkles, gray hair, tooth loss, reduced hearing and vision, fatigue, slow movement and less agile. Other setbacks that occur are cognitive abilities such as forgetfulness, a decline in orientation to time, space and place and not easily accepting new things/ideas (Maryam et al 2018).

Biologically, the elderly population is a population who experiences a continuous aging process which is characterized by decreased physical endurance, which is increasingly susceptible to disease attacks that can cause death. This is due to changes in the structure and function of cells, tissues and organ systems (Pandji 2017).

The increase in life expectancy will have an impact on increasing the number of elderly population. This increasing elderly population makes the government need to formulate policies and programs aimed at development and not being a burden to the community. Law Number 13 of 1998 concerning Elderly Welfare stipulates that the age limit for the elderly in Indonesia is 60 years and over (Christy, Junita, and Bancin 2020).

When reaching old age is a biological thing that cannot be avoided by every human being and is something that is commonplace where everyone is given the gift of a long life where they hope to be

able to live their lives in peace, calm, and enjoy the twilight years with family with love. so that they can enjoy their old life (Purba 2017). According to the World Health Organization (WHO), the elderly are individuals who have reached the age of 60 years or the equivalent of a pension (WHO 2019). Elderly itself is divided into four stages, namely middle age 45-59 years, elderly 60-74 years and old 75-90 years (Wahjudi 2017). This is also confirmed in Law No. 13 of 1998 concerning the welfare of the elderly in Chapter I Article 1 paragraph 2 which states that a person can be said to be elderly if he is aged 60 years and over. However, it is not uncommon for the elderly to not be able to enjoy their old age. The aging process itself can cause various types of problems both physically, biologically, mentally and socio-economically (Purba 2017).

The physical activity ability of the elderly or the functional status of the elderly is a person's ability to carry out daily activities that are carried out routinely and independently. The physical activity ability of the elderly describes the general health condition. Healthy individuals are able to perform daily activities independently. Whereas in the elderly, diseases that attack can make the elderly experience dependence either at mild, moderate or severe levels (Fatma 2019).

Based on a study conducted by Purba (2003) on "Changes in Body Composition, Physical Activity, and the Aging Process" states changes in body composition (fat-free body mass decreases while body fat mass increases) causes a decrease in energy requirements. Some of these changes can be avoided or delayed with a healthy diet and a healthy lifestyle; while changes in the aging process are unavoidable. A healthy diet and exercise are not only important for preventing changes in body composition in the elderly, but they can also slow down changes that accumulate over a long period of time and can delay disease until signs of aging appear. Nutritional intervention and physical activity become increasingly important in the elderly, especially to welcome old age to be useful and beneficial (Rosmalina 2016).

Physical well-being or also physical well-being of the elderly is one of the important things that must be considered where physical well-being is a person's ability to carry out daily activities without having to feel significantly tired. Physical well-being also means being able to carry out daily work vigorously and energetically with enough energy so that you can enjoy free time and perform sudden or unexpected physical activities (Purba 2017).

Physical activity is one that affects physical well-being, according to WHO, physical activity is a body movement produced by skeletal muscles that requires energy expenditure (WHO 2019). Physical activity is an external activity that requires energy or energy to carry out physical activities such as walking, running, and exercising. Physical activity is also any movement that requires energy such as walking, dancing, raising grandchildren and so on (Purba 2017).

The initial data collection that the researchers did from Keuchik Gampong Lampeudeu Tunong, Pidie District, Pidie Regency, the results showed that the number of elderly people over 60 years old was 35 people consisting of 23 women and 12 men, and based on the results of interviews with four elderly people. , data obtained that they are no longer able to work hard, because they are old, and no longer as young as they used to be. Based on the above background, the researchers are interested in conducting research on the Effect of Physical Welfare on Physical Activity of the Elderly in Lampeudeu Tunong Village, Pidie District, Pidie Regency. The purpose of this research is the effect of physical well-being on the physical activity of the elderly in Lampeudeu Tunong Village, Pidie District, Pidie Regency.

2. Method

The research design used in this study is analytic with a cross-sectional approach, namely the researcher only analyzes the effect of physical well-being on the physical activity of the elderly in Lampeudeu Tunong Village, Pidie District, Pidie Regency.

3. Results and Discussion

Based on the research that has been done, it can be seen in the results below;

3.1 Univariate

a. Physical activity

TABLE 1
DISTRIBUTION OF PHYSICAL ACTIVITY FREQUENCY IN THE ELDERLY IN LAMPEUDEU TUNONGVILLAGE, PIDIE DISTRICT, PIDIE REGENCY

No	Elderly Physical Activity	f	%
1	Height	9	25,7
2	Medium	22	62,9
3	Low	4	11,4
Quantity		35	100

Table 1 shows that of 35 respondents (100%) the majority have moderate physical activity, as many as 22 respondents (62.9%)

b. Physical health

TABLE 2
FREQUENCY DISTRIBUTION OF PHYSICAL WELFARE IN THE ELDERLY IN GAMPONG LAMPEUDEU TUNONG DISTRICT PIDIE DISTRICT

No	Physical Welfare	f	%
1	Enough	12	34,3
2	Less	23	65,7
Quantity		35	100

Table 5.2 shows that of 35 respondents (100%) the majority have poor physical well-being as many as 23 respondents (65.7%).

c. Effect of Physical Welfare on Physical Activity of the Elderly in Lampeudeu Tunong Village, Pidie District, Pidie Regency

TABLE 3
EFFECT OF PHYSICAL WELFARE ON PHYSICAL ACTIVITY OF THE ELDERLY IN LAMPEUDEU TUNONG VILLAGE, PIDIE DISTRICT, PIDIE REGENCY

No	Physical Welfare	Physical Activity						Quantity		Value-p	α
		Height		Medium		Low		f	%		
		f	%	f	%	f	%				
1	Enough	6	50,0	4	33,3	2	16,7	12	100	0.028	0,05
2	Less	3	13,0	18	78,3	2	8,7	23	100		
Quantity		9		22		4		35	100		

In table 5.3 it can be seen that of the 12 respondents whose physical well-being is moderate, the majority have high physical activity, as many as 6 (50%), and of the 23 respondents whose physical well-being is less, the majority have moderate physical activity, which is 18 (78.3%). . Statistical test results obtained p value = 0.028 0.05 (Ha accepted) which means that there is an effect of physical well-being on the physical activity of the elderly in Lampeudeu Tunong Village, Pidie District, Pidie Regency.

3.2 Discussion

a. Physical Activity

Based on the results of the study showed that of 35 respondents (100%) the majority had moderate physical activity, namely as many as 22 respondents (62.9%). The physical activity ability of the elderly or the functional status of the elderly is a person's ability to carry out daily activities that are carried out routinely and independently. The physical activity ability of the elderly describes the general health condition. Healthy individuals are able to perform daily activities independently. Whereas in the elderly, diseases that attack can make the elderly experience dependence either at mild, moderate or severe levels (Fatma 2019).

Elderly are recommended to do at least 30 minutes of moderate-intensity physical activity most days of the week. Participating in activities such as walking, gardening, doing housework, and going up and down stairs can achieve desired goals (Purba 2017). Based on a study conducted by Purba (2017) on "Changes in Body Composition, Physical Activity, and the Aging Process" states changes in body composition (fat-free body mass decreases while body fat mass increases) causes a decrease in energy needs. Some of these changes can be avoided or delayed with a healthy diet and a healthy lifestyle; while changes in the aging process are unavoidable. A healthy diet and exercise are not only important for preventing changes in body composition in the elderly, but they can also slow down changes that accumulate over a long period of time and can delay disease until signs of aging appear. Nutritional intervention and physical activity become increasingly important in the elderly, especially to welcome old age to be useful and beneficial (Rosmalina 2016).

Based on the results of the research above, the researcher argues that the majority of respondents have physical activity in the less category due to the age of the respondents who are not young anymore so it is impossible to do high physical activity. Therefore, to balance the need for activity, the respondent must adjust the activity to the respondent's condition.

b. Physical Welfare

Based on the results of the study, it can be seen that from 35 respondents (100%) the majority had poor physical well-being, namely 23 respondents (65.7%).

Physical well-being or also the physical well-being of the elderly is one of the important things that must be considered where physical well-being is a person's ability to carry out daily activities without having to feel significantly tired. Physical well-being also means being able to carry out daily work vigorously and energetically with enough energy so that you can enjoy free time and perform sudden or unexpected physical activities (Purba 2017). Physical well-being includes a complex understanding. Physical well-being has several components that are interrelated with one another. However, each component has characteristics that function primarily in a person's Physical Well-being. In order for a person to be said to have good physical well-being, the status of each component must be in good condition. Physical well-being is divided into two groups, namely the component of fitness related to health and component related to skills. Health-related components of fitness include: (1) cardiac endurance, (2) muscle endurance, (3) strength, (4) flexibility and (5) body composition (Pekik 2014).

Research conducted by Syahrudin (2020) on Physical Fitness for the Elderly During the Covid-19 Pandemic showed that efforts to improve the appearance, welfare, and fitness of the elderly through exercise. Aerobic exercise with light intensity is easy, inexpensive, and can be lively and useful because it is done at home and will cause the elderly's heart rate to enter the training zone so that it will meet the demands and requirements of the training. The elderly during the Covid-19 pandemic were directed to do gymnastics and try to achieve the target, which is to practice three to five times a week with a training time of 30 to 60 minutes. Based on the results of the research, the researcher argues that the state of physical fitness will have a positive impact on the health of the elderly. However, if the physical fitness of the elderly is good, the system degeneration process will slow down and reduce the morbidity and risk of falling.

c. Effect of Physical Welfare on Physical Activity of the Elderly in Lampeudeu Tunong Village, Pidie District, Pidie Regency.

Based on the results of the study, it can be seen that of the 12 respondents whose physical well-being is moderate, the majority have high physical activity, as many as 6 (50%), and of the 23 respondents whose physical well-being is less, the majority have moderate physical activity, as many as 18 (78.3%). Statistical test results obtained p value = 0.028 0.05 (H_a accepted) which means that there is an effect of physical well-being on the physical activity of the elderly in Lampeudeu Tunong Village, Pidie District, Pidie Regency. Physical well-being is the ability and ability of the body to adjust to the physical loads given to it from daily work without causing excessive fatigue. Fitness is a basic need in carrying out activities in daily life. A fit person means dynamically healthy. Dynamic health supports physical and psychological activity. One's fitness will have a positive influence on one's performance and will also have a positive influence on work or study productivity (Purba 2017). Everyone's physical, mental and social conditions experience changes that occur

slowly, regularly and surely. Starting from a state of being completely weak, increasing to a peak then decreasing to a weak condition as well. At the time of this decline, anxiety usually occurs, shock can even occur that is very detrimental if it is not prepared and anticipated properly and correctly. This phase is usually grouped into the climacteric, menopause, senium and andropause phases (Annisa and Ildil 2019).

Previous research conducted by (Wijaya, Ulfiana, and Wahyuni 2020) regarding the Relationship of Individual Characteristics, Physical Activity, and Lifestyle with Physical Fitness Levels in the Elderly showed that there was a relationship between age (0.000), marital status (0.027), physical activity (0.508), and lifestyle (0.034) with the level of physical fitness. Based on the results of the study, researchers argue that if the elderly do physical activity according to their abilities and are diligent in exercising and living a good lifestyle, their physical fitness will also be good. A person's physical fitness cannot be judged from his physical appearance alone, but also from his lifestyle, diet and physical activity. A person can be said to be fit if after work, but still able to do physical activities without feeling excessive fatigue. But what about the elderly (elderly), where the condition of an advanced age must have limitations to carry out daily activities.

4. Conclusion

Based on the results of the study, it can be concluded that the majority of respondents have moderate physical activity, namely as many as 22 respondents (62.9%), the majority of respondents have poor physical well-being as many as 23 respondents (65.7%) and there is an effect of physical well-being on physical activity. elderly in Lampeudeu Tunong Village, Pidie District, Pidie Regency (p value = 0.028 0.05).

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