

ABSTRACT**CORRELATION BETWEEN PHYSICAL FITNESS AND QUALITY OF LIFE IN
ELDERLY PEOPLE
IN RS HAJI SURABAYA GYMNASTIC CLUB**

Hasan

Introduction : Physical fitness is a condition that reflect someone's ability to do their task productively without any significant fatigue. Quality of life is a functional condition that cover physical health, psychological health, social relations, and environment. Elderly population in Indonesia is 20,24 million (8,03% of population). The objective of this study is to know the relations between physical fitness and quality of life of elderly.

Methods : This was an observational research. There were 33 sample of elderly in gymnastic club RS Haji Surabaya. There were two variable, dependent variable was the value of quality of life and the independent variabel was the value of physical fitness based on VO₂max. The data was analyzed correlationaly.

Result : From 33 samples, there were 4 participants with bad physical fitness and average quality of life, 1 participant with bad physical fitness and good quality of life, 3 participants with average physical fitness and average quality of life, 9 participants with average physical fitness and good quality of life, 3 participants with good physical fitness and average quality of life, 13 participants with good physical fitness and quality of life. Significancy of normality test of both variable are less than 0.05 (VO₂max : 0.001 ; quality of life : 0.007). Spearman correlation test, coefficient correlation : 0.356 ; significancy: 0.042. This means there is correlation between physical fitness and quality of life and the correlation value is weak (0.356).

Keywords : Physical fitness, quality of life, elderly.