

ABSTRACT

Background: In general, the process of aging could be seen vividly when the ages of the persons reach 40 years old, specially for the male. The male begins showing the decrease of sexual activity either psychologically or physically. **Purposes:** The purpose of this research is to identify and to explain direct and indirect impacts of physical activities, diet pattern, and health status toward symptoms of aging and sexual behavior through testosterone blood levels. This research also compares its variables in Tolaki tribe between urban and rural areas. **Methods:** This research is cross-sectional analytical observation. The sampling methods used in this research are multistage random sampling and simple random sampling of aging males and reproductive age males population as the control of Tolaki tribe in both urban and rural areas. The independent variables of this research are physical activities, diet pattern, and health status. The dependent variables are the symptoms of male aging's and sexual behavior. The controlled variable are males; 45-59 years for aging males, and 18-32 years for reproductive age males, married, without obesity, high blood pressure, and diabetes mellitus. The intervening variables are the testosterone blood levels. Statistical analysis used includes descriptive analysis (frequency distribution, diagram, mean, and deviation standard) and inferential analysis (path analysis and t-test). **Results:** The first result shows that there are significant differences of the symptoms of aging and sexual behavior between aging males in urban and rural areas ($p < 0.05$). The second result shows that the testosterone blood levels significant impacts toward symptoms of aging and the sexual behavior of aging males in urban ($p < 0.05$), but not in rural areas ($p > 0.05$). The third result shows that there are no significant differences of testosterone blood levels between aging males and reproductive age males ($p > 0.05$), but there are significant differences of testosterone blood levels between aging males and reproductive age males in both urban and rural areas ($p < 0.05$). The fourth result shows that only physical activities have direct and indirect impact toward the symptoms of aging and sexual behavior through the testosterone blood levels in urban areas ($p < 0.05$); While in rural areas, only health status has significant direct impact toward the symptoms of aging male's ($p < 0.05$), but it has no significant impacts toward sexual behavior. **Conclusion:** There are significant differences of the symptoms of aging and sexual behavior in Tolaki tribe between urban and rural areas. It is found that there are significant impacts of testosterone blood levels toward symptoms of aging and sexual behavior in urban Tolaki tribe, but not in rural areas. There are no significant differences of testosterone blood levels between aging males and reproductive age males, but there are significant differences of testosterone blood levels between urban aging males and rural aging males and so are reproductive age males. Only the physical activities have direct and indirect impacts through the testosterone blood levels toward the symptoms of aging and sexual behavior in urban of Tolaki tribe while in rural of Tolaki tribe, only health status which has direct impact toward the symptoms of aging, but it has no impact toward sexual behavior of aging males.

Key words: Tolaki tribe, urban and rural areas, aging males, reproductive age males, sexual behavior, testosterone blood levels.