

CORRELATION BETWEEN PHYSICAL ACTIVITY AND ATTENTION ON ELDERLY WHO HAS VISITED RSUD DR. SOETOMO

ABSTRACT

Background: Elderly will have many problems on their health from their body, whether physical or mental. The bigger their age, the more they will have many problems.

Objectives: The objective of this research is to know about the level of physical activity on elderly patient who visit to 'Graha Adi Yuswa', to know the level of attention on elderly patient who visit to 'Graha Adi Yuswa Geriatric Hospital Dr Soetomo', and to analyze the relationship or correlation between physical activity and attention on elderly patient who visit to 'Graha Adi Yuswa Geriatric Hospital Dr Soetomo'.

Methods: The sample is elderly patient who visit to 'Graha Adi Yuswa Geriatric Hospital Dr Soetomo', elderly that is included in the inclusion criteria and not included in the exclusion criteria. This research study is analytical design type.

Results: The result of this research shows that physical activity is divided into 3 levels, those are light (39%), moderate (41%), and weight (20%), while attention is divided into below average (64,5%) and average (35,5%). There is no significant correlation between attention variables with physical activity due to the significant value above 0,05.

Conclusion: Physical activity is divided into 3, those are light, moderate, and weight, while attention is divided into below average and above average. There is no significant relationship between physical activity and attention in the elderly.