

Implementation of Elderly Exercise on Quality of Elderly Life in Walenrang

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Abstract. The elderly can be stated as having a good quality of life if they are in a condition that states the level of satisfaction in their mind, physical, social, and comfort and happiness in life. Elderly exercise that is carried out regularly will get better physical fitness consisting of elements of muscle strength, joint flexibility, agility, flexibility, cardiovascular fitness, and neuromuscular fitness. Objectives: This study aims to analyze the impact of the implementation of elderly exercise on the quality of life of the elderly at Walenrang. Research Methods: The design used is quantitative research with the Quasi Experiment method through the Pretest - Posttest Group design approach. The sampling technique used was Accidental Sampling with a total sample of 39 people divided into five groups. Each respondent in each group did elderly exercise for 30 minutes, once a week for 6 weeks. Quality of life was measured using the WHOQOL-BREF questionnaire before doing elderly exercise in the first week and after elderly exercise in the sixth week. Results: The results of the analysis using the Wilcoxon Signed Ranks Test obtained p-value: 0,000 which is smaller than the value of α : 0.05, which means that elderly exercise has an effect on the quality of life of the elderly. Conclusions: The implementation of elderly exercise has an effect on the quality of life of the elderly. Elderly exercise affects the physical and psychological conditions so that it can have a comfortable effect on the elderly.

Keyword: elderly, elderly exercise, quality of life