

THE EFFECT OF LOW IMPACT AEROBIC EXERCISE ON BLOOD PRESSURE, CHOLESTEROL, BLOOD SUGAR, URIC ACID AND BODY MASS INDEX (BMI) IN MEMBERS OF THE SALAMAH (SALSA) LARASATI ELDERLY SCHOOL IN BANTUL DISTRICT, YOGYAKARTA

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ABSTRACT

In old age you will usually face various kinds of problems and the first problem faced is a decrease in physical ability and physical strength, decreased activity, frequent health problems which cause the elderly to lose enthusiasm and be unable to be independent. The aim of this research is to determine the effect of low impact aerobic exercise on blood pressure, cholesterol, blood sugar, uric acid and body mass index (BMI) in members of the Salamah (Salsa) Larasati elderly school in Bantul Regency, Yogyakarta

The method in this research is quasi-experimental. The research design used was a one group pre-test-posttest pre-experiment design. This design involves one group being given a pre-test (O), given treatment (X) and given a post-test. The samples in this research were members of the Larasati Elderly School (salsa) in Bantul district with the criteria: physically and mentally healthy to be able to carry out treatment, women aged 60-78 years and willing to be used as samples in the research. The sample size was 60 elderly people. Low impact aerobic exercise is carried out with a frequency of 2 times a week on Tuesdays and Saturdays in the afternoon 16 times.

Based on the research results and discussion, it can be concluded that low impact aerobic exercise has a significant effect on the health of the elderly, especially in reducing systolic blood pressure and blood cholesterol. This is proven by the results of the Paired Sample T-test with the SPSS program showing a p value of <0.05 for the variables systolic blood pressure and cholesterol. From these results it can be concluded that there is a significant difference in average systolic blood pressure and cholesterol between before and after low impact aerobics in members of the Salamah (Salsa) Larasati elderly school in Bantul Regency, Yogyakarta

Kata Kunci: Blood pressure, cholesterol, blood sugar, uric acid and the elderly