

Physical Activity, Pysical and Psychic conditons with imunitas status and quality of life: study risk factors sedentary behaviour

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ABSTRACT

ABSTRAC

This study aims to (1) adapt the instrument for measuring physical activity in the elderly, namely the Physical Activity Scale for the Elderly (PASE) to ensure its validity and reliability. The first study design to test the validity and reliability of PASE followed the protocol of cross-cultural adaptation of the instrument from Sousa & Rojjanasrirat (2011). First year research design for validity and reliability, . The population of the first year of research is all the elderly (people who have entered the age of 60 years and over) in the Special Region of Yogyakarta (DIY) and the surrounding area while the sample is the elderly who live in DIY and its surroundings and is taken by confinoun sampling. The physical activity of the elderly was measured using the Physical Activity Scale for the Elderly (PASE). This scale consists of 10 items that focus on 3 activity domains, namely leisure time 3 components, household 4 components, and work-related activities 1 component during the last 7 days. Physical condition is measured by the Senior Fitness Test to determine the physical fitness of the elderly. The procedure of this research is to adapt the instrument and analyze its validity and reliability, examine physical activity, physical and psychological conditions as well as the status of immunity and quality of life of the elderly, and recapitulate data from the implementation of data collection. above data, perform data analysis. Data were analyzed using SPSS® version 21.0 (IBM Corp., Armonk, NY, USA), except for CFA, which used Stata 15 (Stata Corp., College Station, TX, US). Statistical significance was set at $p < 0.05$ for all tests. Outcome: Scopus indexed publication of international journal articles.

KEYWORDS : Physical activity, physical condition, physical activity scale for the elderly

Kata Kunci: *Physical activity, physical condition, physical activiy scale for the elderly*