

## ABSTRACT

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The Effect of Physical Fitness Gymnastics For Elderly On Elimination Pattern in Social Institution Tresna Werdha Warga KM 32 Indralaya

### SKRIPSI

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**Background** : Based on the increasing of elderly population, the degenerative disease will also increase. In addition, aging process may affect renal and urinary system. Physical fitness training is very important for improving the activity of the elderly so that the risk of disease in the renal and urinary system can be reduced.

**Objective** : To determine the effect of physical fitness gymnastics for elderly on elimination pattern in Social Institutions of Tresna Werdha Warga Tama KM 32 Indralaya.

**Methods** : This study used praexperiment design with one group pretest-posttest design. The population in this study were all elderly in Social Institutions Tresna Elderly Residents of Tama KM 32 Indralaya. Samples in this study were 60 respondents with a purposive sampling.

**Results** : Statistical analysis showed a pattern of elimination by the respondents before the exercise, physical fitness was not good as much as 36 respondents (60.0%), and the elimination pattern of respondents after having exercise were pretty good by 30 respondents (50.05), on the Wilcoxon test results showed that  $p$  value = 0.001 < 0.05, which means that there was effect before and after given a physical fitness training on elderly elimination pattern. Physical fitness training is more often to be given to the elderly in social institutions of Tresna Werdha Warga Tama, so the risk of degenerative diseases can be reduced as a result.

Bibliography: 16 (2006-2015)