

ABSTRAK

Hubungan Status Sarkopenia terhadap Kecepatan Berjalan dan Kualitas Hidup Lansia di Komunitas

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Latar Belakang:

Sarkopenia merupakan sindrom geriatrik yang ditandai oleh penurunan massa otot, kekuatan otot, dan performa fisik yang berhubungan dengan berbagai luaran kesehatan yang merugikan pada lansia, seperti penurunan mobilitas, peningkatan risiko jatuh, disabilitas, ketergantungan fungsional, penurunan kualitas hidup, hingga peningkatan mortalitas. Meskipun demikian, penelitian yang mengevaluasi hubungan status sarkopenia dengan kecepatan berjalan dan kualitas hidup secara bersamaan pada lansia yang tinggal di komunitas masih terbatas, khususnya di Indonesia.

Tujuan:

Menganalisis hubungan status sarkopenia dengan kecepatan berjalan dan kualitas hidup pada lansia di komunitas.

Metode:

Penelitian observasional analitik dengan desain potong lintang (*cross-sectional*) dilakukan pada 79 lansia di komunitas yang memenuhi kriteria inklusi dan eksklusi. Status sarkopenia ditentukan berdasarkan kriteria *Asian Working Group for Sarcopenia* (AWGS) 2019 melalui penilaian massa otot, kekuatan otot, dan performa fisik. Kualitas hidup dinilai menggunakan kuesioner WHOQOL-BREF. Analisis hubungan antarvariabel dilakukan menggunakan uji Chi-square, sedangkan faktor-faktor yang berhubungan secara independen dengan kualitas hidup dianalisis menggunakan regresi logistik biner.

Hasil:

Sebanyak 43 dari 79 subjek penelitian (54,4%) mengalami sarkopenia. Terdapat hubungan yang bermakna secara statistik antara status sarkopenia dan kecepatan berjalan ($p = 0,003$), antara status sarkopenia dan kualitas hidup ($p = 0,024$), serta antara kecepatan berjalan dan kualitas hidup ($p = 0,042$). Analisis multivariat menunjukkan bahwa usia, tinggi badan, dan aktivitas fisik berhubungan secara independen dengan kualitas hidup lansia ($p < 0,05$).

Kesimpulan:

Terdapat hubungan yang bermakna antara status sarkopenia dengan kecepatan berjalan dan kualitas hidup pada lansia di komunitas. Selain itu, terdapat hubungan yang bermakna antara kecepatan berjalan dan kualitas hidup. Usia, tinggi badan, dan aktivitas fisik berhubungan secara independen dengan kualitas hidup lansia.

Kata Kunci: sarkopenia; kecepatan berjalan; kualitas hidup; lansia; WHOQOL-BREF.

ABSTRACT

Association between Sarcopenia Status, Gait Speed, and Quality of Life among Community-Dwelling Older Adults

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Background:

Sarcopenia is a geriatric syndrome characterized by a decline in skeletal muscle mass, muscle strength, and physical performance and is associated with various adverse health outcomes in older adults, including reduced mobility, an increased risk of falls, disability, functional dependence, decreased quality of life, and increased mortality. However, studies evaluating the association between sarcopenia status, gait speed, and quality of life simultaneously among community-dwelling older adults remain limited, particularly in Indonesia.

Objective:

To analyze the association between sarcopenia status, gait speed, and quality of life among community-dwelling older adults.

Methods:

An analytical observational study with a cross-sectional design was conducted among 79 community-dwelling older adults who met the inclusion and exclusion criteria. Sarcopenia status was determined according to the 2019 Asian Working Group for Sarcopenia (AWGS) criteria through the assessment of muscle mass, muscle strength, and physical performance. Quality of life was assessed using the WHOQOL-BREF questionnaire. Associations between variables were analyzed using the Chi-square test, while factors independently associated with quality of life were identified using binary logistic regression analysis.

Results:

A total of 43 of the 79 participants (54.4%) had sarcopenia. Statistically significant associations were observed between sarcopenia status and gait speed ($p = 0.003$), between sarcopenia status and quality of life ($p = 0.024$), and between gait speed and quality of life ($p = 0.042$). Multivariate analysis demonstrated that age, height, and physical activity were independently associated with quality of life among older adults ($p < 0.05$).

Conclusion:

There were significant associations between sarcopenia status and gait speed as well as quality of life among community-dwelling older adults. In addition, gait speed was significantly associated with quality of life. Age, height, and physical activity were independently associated with quality of life among older adults.

Keywords: sarcopenia; gait speed; quality of life; older adults; WHOQOL-BREF.