Abstract

The elderly are an age group that is vulnerable to various health problems, one of which is nutritional status. This condition is influenced by various physical and psychological factors. This study was conducted to determine the relationship between depression, physical activity, and diet with nutritional status in the elderly in Mongolato Village, Telaga District, Gorontalo Regency. The approach used was quantitative with a descriptive correlational design and cross-sectional method, a sample of 75 respondents was taken using a total sampling technique. Nutritional status was measured using (BMI), while depression, physical activity, and diet were measured using a questionnaire. The analysis was carried out univariately and bivariately using the Spearman rank correlation test. The results of the analysis showed that the elderly had a normal nutritional status, namely 35 respondents (46.7) did not experience depression, namely 50 respondents (66.7%) had moderate to high physical activity, a good diet, namely 53 respondents (70.7%) concluded in this study there was a significant relationship between depression, physical activity, diet with the nutritional status of the elderly (p <0.05)

Keywords: Elderly; nutritional status; depression; physical activity,diet.

Abstrak

Lansia merupakan kelompok usia yang rentan mengalami berbagai permasalahan kesehatan, salah satunya adalah status gizi. kondisi ini dipengaruhi oleh berbagai faktor fisik dan psikologis. penelitian ini dilakukan untuk mengetahui hubungan. depresi, aktivitas fisik, dan pola makan dengan status gizi pada lansia di Desa Mongolato Kecamatan Telaga Kabupaten Gorontalo. Pendekatan yang digunakan adalah kuantitatif dengan desain deskriptif korelasional dan metode cross sectional, sampel berjumlah 75 responden diambil menggunakan teknik total sampling. Status gizi diukur menggunakan (IMT), sedangkan depresi, aktivitas fisik, dan pola makan di ukur menggunakan kuesioner. Analisis dilakukan secara univariat dan bivariat menggunakan uji korelasi spearman rank. Hasil analisis menunjukkan. bahwa lansia memiliki status gizi normal yaitu 35 responden (46,7) tidak mengalami depresi yaitu 50 responden (66,7%) memiliki aktivitas fisik sedang, hingga tinggi, pola makan yang baik yaitu 53 responden (70,7%) kesimpulan dalam penelitian ini terdapat hubungan yang signifikan antara depresi, aktivitas fisik, pola makan dengan status gizi lansia (p<0,05)

Kata kunci: Lansia; status gizi; depresi; aktivitas fisik, pola makan.

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