

BAB 7

SIMPULAN DAN SARAN

7.1 Kesimpulan

Berdasarkan temuan dari penelitian ini, dapat disimpulkan bahwa :

- a. Mayoritas lansia di Griya Usia Lanjut St. Yosef Surabaya memiliki tingkat aktivitas fisik yang jarang.
- b. Mayoritas lansia di Griya Usia Lanjut St. Yosef Surabaya memiliki persentase lemak tubuh yang masuk dalam kategori non-obesitas.
- c. Terdapat korelasi yang signifikan, nilai $p = 0,003$ ($0,003 < 0,05$), antara aktivitas fisik dan kejadian obesitas berdasarkan persentase lemak tubuh pada lansia di Griya Usia Lanjut St. Yosef Surabaya, dengan kekuatan korelasi sedang sebesar $r = 0,516$.

7.2 Saran

7.2.1 Bagi Penelitian Selanjutnya

Bagi penelitian selanjutnya, disarankan untuk memberikan perhatian terhadap faktor-faktor yang memengaruhi baik aktivitas fisik maupun kejadian obesitas berdasarkan persentase lemak.

7.2.2 Bagi Responden

Bagi responden diharapkan agar dapat menghindari aktivitas fisik yang jarang sehingga dapat mengurangi persentase lemak tubuh yang masuk kategori kejadian obesitas.

7.2.3 Bagi Universitas Katolik Widya Mandala Surabaya

Hasil penelitian ini bisa dipertimbangkan sebagai acuan atau data tambahan apabila ingin mengetahui keterkaitan antara aktivitas fisik dan kejadian obesitas pada lansia berdasarkan persentase lemak tubuh.

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