

## Status Kesihatan Fizikal dalam kalangan Warga Emas yang Menghadiri Klinik Kesihatan Cheras, Malaysia

(Physical Health Status among Older Adults Attending Primary Care Clinic at Cheras, Malaysia)

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### ABSTRAK

Kesihatan fizikal yang optimum adalah penting dalam mengekalkan kemandirian di kalangan warga emas. Terdapat maklumat yang terhad mengenai status kesihatan fizikal di kalangan warga emas yang hadir ke klinik kesihatan dalam populasi tempatan. Tujuan kajian ini adalah untuk menilai kesihatan fizikal di kalangan warga emas yang hadir ke Klinik Kesihatan di Cheras, Malaysia. Kajian keratan rentas ini telah dijalankan di Klinik Kesihatan Cheras yang melibatkan seramai 106 orang peserta (umur purata  $68 \pm 6.3$  tahun). Para peserta telah menjalani satu siri ujian fungsi fizikal. Keputusan kajian menunjukkan bahawa peratusan peserta yang berada di bawah julat normal bagi Ujian 30secs Chair Stand (kekuatan anggota bawah), Ujian Chair Sit and Reach (fleksibiliti anggota bawah), Ujian Back Scratch (fleksibiliti anggota atas), Ujian Timed Up and Go (TUG) (mobiliti berfungsi), Ujian Single Leg Stance (keseimbangan) dan Ujian 2 mins Walk (2MWT) (ketahanan aerobik) masing masing adalah 32%, 18%, 21%, 29%, 22% dan 78%. Keputusan ini menunjukkan bahawa kebanyakan warga emas yang hadir ke klinik kesihatan mempunyai fungsi fizikal yang tidak mencukupi dalam ketahanan aerobik. Para warga emas yang hadir ke klinik kesihatan harus digalakkan untuk menambahbaikkan status kesihatan fizikal mereka, terutamanya pada ketahanan aerobik, untuk mengoptimalkan kemandirian fizikal mereka.

*Kata kunci:* Status kesihatan fizikal; warga emas; klinik kesihatan

### ABSTRACT

Optimum physical health is important in maintaining independence among older adults. There is limited information regarding physical health status among older adults attending primary care clinics in the local population. The aim of this study was to examine physical health among older adults attending Primary Care Clinic at Cheras, Malaysia. A cross-sectional study was conducted at Primary Care Clinic at Cheras, Malaysia with a total 106 participants (mean age of  $68 \pm 6.3$  years). Participants performed a battery of physical function tests. The results showed that the percentages of participants who performed below recommended norms for the 30secs Chair Stand Test (lower limb strength), Chair Sit and Reach Test (lower limb flexibility), Back Scratch Test (upper limb flexibility), Timed Up and Go (TUG) (functional mobility), Single Leg Stance Test (balance) and 2 mins Walk Test (2MWT) (aerobic endurance) were 32%, 18%, 21%, 29%, 22% and 78% respectively. The results suggest that majority of older adults visiting primary health care clinics had inadequate physical function in relation to aerobic endurance. Older adults attending primary health care clinics should be encouraged to improve their physical health status, especially aerobic endurance, to optimise their physical independence.

*Keywords:* Physical health status; older adults; primary care clinic

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