

**PERBEDAAN FLEKSIBILITAS LANSIA WANITA DAN PRIA DI
PERKUMPULAN OLAHRAGA BUGAR MUHAJIRIN**

SKRIPSI

Diajukan untuk Memenuhi Sebagian Syarat Memperoleh Gelar Sarjana Olahraga
Program Studi Ilmu Keolahragaan



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Sebuah skripsi yang diajukan untuk memenuhi Salah satu syarat memperoleh gelar
Sarjana Olahraga pada Fakultas Pendidikan Olahraga dan kesehatan.

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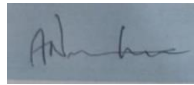
HALAMAN PENGESAHAN

ABDULLAH BADAR BALAWI

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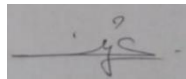
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ABSTRAK

PERBEDAAN FLEKSIBILITAS LANSIA WANITA DAN PRIA DI PERKUMPULAN OLAHRAGA BUGAR MUHAJIRIN

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Fleksibilitas merupakan salah satu komponen kebugaran jasmani yang sangat penting bagi semua orang. Orang yang memiliki tingkat fleksibilitas yang tinggi, dapat dengan mudah menjalankan aktivitas sehari-harinya. Tetapi seiring dengan bertambahnya usia maka menjalankan aktivitas sehari-hari akan semakin sulit. Fleksibilitas bisa dilatih dan dipertahankan dengan melakukan aktivitas fisik. Pada saat memasuki masa tua pria lebih banyak menetap dan lebih fokus dengan aktivitasnya sendiri, berbeda dengan perempuan meskipun sudah memasuki masa tua perempuan lebih banyak melakukan aktivitas fisik karena kewajibannya sebagai istri, baik itu melakukan pekerjaan rumah tangga, mengasuh anak, dan melayani suami. Tujuan dari penelitian ini adalah untuk mengetahui perbedaan fleksibilitas lansia wanita dan pria. Sampel dalam penelitian ini yaitu lansia aktif di Klub Olahraga Bugar Muhajirin dengan usia 60 tahun lebih, dengan jumlah sampel sebanyak 36 orang. Teknik pengambilan sampel menggunakan *purposive sampling*. Instrumen yang digunakan berupa *test sit and reach* untuk mengukur fleksibilitas punggung bawah dan otot hamstring. Analisis data menggunakan non parametrik *Mann Whitney* pada SPSS versi 25 untuk menguji perbedaan fleksibilitas lansia wanita dan pria. Hasil analisis data menunjukkan nilai sig. 0.013 > 0,05. Jadi dapat disimpulkan bahwa terdapat perbedaan fleksibilitas lansia wanita dan pria di perkumpulan Olahraga Bugar Muhajirin.

Kata Kunci: Fleksibilitas, Kebugaran Jasmani, Lansia, Aktivitas Fisik

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ABSTRACT
**THE DIFFERENCES IN THE FLEXIBILITY OF ELDERLY THE WOMEN AND
MEN IN THE BUGAR MUHAJIRIN SPORT ASSOCIATION**

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Flexibility is one component of physical fitness that is very important for everyone. People who have a high level of flexibility can easily carry out their daily activities. But along with increasing age, carrying out daily activities will be increasingly difficult. Flexibility can be trained and maintained by physical activity. When entering old age, men are more silent and more focused on their own activities, in contrast to women even though they are entering old age, women do more physical activity because of their obligations as wives, be it doing household chores, caring for children . and serve their husbands. The purpose of this study was to determine differences in the flexibility of elderly women and men. The sample in this study is the active elderly at the Sports Club Muhajirin Fit with more than 60 years of age, with a total sample of 36 people. The sampling technique uses *purposive sampling*. The instrument used was a *sit and reach test* to measure the flexibility of the lower back and hamstring muscles. Data analysis used non-parametric *Mann Whitney* on SPSS version 25 to examine differences in the flexibility of elderly women and men. The results of data analysis show the value of sig. $0.013 > 0.05$. So it can be concluded that there are differences in the flexibility of elderly women and men at the Bugar Muhajirin Sports Association.

Keywords: Flexibility, Physical Fitness, Elderly, Physical Activity

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