ABSTRACT

TALITHA RAISSA. Fiber and Liquid Intake, Physical Activity, and Symptom of Constipation among Elderly. Under Direction of CESILIA METI DWIRIANI.

The objective of this study was to analyze differences in fiber and liquid intake, physical activity, and symptom of constipation among elderly people lived in government (Sukma Raharja) and non-government (Salam Sejahtera) Elderly Social Institution. This study using crosssectional study design conducted in August until September 2011. The subjects were 61 elderly consist of 30 people from Sukma Raharja and 30 people from Salam Sejahtera. Almost all of elderly (90%) in Sukma Raharja are 60-74 years old, while in Salam Sejahtera 71% are 74-90 years old. All of elderly in Sukma Raharja are women, while in Salam Sejahtera, 51,6% are women. Education background in Salam Sejahtera is higher than in Sukma Raharja and in both groups most of elderly have normal nutritional status. There was significantly (p=0,001) differences in BMI of elderly in Sukma Raharja and Salam Sejahtera. Level of energy (p=0,000), protein (p=0,000), and carbohydrate (p=0,000) adequacy of elderly in Sukma Raharja are significantly higher than elderly in Salam Sejahtera. There was no difference level of fat adequacy (p=0,503), fiber (p=0,925) and liquid intake (p=0,228), and physical activity (p=0,280) in the elderly in two places. There was no significant correlation between fiber intake (p=0,538), liquid intake (p=0,147), and physical activity (p=0,342) with symptom of constipation of elderly.

Keyword : fiber intake, liquid intake, physical activity, constipation