

ABSTRACT

THE CORRELATION OF PHYSICAL ACTIVITY WITH NUTRITION STATUS AND BLOOD GLUCOSE LEVEL IN MENOPAUSAL WOMEN AT KINI JAYA COMPLEX IN SEMARANG

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Increasing age and aging process lead many problems related to physical problems. Women who have entered the age of 50 will experience menopause. Menopause is the cessation of menstruation. Adequate physical activity can reduce complaints that occur in menopausal women. Currently the tendency of menopausal women is less physical activity, the state of menopause causes a decrease in female hormones that affect the body condition resulting in the physical activity of menopausal women to be less fun or quickly feel tired, this leads to weight gaining that affects to nutritional status and increased blood glucose levels caused by insulin resistance. This study aims to determine the relationship of physical activity with nutritional status and blood sugar levels in menopausal women in Housing Kini Jaya Semarang city.

This research was conducted by analytical observative method with cross-sectional design which was conducted in Kini Jaya Complex in Semarang on March 2018 with total of respondents are 30 menopausal women taken based on purposive sampling technique.

In the study showed the majority of respondents had mild activity with an average of 1.40 kcal/hour, the average body mass index is 26.25 kg/m² and blood glucose among 130 mg/dL. Based on Pearson correlation test on physical activity and blood sugar result $p = 0.858$ correlation value $r = 0.034$. And based on Rank Spearman correlation test on physical activity and nutritional status result $p = 0.063$ and correlation value $r = 0.344$.

There is no significant relationship between physical activity with nutritional status and there is no significant relationship between physical activity with blood glucose level when the respondents of menopausal women at Kini Jaya Complex in Semarang.

Key words: menopause, activity, blood glucose, nutrition status