

Qowiy, Dhimas Affan. 2023. *Factors Affecting Physical Activity Behavior of the Elderly in Implementing the Chronic Disease Management Exercise Program (PROLANIS) at Singgahan Health Center, Skripsi, Poltekkes Kemenkes Malang Health Promotion Undergraduate Study Program. Advisor I: Pudji Suryani, S.Kp, M.KM, Advisor II: Budi Suharno, S.Kp.,M.Kes*

Elderly people, aged 60 and above, experience a gradual decline in bodily functions and are more vulnerable to chronic diseases such as hypertension and diabetes. Regular physical exercise is crucial for the elderly, especially those with hypertension. Through the PROLANIS program, exercise is implemented as one of the activities to improve the health of the elderly. Exercise helps enhance the immune system, control blood sugar levels, prevent obesity, stabilize blood pressure, and improve overall physical abilities. This study aims to analyze the factors that influence the participation of elderly participants in the implementation of PROLANIS exercise at Singgahan Health Center. The research method employed is quantitative with a cross-sectional design. The research population consists of 40 elderly individuals participating in PROLANIS at Singgahan Health Center. The sample was selected using a total sampling technique, resulting in 40 respondents. The research instrument utilized a closed-ended questionnaire for those actively participating in the exercise, followed by in-depth interviews for those who are not actively participating. The research findings indicate that the majority of PROLANIS participants demonstrate a good level of knowledge regarding the implementation of PROLANIS exercise activities at Singgahan Health Center. Most PROLANIS participants receive support from their families in carrying out the exercise. The majority of PROLANIS participants have close proximity to healthcare facilities in implementing PROLANIS exercise at Singgahan Health Center. Family support has a significant influence on the attendance rate of participants in PROLANIS exercise at Singgahan Health Center. Suggestions for further research include conducting more in-depth and comprehensive studies on other factors influencing the physical activity of the elderly, as well as expanding the research to elderly populations in other locations to obtain a broader understanding of this issue.

Keywords: Elderly, Exercise, PROLANIS.