

Nindita Kumalawati Santoso 2014: Predictors of Physical Activity among Older People with Hypertension in Bantul, Indonesia. Master of Nursing Science (Family and Community Health Nursing), Major Field: Family and Community Health Nursing, Boromarajonani College of Nursing Nopparat Vajira. Thesis Advisor: Mrs. Sunanta Thongpat, R.N., Ph.D. 121 pages.

Physical activity can bring significant health benefits to people of all age, extend years of active independent living, reduce disability, and control blood pressure for older people. Hypertension that considered one of early signs of risk factor leading to chronic diseases can be controlled with adequate physical activity. Identifying the predictors of physical activity within a theoretical framework is a prerequisite to increase physical activity. This study aimed to identify predictors of physical activity among older people with hypertension in Bantul, Indonesia. A cross-sectional design was used to achieve the aim. Participants were selected from four primary health centers in Bantul, Indonesia using multi stage sampling method. A total of 174 older people with hypertension were recruited and were asked to complete five questionnaires by a face-to-face interview. Multiple linear regression with backward method was employed for analyzing data.

The results showed that age, perceived barrier, perceived self efficacy, and social support were predicting physical activity in older people ($p < .01$). It can explain 17.4% of variance in physical activity (Adjusted $R^2 = .174$). While, gender, income, education level, BMI, occupation, living arrangement, and perceived health status were not predicting physical activity ($p > .05$). In conclusion, adequacy of physical activity can be reached by decreased of perceived barrier, increased of perceived self efficacy, and social support. Intervention program to overcome the barrier, improve self efficacy, and social support for physical activity should be focused for older people.

Student's signature

Thesis Advisor's signature