

Physical Functioning Among Community-Dwelling Elderly in Rural Indonesia

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First Author	
Last Author	
Authors	Aji, B; Wijayanti, SPM; Masfiah, S; Anandari, D; Chamchan, C;
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Abstract	<p>a:5:{i:0;s:175:"Background: As people live longer and the number of elderly individuals increases, caring for the elderly and increasing quality of life become important health care concerns.";i:1;s:181:"Objective: The aim of this study is to assess physical functioning among elderly people in rural Indonesia and draw conclusions about factors that might impact physical functioning.";i:2;s:205:"Methods: This study involved 412 elderly individuals aged 60 and over selected by multistage random sampling. A logistic regression was used to determine factors which associated with physical functioning.";i:3;s:282:"Results: Older age (75+), suffered from chronic illness, and living in low- and middle- income households tend to have limitations on physical function. Also, elderly individuals who had partner and were currently working experienced better physical function than those who did not.";i:4;s:326:"Conclusion: This study supports other findings that say elderly people should do activities that reduce the risk of developing chronic illnesses. Having regular physical activity and routine preventive health check-ups can improve overall health, protect from having diseases and maintain the physical function of the elderly.";}</p>
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Author	Dr BUDI AJI, S.KM, M.Sc.