The Effect of Medical Check-up and Basic Physical Activities Daily Living: Panel Study on among Indonesian Elderly 1993-2000. In the 21st Century, Indonesia becomes the fourth biggest ageing country in the World as reported by the Second World Assembly on Ageing (2002). The Indonesian Household Health Survey (2001) reported 88.9% of the elderly suffered from disability (including mild disability). In the US health services, medical check-up had significantly reduced disability from 22.1% in 1984 to 16% in 2002 (DHHS, 2003). The study has aims to confirm the relationship between medical check-up and basic physical activities daily living among elderly in Indonesia. Data used the Indonesian Family Life Survey. Those who were 55 years or older and active in 1993 were included for the study. In total, 1,541 were sampled. Multilevel logistic regression analyses were applied for modeling basic physical activities daily living. Among the sample, there were 1464 (89.54%) in 2000 still active on basic physical activities daily living. This rate indicates that in a year, out of every 100 active elderly in Indonesia, between three and four elderly would have developed limited physical activity. The multivariate analysis showed that there were significant effects of medical check-up on maintaining in basic physical activities daily living among elderly (OR=1.85; 95% CI: 1.64 – 2.13). This suggests that elderly with routine medical check-up would have a chance to maintain their ability to perform daily activity almost twice compared to those who did not receive routine medical check-up.

Keywords: Indonesia, elderly, activities of daily living, ADL dynamic, medical check-up