

FRAILITY IN COMMUNITY-DWELLING OLDER ADULTS IS STRONGLY INFLUENCED BY AGE, SEX, MALNUTRITION, AND COMORBIDITIES

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Community Setting Early Detection Frailty Geriatric Syndrome Older People	<i>Frailty is a multidimensional geriatric syndrome associated with increased morbidity, disability, hospitalization, and mortality. Early detection of frailty in community-dwelling older adults is essential for preventing further decline. Despite the rapid growth of the older population in Indonesia, evidence regarding frailty prevalence and its associated factors in community settings remains limited. This study aimed to determine correlation Frailty with age, sex, nutritional status, and comorbidities among community-dwelling older adults. A cross-sectional study was conducted among 305 older adults aged ≥ 60 years in the working area of the Wanasari Primary Health Center, Bekasi. Participants were selected using consecutive sampling. Frailty was measured using the FRAIL Scale, while demographic and health-related variables were collected through structured interviews and anthropometric assessments. Data were analyzed using descriptive statistics and Pearson correlation tests. The prevalence of pre-frailty was 55.1%, followed by fit (40.7%) and frailty (4.3%). Frailty exhibited a significant positive correlation with age ($r = 0.48, p = 0.001$) and significant negative correlations with nutritional status ($r = -0.34, p = 0.001$) and comorbidities ($r = -0.24, p = 0.001$). No significant correlation was found between sex and frailty ($r = 0.08, p = 0.162$). These findings indicate that increasing age, poorer nutritional status, and a higher number of comorbidities were associated with greater frailty levels. More than half of community-dwelling older adults in this setting were in a pre-frail condition, representing a critical window for early intervention. Age, nutritional status, and comorbidities were key factors associated with frailty, whereas sex was not.</i> Keywords: Community Setting; Early Detection; Frailty; Geriatric Syndrome, Older People.
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