

INTISARI

HUBUNGAN TINGKAT PENGETAHUAN DAN SIKAP DENGAN PENCEGAHAN OSTEOPOROSIS PADA LANSIA DI PUSKESMAS SELO BOYOLALI

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Latar belakang : Kasus osteoporosis pada lansia di Indonesia cukup tinggi, prevalensi osteoporosis sebesar 10,3%. Banyaknya kasus osteoporosis pada lansia ini dapat dipengaruhi oleh berbagai macam faktor, termasuk masih rendahnya pengetahuan tentang osteoporosis, sikap dan pencegahan osteoporosis yang didalamnya termasuk gaya hidup yang dilakukan oleh lansia.

Tujuan : Mengetahui hubungan tingkat pengetahuan dan sikap dengan pencegahan osteoporosis pada lansia di Puskesmas Selo Boyolali.

Metode: Penelitian ini merupakan penelitian observasional analitik, dengan rancangan penelitian *cross sectional*. Sampel adalah 95 lansia. Teknik sampel menggunakan *simple random sampling*. Instrument penelitian menggunakan kuesioner. Analisis data menggunakan uji regresi linier berganda.

Hasil penelitian: Sebanyak 3 responden (3,2%) dengan pengetahuan tinggi, 31 responden (32,6%) dengan pengetahuan sedang, dan 61 responden (64,2%) dengan pengetahuan rendah. Sebanyak 5 responden (5,2%) dengan sikap yang baik, 28 responden (29,5%) mempunyai sikap yang cukup baik, dan 62 responden (65,3%) dengan sikap yang kurang. Sebanyak 40 responden (42,1%) sudah baik dalam pencegahan osteoporosis, 55 responden (57,9%) masih kurang dalam pencegahan osteoporosis. Berdasarkan hasil uji regresi linier berganda diperoleh persamaan Persamaan regresi linier berganda $\bar{Y} = 27.789 + 0.787X_1 + 0.120X_2$. Hasil t diketahui variabel pengetahuan dengan t test = 4.808. variabel sikap 2.763 Test = -2.711. dengan hitung = -1,96. uji Fttest = 18.188, $F_{tabel} = 3,15$. *Adjusted R*² = 0.268.

Simpulan: ada hubungan tingkat pengetahuan dan sikap dengan pencegahan osteoporosis pada lansia di Puskesmas Selo Boyolali.

Kata kunci: pengetahuan, sikap, pencegahan osteoporosis, lansia.

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ABSTRACT

THE CORRELATION OF KNOWLEDGE LEVEL AND ATTITUDE WITH OSTEOPOROSIS PREVENTION FOR THE ELDERLY AT COMMUNITY HEALTH CENTER IN SELO BOYOLALI

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Background: The case of osteoporosis in the elderly in Indonesia is relatively high with a prevalence of osteoporosis of 10.3%. The number of cases of osteoporosis in the elderly can be influenced by factors such as insufficient knowledge about osteoporosis, attitudes, and prevention of osteoporosis-related to the lifestyle carried out by the elderly.

Objectives: To determine the correlation between the level of knowledge and attitudes with osteoporosis prevention in the elderly at the Community Health Center in Selo Boyolali

Method: This research is an analytic observational study with a cross-sectional design. The sample is 95 elderly. The sampling technique used simple random sampling. The research instrument used a questionnaire. Data analysis used multiple linear regression tests.

Results: 3 respondents (3.2%) had high knowledge, 31 respondents (32.6%) had moderate knowledge, and 61 respondents (64.2%) had insufficient knowledge. A total of 5 respondents (5.2%) had a good attitude, 28 respondents (29.5%) had a fairly good attitude, and 62 respondents (65.3%) had a poor attitude. 40 respondents (42.1%) did well to prevent osteoporosis, 55 respondents (57.9%) still lacked in preventing osteoporosis. Based on the multiple linear regression test results, it is obtained that the multiple linear regression equation $\bar{Y} = 27.789 + 0.787X_1 + 0.120X_2$. The results of t are known to be knowledge variables with t test = 4.808. Attitude variable 2.763 Test = -2.711 with count = -1.96. Test Ftest = 18.188, $F_{table} = 3.15$. Adjusted $R^2 = 0.268$.

Conclusion: there is a correlation between the level of knowledge and attitudes with osteoporosis prevention in the elderly at a community health center in Selo Boyolali.

Keywords: Knowledge, Attitude, Prevention Of Osteoporosis, Elderly.

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