HUBUNGAN TINGKAT PENGETAHUAN DAN SIKAP DENGAN PENCEGAHAN OSTEOPOROSIS PADA LANSIA DESA SRANTEN KECAMATAN KARANGGEDE

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INTISARI

Latar belakang : Kasus osteoporosis pada lansia di Indonesia cukup tinggi, prevalensi osteoporosis sebesar 10,3%. Banyaknya kasus osteroporosis 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 Desa Sranten Kecamatan Karanggede.

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. Bedasarkan hasil uji regresi linier berganda diperoleh persamaan Persamaan regresi linier berganda $\overline{Y}$ = **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 Ftest = 18.188, F$_{tabel}$ = 3,15. *Adjusted* R^2 = 0.268.

Simpulan: ada hubungan tingkat pengetahuan dan sikap dengan pencegahan osteoporosis pada lansia Desa Sranten Kecamatan Karanggede.

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

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THE CORRELATION BETWEEN THE LEVEL OF KNOWLEDGE AND THE ATTITUDE TO THE PREVENTATION OF OSTEOPOROSIS TO THE ELDERLY IN SRANTEN, DISTRICT OF KARANGGEDE

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ABSTRACT

Background: *The case of osteoporosis in the elderly in Indonesia is high, the prevalence of osteoporosis is 10.3%. The number of cases of osteoporosis in the elderly is affected by various factors, including the low knowledge of osteoporosis, the attitudes and prevention of osteoporosis which includes lifestyle of the elderly.*

Objective: *To determine the relationship between the level of knowledge and the attitudes to the prevention of osteoporosis of elderly in Sranten, District of Karanggede.*

Methods: *This study is observational analytic with cross sectional study design. The sample are 95 elderly. Sampling technique uses simple random sampling. Instrument research uses questionnaires. Analysis of data using multiple linear regression.*

Results: *A total of 3 respondents (3.2%) with high knowledge, 31 respondents (32.6%) with moderate knowledge, and 61 respondents (64.2%) with low knowledge, A total of 5 respondents (5.2%) with a good attitude, 28 respondents (29.5%) has a fairly good attitude, and 62 respondents (65.3%) with a poor attitude, A total of 40 respondents (42.1%) are good in the prevention of osteoporosis, 55 respondents (57.9%) are poor in the prevention of osteoporosis, Based on the results of multiple linear regression equation of multiple linear regression equation* $\overline{Y} = 27{,}789 + 0{,}787X_1 + 0{,}120X_2$, *The t variable of knowledge is known by the t test = 4,808, 2,763 attitude variable Test = -2711, with the count = -1.96, test Ftest = 18 188, $F_{table} = 3{,}15$, Adjusted $R^2 = 0.268$.*

Conclusion: *There is correlation between knowledge and attitudes to the prevention of osteoporosis to elderly in Sranten , District of Karanggede,*

Keywords: knowledge, attitude, osteoporosis, elderly

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