

ABSTRACT
TO APPREHEND PRE-MENOPAUSE WOMEN'S KNOWLEDGE
TOWARDS OSTEOPOROSIS IN BULUREJO BULUKERTO
WONOGIRI 2011

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Background : Osteoporosis is one of the degenerative disease faced by the community of the world as they grew older. This was shown by the increasing rate of fracture cases among the post menopause women from year to year. Based on the research that was done by the health department in year of 2005, one third of women has the tendency to suffer from Osteoporosis. Besides that, the department of Nutrition in Indonesia, has showed the incident rate of 41.7% of the women suffering of early Osteoporosis dan around 10.3% is suffering with Osteoporosis in 2006. This means, two out of five from the community in Indonesia has the risk of getting Osteoporosis.

Objective : The aim of this study is to apprehend pre-menopause women's knowledge towards Osteoporosis.

Method : This study is a descriptive study with cross sectional approach. The study was conducted in Bulurejo Bulukerto Wonogiri 2011. research subject is the pre-menopause women's knowledge towards amounting to 48. Analysis of data using the percentage formula with ordinal scales.

Results : The knowledge of the women in premenopause age about Osteoporosis is generally moderate level of knowledge is much as 60,4%, whereabout those who have good level as much as 33,3% and lastly the lowest level of knowledge is 6,2%.

Conclusion : Results showed that the knowledge of the women in premenopause age about Osteoporosis is 60,4% and categorized as moderate level of knowledge

Opinion : As listed above health providers and related departement are expected to share about Osteoporosis information and further care for the poorly-educated.

Key words : Osteoporosis,premenopause age women,knowledge.

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Reference : 21 Book (2000-2011), 2 Journal, 3 Scientific paper

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INTISARI
GAMBARAN TINGKAT PENGETAHUAN WANITA *PRE MENOPAUSE*
TENTANG *OSTEOPOROSIS* DI DESA BULUREJO BULUKERTO
WONOGIRI TAHUN 2011

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Latar Belakang: *Osteoporosis* adalah salah satu penyakit degeneratif yang sedang dihadapi masyarakat dunia semasa menjelang usia tua. Ini dilihat dari semakin meningkatnya jumlah kasus patah tulang di kalangan wanita pasca *menopause* dari tahun ke tahun. Berdasarkan penelitian Badan Litbang Depkes pada tahun 2005, 1 dari 3 wanita memiliki kecenderungan menderita *Osteoporosis* (keropos tulang). Selain itu pada Badan Litbang Gizi Depkes RI tahun 2006, menunjukkan angka prevalensi *Osteopenia* (*Osteoporosis* dini) adalah 41,7% dan prevalensi *osteoporosis* sebesar 10,3% yang berarti 2 dari 5 penduduk Indonesia berisiko terkena *Osteoporosis*.

Tujuan : Untuk mengetahui gambaran tingkat Pengetahuan wanita *premenopause* Tentang *Osteoporosis* di Desa Bulurejo Bulukerto Wonogiri Tahun 2011

Metode Penelitian: Jenis penelitian ini adalah penelitian diskriptif dengan menggunakan pendekatan *Cross Sectional*. Subjek penelitian adalah wanita *pre menopause* berjumlah 48 orang. Analisa data menggunakan rumus persentase dengan skala ordinal.

Hasil Penelitian: Gambaran tingkat pengetahuan wanita *premenopause* di tentang *Osteoporosis* di Desa Bulurejo Bulukerto Wonogiri Tahun 2011 sebagian besar adalah pengetahuan cukup sebanyak 29 orang (60,4%) dan pengetahuan kurang sebanyak 3 orang (6,2%).

Kesimpulan: Gambaran tingkat pengetahuan wanita *premenopause* tentang *osteoporosis* di Desa Bulurejo Bulukerto Wonogiri Tahun 2011 dalam kategori cukup 60,4%

Saran : Dari hasil uji tersebut maka diharapkan petugas kesehatan dan departemen terkait dapat memberikan informasi mengenai *Osteoporosis* kepada wanita terutama bagi wanita dengan tingkat pendidikan rendah.

Kata Kunci : *Osteoporosis*,usia *premenopause*, *Osteoporosis*.

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Pustaka : 21 Buku (2000-2011), 2 Jurnal, 3 KTI

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