

ABSTRACT

OVERVIEW OF KNOWLEDGE PREMENOPAUSAL WOMEN ABOUT OSTEOPOROSIS IN HAMLET JOGONANDAN BANTUL

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Background: Premenopausal women at times of very susceptible to osteoporosis. This happens because during the phase premenopausal estrogen levels decline. Result of the hormone estrogen decline, then the process was disrupted on the bone. One cause of the high risk of osteoporosis in Indonesia is increasing life expectancy of people in 2005 reached 67.68%, but the knowledge society is still low. This is evident from the low average calcium intake of Indonesian society that is equal to 254 mg / day (only a quarter of international standards, amounting to 1000-1200 mg / day for adults).

Objective: To determine the level of knowledge about osteoporosis in premenopausal women hamlet Jogonandan Bantul.

The research method: The type of research that is descriptive survey approach. The study was conducted in June-July in the hamlet village Jogonandan Triwidadi Bantul, Yogyakarta. With a population of premenopausal women amounted to 42 people. The sampling technique with a total sampling. Studies using univariate analysis by descriptive statistical tests.

The results: Levels of knowledge about osteoporosis in premenopausal women are less categories amounting to 35.71 %

Conclusion: The level of knowledge about osteoporosis premenopausal women is less in the hamlet village Jogonandan Bantul.

Key words: Knowledge Exchange, Osteoporosis, premenopausal.

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INTISARI

GAMBARAN TINGKAT PENGETAHUAN WANITA PREMENOPAUSE TENTANG OSTEOPOROSIS DI DUKUH JOGONANDAN BANTUL

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Latar Belakang: Wanita pada saat mengalami premenopause sangat rentan terkena penyakit osteoporosis. Hal ini terjadi karena pada saat fase premenopause terjadi penurunan kadar estrogen. Akibat dari penurunan hormone estrogen ini, maka proses pada tulang tersebut terganggu. Salah satu penyebab tingginya risiko osteoporosis di Indonesia adalah meningkatnya usia harapan hidup masyarakat pada tahun 2005 mencapai 67,68%, akan tetapi pengetahuan masyarakat masih rendah.

Tujuan: Untuk mengetahui tingkat pengetahuan wanita premenopause tentang osteoporosis di dukuh Jogonandan Bantul.

Metode penelitian: Jenis penelitian yaitu deskriptif dengan pendekatan survey. Penelitian dilakukan pada bulan Juni-Juli di dukuh Jogonandan desa Triwidadi Bantul Yogyakarta. Dengan populasi wanita premenopause berjumlah 42 orang. Teknik pengambilan sampel dengan total sampling. Variable dalam penelitian yaitu variable tunggal, tingkat pengetahuan wanita premenopause tentang osteoporosis. Penelitian menggunakan analisis univariat dengan uji statistic deskriptif. Teknik pengambilan data menggunakan data primer dan sekunder.

Hasil penelitian: Tingkat pengetahuan wanita premenopause tentang osteoporosis dalam kategori kurang yaitu sebesar 35,71 %.

Kesimpulan: Tingkat pengetahuan wanita premenopause tentang osteoporosis di dukuh Jogonandan Bantul adalah kurang.

Kata kunci : Tingkat Pengetahuan, Osteoporosis, Premenopause.

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