

INTISARI

HUBUNGAN KARAKTERISTIK WANITA *PREMENOPAUSE* DENGAN PERILAKU PENCEGAHAN OSTEOPOROSIS DI KELURAHAN BANYURADEN GAMPING SLEMAN YOGYAKARTA

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Latar belakang : Kajian tentang berbagai karakteristik wanita *premenopause* berdasarkan tingkat pendidikan, pengetahuan dan status sosial ekonomi dalam perilaku pencegahan osteoporosis, perlu dilakukan khususnya di kelurahan Banyuraden Gamping Sleman Yogyakarta, agar dapat memberikan gambaran yang operasional untuk dapat ditindak lanjuti, sehingga mempermudah dalam mengidentifikasi dan menyelesaikan masalah kesehatan yang ada di masyarakat.

Tujuan : Untuk mengetahui hubungan karakteristik wanita *premenopause* dengan perilaku pencegahan osteoporosis di kelurahan Banyuraden Gamping Sleman Yogyakarta.

Metode : Jenis penelitian adalah induktif atau analitik, dengan pendekatan cross sectional study. Populasi dalam penelitian ini semua wanita *premenopause* yang berusia 40-50 tahun di kelurahan Banyuraden Gamping Sleman Yogyakarta yang berjumlah 301 orang. Sedangkan pengambilan sampelnya menggunakan rumus dengan tingkat signifikansi 0.1² yang berjumlah 75 sampel. Instrument penelitian dalam pengumpulan data menggunakan kuisioner, analisis data dengan uji *ChiSquare*.

Hasil : Hasil penelitian ini responden memiliki perilaku pencegahan kurang, yaitu sebanyak 40 orang (53.3%). Tingkat pendidikan responden sebagian besar memiliki pendidikan rendah yaitu sebanyak 42 orang (56%). Penghasilan rata-rata responden yang memiliki penghasilan rendah sebanding dengan yang memiliki penghasilan sedang yaitu sebanyak 32 orang (42.7%). Hasil uji statistik *Chi Square* hubungan antara tingkat pendidikan responden dengan perilaku pencegahan osteoporosis dengan nilai $P= 0.056, > (\alpha) 0.05$, analisis hubungan antara tingkat pengetahuan responden dengan perilaku pencegahan osteoporosis dengan nilai $P= 0.117, > (\alpha) 0.05$, dan hasil uji analisis hubungan antara status sosial ekonomi responden dengan perilaku pencegahan osteoporosis didapatkan nilai $P= 0.000, < (\alpha) 0.05$

Kesimpulan : Tidak ada hubungan bermakna antara tingkat pendidikan dan tingkat pengetahuan wanita *premenopause* dengan perilaku pencegahan osteoporosis, dan ada hubungan bermakna antara status sosial ekonomi dengan perilaku pencegahan osteoporosis oleh wanita *premenopause*.

Kata kunci : Karakteristik Wanita *Premenopause*, Osteoporosis, Perilaku Pencegahan Wanita *Premenopause*.

Kepustakaan 24 buku, 7 dari internet (2009-2011),

Jumlah halaman : xiii, 83 hal. Tabel 53, 63 s/d 65, 67,69,71

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ABSTRACT

THE RELATIONS of CHARACTERISTICS PREMENOPAUSAL WOMEN WITH OSTEOPOROSIS PREVENTION BEHAVIORS IN BANYURADEN GAMPING SLEMAN YOGYAKARTA

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The Background : The Study about the various characteristics of premenopausal women by level of education, knowledge and socio-economic status in osteoporosis prevention behaviors, needs to be done especially in the Banyuraden Gamping Sleman yogyakarta, in order to be able provide an operational picture can be followed up, making it easier in identifying and resolving health problems that exist in society. **The aim :** To know the relationship between the characteristics of premenopausal women with osteoporosis prevention behaviors in Banyuraden Gamping Sleman Yogyakarta.

The Method : This type of research is inductive or analytic, with cross sectional study. The population in this study all premenopausal women aged 40-50 years in Banyuraden Gamping Sleman Yogyakarta, which amounted to 301 people. While taking the sample using the formula with a significance level of 0.1², amounting to 75 samples. Research instrument using questionnaires, data analysis with test ChiSquare.

Result : The results of this study respondents have a less preventive behavior, as many as 40 people (53.3%). The education level of respondents most had low education as many as 42 people (56%). The average income of respondents who have low incomes have an income comparable to that currently as many as 32 people (42.7%). The result of Chi square test the relationship between education level of respondents with osteoporosis prevention behavior with a value of $P = 0.0056, > (\alpha) 0.05$, analysis of the relationship between the level of knowledge of respondents with osteoporosis prevention behavior with a value of $P = 0.117, > (\alpha) 0.05$, and test results of analysis of relationships between socio-economic status of respondents with osteoporosis prevention behaviors obtained value of $P = 0.000, < (\alpha) 0.005$.

The conclusion : There was no significant correlation between educational level and knowledge level of premenopausal women with osteoporosis prevention behaviors, and a significant correlation between socioeconomic status with osteoporosis prevention behaviors by premenopausal women.

The Keyword : Characteristics of Premenopausal Women, Osteoporosis, Behavioral Prevention Premenopausal Women.

Bibliography : 24 books, 7 of the Internet (2009-2011)

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