

ABSTRAK

HUBUNGAN PENGETAHUAN DAN MOTIVASI DENGAN PERILAKU PENCEGAHAN OSTEOPOROSIS PADA WANITA PREMENOPAUSE DI DESA LEDUG

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Latar Belakang: Osteoporosis merupakan gangguan sistemik pada tulang yang ditandai berkurangnya massa tulang sehingga meningkatkan risiko fraktur. Pada periode premenopause terjadi peningkatan risiko osteoporosis sehingga diperlukan perilaku pencegahan sedini mungkin. Tujuan penelitian ini adalah untuk menganalisis hubungan antara pengetahuan dan motivasi dengan perilaku pencegahan osteoporosis pada wanita premenopause di Desa Ledug.

Metodologi: Penelitian kuantitatif korelasional dengan pendekatan *cross sectional*. Sampel pada penelitian ini adalah 125 wanita premenopause dengan teknik pengambilan sampel *purposive cluster sampling*. Instrumen yang digunakan *Menopause Rating Scale* (MRS), *Osteoporosis Knowledge Assessment Tools* (OKAT), *Treatment Self-Regulation Questionnaire* (TSRQ), dan instrumen perilaku pencegahan osteoporosis. Hipotesis diuji menggunakan uji *Spearman Rank*.

Hasil Penelitian: Karakteristik usia responden memiliki nilai median 45, proporsi responden dengan tingkat pendidikan SD dan status tidak bekerja sedikit lebih tinggi dibandingkan kategori lainnya. Median skor pengetahuan 9 (0-18), motivasi 48 (39-64), dan perilaku pencegahan osteoporosis 11 (6-14). Terdapat hubungan antara pengetahuan dan motivasi dengan perilaku pencegahan osteoporosis pada wanita premenopause ($p < 0,05$).

Kesimpulan: Pengetahuan dan motivasi berhubungan dengan perilaku pencegahan osteoporosis pada wanita premenopause di Desa Ledug. Peneliti lain dapat meneliti lebih lanjut mengenai faktor lain yang memengaruhi perilaku pencegahan osteoporosis pada wanita premenopause.

Kata Kunci: Motivasi, Osteoporosis, Perilaku_Pencegahan_Osteoporosis, Pengetahuan

ABSTRACT

THE RELATIONSHIP BETWEEN KNOWLEDGE AND MOTIVATION WITH OSTEOPOROSIS PREVENTION BEHAVIOUR AMONG PREMENOPAUSAL WOMEN IN LEDUG VILLAGE

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Background: Osteoporosis is a systemic bone disorder characterized by decreased bone mass, leading to an increases risk of fractures. During premenopausal period, there is an increased risk of osteoporosis, making early preventive behavior essential. This study aimed to analyze the relationship between knowledge and motivation with osteoporosis prevention behaviour among premenopausal women in Ledug Village.

Methodology: This study employed a correlational quantitative design with a cross-sectional approach. A total of 125 premenopausal women were selected using purposive cluster sampling. Data were collected using the *Menopause Rating Scale* (MRS), *Osteoporosis Knowledge Assessment Tools* (OKAT), *Treatment Self-Regulation Questionnaire* (TSRQ), and osteoporosis preventive behavior questionnaire. The hypotheses were tested using the Spearman Rank test.

Results: The median age of the respondents was 45 years, Most respondents had elementary-level education and were unemployed. The median scores for knowledge, motivation, and osteoporosis prevention behavior were 9 (0-18), 48 (39-64), and 11 (6-14) respectively. There was a significant association between knowledge and motivation with osteoporosis prevention behaviour among premenopausal women ($p < 0,05$).

Conclusion: Knowledge and motivation were associated with osteoporosis prevention behaviour among premenopausal women in Ledug Village. Further research is recommended to explore other factors influencing osteoporosis prevention behaviour.

Keywords: Knowledge, Motivation, Osteoporosis, Osteoporosis Prevention Behaviour