

THE RELATIONSHIP BETWEEN KNOWLEDGE OF OSTEOPOROSIS AND PHYSICAL ACTIVITY IN PEOPLE WITH DISABILITIES

Alya Raniazahra¹, Pariawan Lutfi Ghazali²

¹Medical Student, Faculty of Medicine, Universitas Islam Indonesia

²Departemen of Publich Health, Faculty of Medicine, Universitas Islam Indonesia

ABSTRACT

Background : The prevalence of osteoporosis is 19.7% of the total population of Indonesia. In addition, DI Yogyakarta is the third province with a high risk of osteoporosis, with a prevalence of 23.5%. One of the factors that causes osteoporosis is a lack of physical activity or a high level of sedentary life. Persons with disabilities have limitations in actively participating, such as doing physical activities. Therefore, persons with disabilities are twice as likely to be physically inactive as those without disabilities.

Research Objective : This research was conducted to determine the relationship between knowledge about osteoporosis and physical activity in persons with disabilities.

Research Method : The determination of the sample of respondents was carried out using a total sampling technique with a total of 31 respondents with disabilities at the BRTPD Pundong Bantul. Measurements in this study used the International Physical Activity Questionnaire for Disability (IPAQ-D) and a questionnaire about osteoporosis. A Spearman's correlation test is used to answer the purpose of this study.

Result : The results showed that 21 (67.7%) respondents achieved the physical activity recommended by WHO and that 23 (74.2%) respondents had a low level of knowledge about osteoporosis.

Conclusion : There is a relationship between knowledge about osteoporosis and physical activity in persons with disabilities at BRTPD Pundong Bantul.