

# Pengetahuan, sikap, dan perilaku mahasiswa FKUI tentang asupan Kalsium serta faktor-faktor yang berhubungan tahun 2011 = The knowledge, attitude, and behavior about Calcium intake and it's related factors among medical students at University of Indonesia in 2011

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## Abstrak

Osteoporosis adalah penyakit tulang yang ditandai oleh penurunan densitas massa tulang sehingga tulang menjadi rapuh dan mudah patah, disebabkan oleh kurangnya asupan kalsium pada usia muda. Secara tidak langsung, pengetahuan, sikap dan perilaku seorang individu berperan terhadap kebiasaan dalam mengkonsumsi kalsium.

Dalam penelitian ini, peneliti ingin mengetahui hubungan antara pengetahuan, sikap dan perilaku tentang asupan kalsium serta faktor-faktor yang berhubungan. Penelitian dilakukan di Fakultas Kedokteran Universitas Indonesia dengan desain Cross-sectional. Sebanyak 108 subyek telah di pilih secara random. Pada awal penelitian, subyek diminta mengisi identitas umum berupa nama, usia, asal pulau, pendidikan & pekerjaan orangtua, dan dilakukan pengukuran TB, BB, dan lingkar badan, kemudian subyek harus mengisi kuisioner pengetahuan, sikap dan perilaku tentang asupan kalsium.

Di akhir penelitian, peneliti menganalisis seluruh data yang didapatkan dan mencari hubungan diantaranya. Sebanyak 76,9% responden memiliki pengetahuan baik, 84,3 % memiliki sikap positif dan 82,4% memiliki perilaku kurang. Tidak terdapat hubungan bermakna antara pengetahuan dengan sikap tentang asupan kalsium ( $p > 0,05$ ; fisher2 sided), dan antara pengetahuan dengan perilaku tentang asupan kalsium ( $p > 0,05$ ; fisher2 sided). Namun untuk pengujian kategori sikap terhadap perilaku tentang asupan kalsium didapatkan hubungan bermakna ( $p < 0,05$ ; fisher2 sided). Tidak terdapat hubungan antara usia, jenis kelamin, dan asal daerah dengan pengetahuan tentang asupan kalsium ( $p > 0,05$ ; Chi Square), dan antara tingkat pendidikan orangtua dengan pengetahuan subyek tentang asupan kalsium ( $p > 0,05$ ; kolmogorov-Smirnov). Pengetahuan tentang asupan kalsium tidak memiliki hubungan bermakna dengan sikap dan perilaku terhadap asupan kalsium, sedangkan sikap tentang asupan kalsium memiliki hubungan bermakna dengan perilaku tentang asupan kalsium.

Osteoporosis is a bone disease which is characterized by decreasing of bone mass density. It makes bones become brittle and easily broken. The reason behind this disease is because of inadequate calcium intake during adolescence. Indirectly, knowledge, attitude and behavior of an individual also can contribute into the habit of calcium consumption.

In this research, the researcher wanted to know the relationship between knowledge, attitudes and behaviors about calcium intake and other related factors. This research design is cross-sectional and has 108 subjects who were chosen randomly.

Subjects were asked to fill their identity form that consists of name, age, gender, origin, parental education & occupation, body weight and height, then filled the questionnaire of knowledge, attitude and behavior about calcium intake.

At the end, researcher analyzed the data and was looking for the relationship between them. The number of subjects that have good knowledge are 83 people (76,9%), positive attitude are 91 people (84,3%), poor

behavior are 89 people (82,4%). There was no significant relationship between knowledge with attitude regard to calcium intake ( $p>0.05$ ,Fisher test), and knowledge with behavior regard to calcium intake ( $p>0.05$ ,Fisher test). But, there was a significant relationship between attitudes with behavior about calcium intake ( $p <0.05$ , Fisher test). Furthermore, there was no relationship between age, gender, and origin with the knowledge about calcium intake ( $p>0.05$ ,Chi Square), and between parent's education level with knowledge about calcium intake ( $p>0.05$ ,Kolmogorov-Smirnov). Knowledge about calcium intake had no significant relationship with attitude and behavior of taking calcium, while attitude in consuming calcium has a meaningful relationship with consuming calcium's behaviors.</i>