

PENINGKATAN FAKTOR RISIKO OSTEOPOROSIS AKIBAT STRES PADA PEREMPUAN LANSIA

Qatrunnada Kritya Dhia Thuures

ABSTRAK

Lansia perempuan lebih berisiko dibanding laki-laki untuk mengalami stres yang berpotensi untuk meningkatkan risiko terjadinya osteoporosis. Bertambahnya populasi lansia di Indonesia juga semakin meningkatkan angka kejadian osteoporosis. Oleh karena itu, perlu dilakukan skrining osteoporosis sejak dini. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara stres dengan osteoporosis. Desain penelitian yang digunakan adalah potong lintang terhadap 140 responden yang dipilih dengan metode *consecutive sampling*. Berdasarkan hasil, mayoritas individu dalam penelitian ini mengalami stres sedang (48.6%) dan berat (29.3%). Individu yang stres juga mengalami osteoporosis (98.1%) dan terdapat hubungan yang bermakna berdasarkan uji *Chi Square* ($p < 0.001$). Odds ratio yang didapat adalah 17.000 (CI 95% 3.467-83.34)

Kata Kunci: osteoporosis, stres, perempuan lansia, penyakit kronis

STRESS-INDUCED OSTEOPOROSIS AMONG INDONESIAN ELDERLY WOMEN: A CROSS SECTIONAL STUDY FROM RURAL AREA IN DEPOK

Qattrunnada Kritya Dhia Thuures

ABSTRACT

Stress is significantly more prevalent in older women than men, and research indicates that it may increase the likelihood of osteoporosis. Osteoporosis has grown more frequent in Indonesia as a consequence of the growing older population. As such, initiating preventative measures is important in this case. The aim of our study was to ascertain the link between stress and osteoporosis amongst Indonesian older women. In Depok, Indonesia, a cross-sectional study has been carried out. The study included 140 individuals, who were chosen using a consecutive sampling method. The Perceived Stress Scale (PSS) questionnaire was utilized to assess the stress level while calcaneal ultrasonography was employed to determine bone density. The majority of participants reported moderate (48.6%) and high (29.3%) levels of stress. More than half (98.1%) of the stressed participants also had osteoporosis. Osteoporosis and stress were significantly associated, with an odds ratio of 17.000 (95% confidence interval 3.467 to 83.34). Stressed participants endorsed lower bone density than non-stressed participants. Clinical implications of this study for osteoporosis prevention are considered in terms of the need for physicians to look carefully at different osteoporosis risk factors; assess and take account of stress levels in elderly patients; and pay attention to how different individuals cope with stressful events. This study also corroborates the need to monitor bone density in elders with a high level of stress or diagnosed with psychiatric illness.

Keywords: *osteoporosis, stress, elderly women, rural health, chronic disease*