

ABSTRACT



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***RELATIONSHIP BETWEEN PHYSICAL ACTIVITY, CALCIUM INTAKE,
PHOSPHOR AND MILK DRINKING HABITS, WITH PARTICIPANTS
BONE MASS GYMNASTICS IN JAKARTA***

xi+ 72 pages +vi chapters, 20 tables

BACKGROUND: Osteoporosis is a chronic disease characterized by a reduction in bone mass. It is estimated that by 2050 there will be 50% of fractures associated with osteoporosis in Asia. However, information on the epidemiology of osteoporosis in Indonesia are still rare.

METHODS: Cross-sectional and analytic survey design. Samples obtained was 45 respondents who on menopause. Statistical testing using chi-square test.

RESULTS: Characteristics of respondents was period normal bone mass (66.7%), age > 60 years (55.6%), moderate physical activity (64.4%), calcium intake of less (77.8%), intake of phosphorus less (66.7%), the habit of drinking milk every day (71.1%). Showed statistical correlation between age bone mass ($p = 0.000$) showed no significant relationship ($p < 0.05$) and the relationship with the habit of drinking milk bone mass ($p = 0.001$) showed no significant relationship ($p < 0.05$), while activities physical ($p = 0.078$), exercise habits ($p = 0.624$), calcium intake ($p = 0.076$), and the intake of phosphorous ($p = 1.000$) showed no significant relationship ($p > 0.05$) with bone mass.

CONCLUSION: The increasing age of the participants gymnastics then diminishing bone mass gymnastics participants and the habit of drinking milk every day can reduce the risk of osteoporosis.

Keywords: bone mass, physical activity, intake of calcium, phosphorus, drinking milk

Reading list: 70 (1990-2014)