ABSTRACT

THE CORRELATIONS OF KNOWLEDGE AND ATTITUDE TO OSTEOPOROSIS TO FEMALE ADMINISTRATIVE EMPLOYEES’ MILK CONSUMPTIONS IN LAMPUNG UNIVERSITY

By

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Two glasses of daily milk consumption will help someone to fulfill daily calcium necessity. This is because since thirties, human body will experience porous bone so that calcium body demand will increase. If this condition is left without proper prevention, bone calcium formation will be deficient and even worse going into porous bone disorder or osteoporosis or fractured bone case.

The objective of this research was to find out the correlations of knowledge and attitude to osteoporosis to female administrative employees’ milk consumptions in Lampung University. This was an analytic descriptive research with cross sectional approach. Population was all administrative employees in Lampung University. 114 respondent samples were taken using random sampling. Knowledge and attitude to osteoporosis were measured by using questionnaires.

The chi square test result derived p = 0.001 for osteoporosis knowledge and p = 0.031 for attitude to osteoporosis. The result showed that there were correlations between knowledge and attitude towards osteoporosis with the consumption of milk in female administrative staff at the University of Lampung (p<0.05).

Keywords : The consumption of milk, osteoporosis, knowledge, attitude.