



## INTISARI

Latar belakang : Di Indonesia jumlah lansia telah mencapai 7,4% dan dikategorikan penduduk berstruktur tua. Osteoporosis merupakan salah satu penyakit yang kejadian dan akibatnya pada lansia cukup signifikan. Hal ini antara lain disebabkan rendahnya asupan kalsium. Untuk itu sangat penting memperhatikan asupan kalsium yang berpengaruh terhadap proses remodeling tulang.

Tujuan penelitian : Untuk mengetahui pengaruh pemberian susu terhadap status metabolisme kalsium wanita lanjut usia yang berobat di Poliklinik Geriatri RS Dr. Sardjito.

Rancangan penelitian : Merupakan penelitian kuasi eksperimen dengan rancangan penelitian *pre post test with control group*. Sasaran penelitian adalah lansia wanita yang memenuhi kriteria inklusi. Pemberian susu pada kelompok perlakuan selama 1 minggu masing-masing 25 gram susu bubuk rendah lemak setiap hari. Pemeriksaan laboratorium dilakukan pada kedua kelompok sebelum dan sesudah perlakuan. Sedangkan asupan kalsium diperoleh dari *Food Frequency Questionnaire* dan *Food Record*.

Hasil penelitian : Pemberian susu rendah lemak pada kelompok perlakuan setelah dilakukan uji t dan Anova tidak menunjukkan perbedaan yang bermakna dengan kelompok kontrol ( $p > 0,05$ ). Uji statistik dilakukan terhadap kalsium urin, rasio kalsium terhadap kreatinin urin dan alkalifosfatase. Namun secara klinis kalsium urin kelompok perlakuan lebih rendah daripada kelompok kontrol.

Kesimpulan : Pemberian susu rendah lemak 25 gram sehari belum dapat mempengaruhi status metabolisme kalsium lansia yang dilihat dari kalsium urin dan alkalifosfatase.





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Pengaruh pemberian susu rendah lemak terhadap metabolisme kalsium wanita lanjut usia di RS Dr. Sardjito  
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ABSTRACT

Background : The number of elderly in Indonesia increases sufficiently high (7,4%) and categorized as old structure population. Osteoporosis is one of diseases in which its occurrence and result are significantly influenced among elderly. One of the causes is the low consumption of calcium. Therefore, it is recommended to be aware of calcium consumption that is highly influenced bone remodelling process.

Objectives : To know the influence of milk consumption toward elderly calcium metabolism in Geriatric Ward, Sardjito Hospital

Methods : This was Quasy Experiment with Control Group. Subject were elderly included in inclusion criteria. The distribution of low fat powdered milk were conducted every day to treatment group during a week. Laboratory analysis was conducted both in the treatment and control group before and after treatment. Calcium intake data was analysed with Food Frequency Questionnaire and Food Record.

Result : The low fat milk consumption among the treatment group has no significant difference with the control group ( $p > 0,05$ ). Calcium urine, calcium ratio to creatinin urine and alkaliphosphatase were statistically tested. The calcium urine of the treatment group and the control group who was milk consumption is lower than the control group without milk consumptions.

Conclusion : The consumption of 25 gram of low milk is not able to influence elderly calcium metabolism status regarded from calcium urine, calcium ratio to creatinin urine and alkaliphosphatase.