ABSTRACT

Prevention of osteoporosis at a young age is necessary. However, limited research has been conducted on osteoporosis among young people. This study aimed to analyze knowledge, attitudes and practices regarding osteoporosis among 384 university students using an analytic observational method with a cross-sectional design. Differences of knowledge, attitudes and practices by gender and field of study were analyzed using independent t-test and Mann Whitney test. The influence of knowledge and attitudes on the practices was conducted using Pearson product moment test. The results showed that the average knowledge (34.61 ± 4.77) of students regarding osteoporosis were classified as moderate, the attitudes (28.57 ± 6.56) and practices (4.58 ± 2.24) of students regarding osteoporosis was classified as poor. The results of the bivariate test showed that there was a difference in the mean score of total knowledge about osteoporosis between men and women (p=0.021), health and non-health fields (p=0.003). In addition, there is a relationship between attitude and practice regarding osteoporosis (r: 0.144; p = 0.005). This study shows that the implementation of education and awareness programs for students regarding risk factors of osteoporosis should be designed to improve osteoporosis awareness and prevention.

Keywords: attitude; knowledge; osteoporosis; practice; students