# BAB VII

# KESIMPULAN DAN SARAN

## 7.1 Kesimpulan

Berdasarkan hasil penelitian mengenai "Perbedaan Nilai Risiko Osteoporosis dan Fraktur Berdasarkan FRAX® *Tool* antara populasi lansia Rumah Usiawan Panti Surya dan Posyandu Lanjut Usia Mekarsari" yang dilaksanakan pada tanggal 30 Juli – 1 September 2018. Selama penelitian didapatkan sebanyak 64 sampel dari masing – masing populasi yang memenuhi kriteria inklusi. Nilai FRAX didapatkan dengan wawancara secara langsung. Data bersifat ordinal dan diuji menggunakan uji komparasi *Pearson Chi*-Square. Didapatkan nilai p = 0,505 yang menunjukan bahwa terdapat perbedaan nilai risiko osteoporosis berdasarkan FRAX® *Tool* yang tidak signifikan antara populasi lansia Rumah Usiawan Panti Surya dan Posyandu Lanjut Usia Mekarsari. FRAX® *Tool* bisa digunakan untuk skrining osteoporosis kepada masyarakat dan fasilitas kesehatan terutama tingkat pertama.

## 7.2 Saran

### 7.2.1 Bagi Masyarakat

Meningkatkan kesadaran dan pengetahuan terhadap osteoporosis dan menghindari faktor – faktor risiko penyebab osteoporosis.

### 7.2.2 Bagi Tenaga Kesehatan

Memberikan edukasi kepada masyarakat mengenai pentingnya mengatur pola makan, aktivitas fisik rutin dan pola hidup sehat, serta menggunakan FRAX® *Tool* untuk skrining primer osteoporosis.

### 7.2.3 Bagi Peneliti Selanjutnya

Penelitian selanjutnya dapat dilakukan penelitian yang bersifat *multicenter* terhadap populasi yang lebih luas. Hal ini bertujuan untuk mendapatkan profil bagaimana keadaan suatu populasi di daerah tersebut, sehingga dapat memperbaiki atau menurunkan nilai risiko osteoporosis pada populasi tersebut.

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