

ABSTRAK

HUBUNGAN INDEKS MASSA TUBUH (IMT) DENGAN TINGKAT KEPARAHAN *OSTEOARTRITIS* LUTUT DI UPTD PUSKESMAS BANGSAL KAB MOJOKERTO

Oleh : Dewi Ratna Swari

Osteoarthritis lutut merupakan penyakit sendi degeneratif pada lansia yang dipengaruhi oleh Indeks Massa Tubuh (IMT). Penelitian ini bertujuan menganalisis hubungan IMT dengan tingkat keparahan osteoarthritis lutut pada lansia di UPTD Puskesmas Bangsal Kabupaten Mojokerto. Penelitian analitik korelasional dengan pendekatan *cross-sectional* ini melibatkan 30 sampel dari 50 populasi lansia penderita osteoarthritis lutut melalui *consecutive sampling*. Kriteria inklusi meliputi lansia berusia >50 tahun dan pasien rawat jalan aktif. Pengukuran IMT menggunakan timbangan dan *microtoise*, sedangkan tingkat keparahan diukur dengan kuesioner WOMAC. Analisis data menggunakan uji *Spearman's Rho* ($\alpha = 0,05$). Mayoritas responden memiliki IMT Obesitas 1 sebanyak 11 orang (36,7%), diikuti Normal 9 orang (30,0%), *Overweight* 5 orang (16,7%), Kurus 3 orang (10,0%), dan Obesitas 2 sebanyak 2 orang (6,7%). Tingkat keparahan dominan kategori ringan sebanyak 13 orang (43,3%), sedang 8 orang (26,7%), berat 7 orang (23,3%), dan sangat berat sebanyak 2 orang (6,7%). Uji *Spearman's Rho* menunjukkan hubungan signifikan yang kuat dan positif antara IMT dengan keparahan osteoarthritis lutut ($p < 0,001$; $r = 0,782$), yang berarti semakin tinggi IMT, semakin tinggi tingkat keparahan yang dialami sebaliknya semakin rendah IMT maka semakin rendah pula tingkat Keparahan *Osteoarthritis* lutut pada lansia. Secara patofisiologis, *mechanical overload* dan inflamasi sistemik pada lansia obesitas mempercepat kerusakan kartilago lutut. Implikasinya, diperlukan program manajemen berat badan dan latihan fisik ramah sendi (*low-impact exercise*) di Puskesmas guna mencegah penurunan fungsi fisik lansia.

Kata Kunci: Indeks Massa Tubuh, Lansia, Osteoarthritis Lutut, Pasien Rawat Jalan, Tingkat Keparahan.

ABSTRACT

THE RELATIONSHIP BETWEEN BODY MASS INDEX (BMI) AND THE SEVERITY OF KNEE OSTEOARTHRITIS AT UPTD PUSKESMAS BANGSAL, MOJOKERTO REGENCY

By: Dewi Ratna Swari

Knee osteoarthritis is a degenerative joint disease in the elderly influenced by Body Mass Index (BMI). This study aims to analyze the correlation between BMI and the severity of knee osteoarthritis among the elderly at UPTD Puskesmas Bangsal, Mojokerto Regency. This correlational analytic study with a cross-sectional approach involved 30 samples selected from a population of 50 elderly patients with knee osteoarthritis using consecutive sampling. Inclusion criteria comprised elderly individuals aged >50 years and active outpatients. BMI was measured using a weighing scale and microtoise, while disease severity was evaluated using the WOMAC questionnaire. Data were analyzed using the Spearman's Rho correlation test ($\alpha = 0.05$). The majority of respondents were in Obesity 1 category with 11 people (36.7%), followed by Normal 9 people (30.0%), Overweight 5 people (16.7%), Underweight 3 people (10.0%), and Obesity 2 with 2 people (6.7%). The severity level was predominantly mild with 13 people (43.3%), moderate 8 people (26.7%), severe 7 people (23.3%), and extremely severe 2 people (6.7%). The Spearman's Rho test revealed a strong and positive significant correlation between BMI and knee osteoarthritis severity ($p < 0.001; r = 0.782$), indicating that a higher BMI corresponds to greater disease severity, whereas a lower BMI correlates with lower severity. Pathophysiologically, mechanical overload and systemic inflammation in obese elderly accelerate cartilage damage in the knee joint. Consequently, integrated weight management programs and joint-friendly low-impact exercises are essential in primary healthcare centers (Puskesmas) to prevent functional decline in the elderly.

Keywords: Body Mass Index, Elderly, Knee Osteoarthritis, Outpatients, Severity Level