

Knowledge, Attitude and Practice of Osteoporosis Prevention among Menopausal in Salak South, Kuala Lumpur, Malaysia.

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Abstract

Osteoporosis defined as a skeletal disorder characterized by reduced bone strength predisposing a person to an increased risk of fracture. Osteoporosis is a major and growing public health problem in both sexes particularly in women. It is a condition in which the bone become brittle and fragile, due to hormonal changes as well as vitamin D and calcium deficiency. The objective of this study to determine the level of knowledge, attitude and practices of osteoporosis prevention among menopause in Salak South, Kuala Lumpur, Malaysia. A total of 228 respondents have participated in this study with the age of 30 years old and above. Data was collected and then analyzed by using SPSS version 23.0. Independent T test were used for data analysis. About 61.8% respondents had a good knowledge score, 98.2% had a good attitude score and 86.5% had a good practice score. The level of knowledge, attitude and practice were associated significantly with marital status ($p>0.05$). In conclusion, there is a need to increase health promotion activities via various form of social media and the rough community based health education to create awareness about the disease which would to help lower burden of disease in society and would help to mold positive attitude and cultivates better preventive practice among society.

Keywords:

Knowledge, Attitude and Practice, Osteoporosis, Prevention, Women, menopause, Kuala Lumpur, Malaysia