

HUBUNGAN INDEKS MASSA TUBUH TERJADAP RISIKO PLANTAR FASCIITIS PADA MAHASISWI STIKES SUAKA INSAN BANJARMASIN

Michaela Putri Kasinem Issohone¹, Dadan Prayogo², Bernadus Sadu³

Email: michaelaissohone@gmail.com

INTISARI

Latar Belakang : *Plantar fasciitis* merupakan peradangan *fascia* yang ada di telapak kaki yang dapat disebabkan oleh beberapa faktor risiko salah satunya adalah indeks massa tubuh terutama di kalangan wanita. Berdasarkan hasil studi pendahuluan pada 25 oktober 2023 terhadap 10 orang mahasiswa STIKES Suaka Insan Banjarmasin semester IV, VI, dan VIII dengan IMT *underweight* sebanyak dua orang (20%), normal sebanyak tiga orang (30%), *overweight* sebanyak dua orang (20%), obesitas sebanyak tiga orang (30%). Mahasiswa yang merasakan nyeri di bagian telapak kaki dan tumit sebanyak 70%, yang merasakan nyeri hilang timbul sebanyak 20%, Mahasiswa yang merasakan nyeri saat berjalan atau berdiri lama sebanyak 80%.

Tujuan Penelitian: menganalisis Hubungan Indeks Massa Tubuh terhadap Risiko *Plantar Fasciitis* pada Mahasiswa STIKES Suaka Insan Banjarmasin.

Metode : Jenis penelitian menggunakan metode kuantitatif dengan rancangan *cross-sectional*. Responden berjumlah 114 orang yang merupakan mahasiswa aktif dari STIKES Suaka Insan dipilih menggunakan teknik *puspositive sampling* dengan kriteria inklusi IMT $>18 \text{ kg/m}^2$, rentang usia 19-23 tahun. Analisis data menggunakan uji *person chi-square*, dengan menggunakan kuesioner FAOS.

Hasil : Hasil uji *person chi-square* subskala gejala *p value* 1,00 , subskala nyeri *p value* 1,00, subskala ADL *p value* 0,24 , subskala olahraga/rekreasi *p value* 0,02, subskala kualitas hidup *p value* 1,00.

Kesimpulan : Berdasarkan hasil penelitian maka dapat disimpulkan bahwa tidak ada hubungan yang signifikan antara indeks massa tubuh terhadap risiko plantar *fasciitis* pada mahasiswa STIKES Suaka Insan.

Kata Kunci : Indeks Massa Tubuh (IMT), Mahasiswa, Risiko Plantar *Fasciitis*

1 Mahasiswa Program Studi Sarjana Fisioterapi STIKES Suaka Insan

2, 3 Dosen Program Studi Sarjana Fisioterapi STIKES Suaka Insan

THE RELATIONSHIP OF BODY MASS INDEX TO THE RISK OF PLANTAR FASCIITIS IN STUDENTS OF STIKES SUAKA INSAN BANJARMASIN

Michaela Putri Kasinem Issohone¹, Dadan Prayogo², Bernadus Sadu³

Email: michaelaissohone@gmail.com

ABSTRACT

Background: Plantar fasciitis is inflammation of the fascia on the soles of the feet which can be caused by several risk factors, one of which is body mass index, especially in women. Based on the results of a preliminary study on October 25 2023 of 10 STIKES Suaka Insan Banjarmasin students in semesters IV, VI and VIII with a BMI of two people (20%), two people normal (30%), two people overweight. people (20%), obesity as many as three people (30%). 70% of female students feel pain in the soles of their feet and heels, 20% of female students feel pain that comes and goes, and 80% of female students feel pain when walking or standing for a long time.

Research Objectives: Analyzing the Relationship between Body Mass Index and the Risk of Plantar Fasciitis in Female Students of STIKES Suaka Insan Banjarmasin.

Methods: This type of research uses quantitative methods with a cross-sectional design. Respondents totaling 114 people who were active students of STIKES Suaka Insan were selected using a purposive sampling technique with the inclusion criteria of BMI >18 kg/m², age range 19-23 years. Data analysis used the person chi-square test, using the FAOS questionnaire.

Results: Person chi-square results: symptom subscale p value 1.00, pain subscale p value 1.00, ADL subscale p value 0.24, sports/recreation subscale p value 0.02, quality of life subscale p value 1.00.

Conclusion: Based on the research results, it was found that there was no significant relationship between body mass index and the risk of plantar fasciitis in STIKES Suaka Insan students.

Keywords: *Body Mass Index (BMI), College students, Plantar fasciitis*

1 Student of Study Program Physiotherapy STIKES Suaka Insan

2,3 Lecturer of Study Program Physiotherapy at STIKES Suaka Insan