

**GAMBARAN KARAKTERISTIK PASIEN *GONARTHROSIS*
DI PUSKESMAS ANDALAS KOTA PADANG**



**FAKULTAS KEDOKTERAN
UNIVERSITAS ANDALAS
PADANG
2026**

ABSTRACT
CHARACTERISTICS OF GONARTHROSIS PATIENTS
AT ANDALAS COMMUNITY HEALTH CENTER, PADANG CITY

By
Nur Aisy Rasyada, Noverial, Lydia Susanti, Roni Eka Sahputra, Rhandyka
Rafli, Selfi Renita Rusjdi

Gonarthrosis is a degenerative disease of the knee joint caused by cartilage erosion, which can lead to pain, activity limitations, and reduced quality of life. Community health centers play a crucial role in early detection and management of gonarthrosis; however, data on patient characteristics in primary care, especially in Padang City, remain limited. This study aimed to describe the characteristics of gonarthrosis patients who visited Andalas Community Health Center, Padang City.

This study was a quantitative descriptive study with a cross-sectional design conducted from August to October 2025. A total of 169 patients were included using a total sampling technique. Data were collected from medical records and brief interviews, then analyzed univariately and presented as frequency and percentage distributions.

The results showed that the proportion of gonarthrosis cases was 1.93% of all patient visits. Most patients were aged 56–65 years (43.8%) and were female (78.7%). The majority had occupations that placed stress on the knee joints (67.5%), predominantly housewives (46.7%), and had a body mass index above normal, with obesity class I being the most common category (37.3%). Most patients did not have comorbid hypertension or diabetes mellitus.

In conclusion, older age, female sex, occupations involving knee-loading activities, and above-normal body mass index were common characteristics among patients with gonarthrosis in primary health care settings. These findings highlight the importance of planning promotive and preventive strategies tailored to patient characteristics to support long-term joint health and quality of life.

Keywords: *gonarthrosis, patient characteristics, community health center.*

ABSTRAK
GAMBARAN KARAKTERISTIK PASIEN GONARTHROSIS
DI PUSKESMAS ANDALAS KOTA PADANG

Oleh

**Nur Aisy Rasyada, Noverial, Lydia Susanti, Roni Eka Sahputra, Rhandyka
Rafli, Selfi Renita Rusjdi**

Gonarthrosis adalah penyakit degeneratif pada sendi lutut akibat pengikisan tulang rawan, yang dapat menimbulkan nyeri, keterbatasan aktivitas, dan penurunan kualitas hidup. Puskesmas memiliki peran penting dalam deteksi dini dan pengelolaan *gonarthrosis*, namun data karakteristik pasien di layanan primer, khususnya di Kota Padang, masih terbatas. Penelitian ini bertujuan untuk mengetahui gambaran karakteristik pasien *gonarthrosis* yang menjalani pemeriksaan di Puskesmas Andalas Kota Padang.

Penelitian ini merupakan penelitian deskriptif kuantitatif dengan desain *cross sectional* yang dilakukan pada bulan Agustus–Oktober 2025. Sampel sebanyak 169 pasien diperoleh melalui teknik total sampling. Data dikumpulkan dari rekam medis dan wawancara singkat, kemudian dianalisis secara univariat dan disajikan dalam bentuk distribusi frekuensi dan persentase.

Hasil penelitian menunjukkan proporsi kejadian *gonarthrosis* sebesar 1,93% dari seluruh kunjungan pasien. Mayoritas pasien berusia 56–65 tahun (43,8%) dan berjenis kelamin perempuan (78,7%). Sebagian besar memiliki pekerjaan yang membebani lutut (67,5%), terutama ibu rumah tangga (46,7%), serta memiliki IMT di atas normal dengan kategori terbanyak obesitas I (37,3%). Sebagian besar pasien tidak memiliki komorbid hipertensi maupun diabetes melitus.

Kesimpulan penelitian ini menunjukkan bahwa pasien *gonarthrosis* di layanan kesehatan primer didominasi oleh kelompok usia lanjut, berjenis kelamin perempuan, memiliki pekerjaan yang membebani sendi lutut, serta indeks massa tubuh di atas normal. Gambaran karakteristik ini menegaskan pentingnya perencanaan upaya promotif dan preventif yang disesuaikan dengan karakteristik pasien guna mendukung kesehatan sendi dan kualitas hidup jangka panjang.

Kata kunci: *gonarthrosis*, karakteristik pasien, puskesmas.