

**PREVALENSI DAN ANALISIS FAKTOR YANG BERKAITAN DENGAN  
FLEXIBLE FLAT FOOT PADA ANAK USIA 10-12 TAHUN DI  
KECAMATAN JEBRES**

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**ABSTRACT**

**Background:** Flexible flat foot is defined as the medial longitudinal arch of the foot that collapses to varying degrees during standing and returns to normal if the foot is not weight bearing. There are several risk factors that influence the occurrence of flat foot such as, gender, physical activity, tendon rupture, congenital and BMI. **Research Methods:** Quantitative research, type of prevalence study. Cross Sectional Analytic research design with an observational approach regarding the relationship of the independent variable to the dependent variable within a certain period of time. **Results:** The results of data analysis using chi square showed a correlation between BMI to flexible flat foot ( $p=0.029$ ), gender to flexible flat foot ( $p=0.024$ ) and physical activity to flexible flat foot ( $p=0.033$ ). Flexible flat foot on BMI occurred in overweight and obese children by 52.3%, thin and normal BMI 47.7%. Flexible flat foot occurred in boys by 28.6% and girls by 18.4%, in children with low physical activity by 27.2% and in children with high physical activity by 16.8%. **Conclusion:** The prevalence of flexible flat foot in elementary school children aged 10-12 years was 22,8%. The results showed the presence of risk factors such as BMI, gender and physical activity on the incidence of flexible flat foot in children aged 10-12 years in Jebres District.

**Keywords:** Flatfoot, Prevalence, Children