

INTISARI

Lansia merupakan individu yang berusia lebih dari 60 tahun dan mengalami proses degeneratif serta diikuti dengan perubahan dan kerusakan yang memengaruhi fungsi sel dan jaringan. Seiring bertambahnya usia, proses penuaan pada lansia menyebabkan perubahan fisiologis dan patologis yang menimbulkan perubahan pada kondisi sistemik dan lokal. Kondisi lansia yang mengalami perubahan tersebut berpotensi terjadinya *frailty* sehingga menyebabkan kelemahan fisik dan berdampak buruk terhadap kesehatan. Kelemahan fisik dapat diikuti dengan penurunan fungsi mulut yang berkaitan dengan kelemahan mulut. Salah satu kelemahan mulut yang menurun pada lansia yaitu kesulitan menelan, sehingga menimbulkan kondisi disfagia. Tujuan dari penelitian ini adalah mengkaji hubungan antara *frailty* dengan status disfagia pada lansia di Panti Werdha Budi Luhur Kabupaten Bantul Yogyakarta.

Penelitian *cross sectional* yang melibatkan 64 lansia berusia ≥ 60 tahun. Pengambilan data dilakukan melalui wawancara dan pengisian kuesioner. *Frailty* dikaji menggunakan kuesioner modifikasi *Kihon Checklist*, sementara status disfagia dengan kuesioner Ohkuma. Analisis data menggunakan uji *Spearman's rho (two-tailed)* untuk mengetahui hubungan antara *frailty* dengan status disfagia.

Hasil analisis menunjukkan sebanyak 32 responden mengalami kondisi *frailty*. Lansia yang mengalami *frailty* diantaranya terdapat 25 responden mengalami disfagia. Ditemukan hubungan yang signifikan antara *frailty* dengan status disfagia ($p=0,028$). Kesimpulan dari penelitian ini adalah meningkatnya status disfagia mengalami penurunan massa otot dan kekuatan sebagai salah satu parameter modifikasi *Kihon Checklist* yang berakibat pada kelemahan fisik lansia.

Kata Kunci: lansia, *frailty*, status disfagia

ABSTRACT

The elderly is defined as individuals aged over 60 years, who are affected by degenerative processes accompanied by changes and damage impacting cell and tissue functions. As age increases, the aging process experienced by the elderly is followed by physiological and pathological changes that result in alterations to both systemic and local conditions. The changes experienced by the elderly are potential causes of frailty, leading to physical weakness and adversely impacting health. Physical weakness is accompanied by a decline in oral function, which is associated with oral weakness. One form of oral weakness in the elderly is the difficulty in swallowing, caused by a reduction in swallowing muscle mass. This condition results in dysphagia. The aim of this study was to examine the relationship between frailty and dysphagia status among the elderly at Panti Werdha Budi Luhur in Bantul Regency, Yogyakarta.

A cross-sectional study was conducted, involving 64 elderly individuals aged ≥ 60 years. Data collection was carried out through interviews and questionnaire completion. Frailty was assessed using a modified Kihon Checklist questionnaire, while dysphagia status was assessed with the Ohkuma questionnaire. Data analysis was conducted using Spearman's rho test (two-tailed) to determine the relationship between frailty and dysphagia status.

It was shown by the results of the analysis that 32 respondents experienced frailty, among whom dysphagia was observed in 25 respondents. A significant relationship was identified between frailty and dysphagia status ($p=0.028$). This study concludes that an increase in dysphagia status is associated with a reduction in muscle mass and strength, which is one of the parameters of the modified Kihon Checklist, contributing to physical weakness in the elderly.

Keywords: elderly, frailty, dysphagia status