

INTISARI

Status nutrisi pada lansia merupakan faktor penting yang memengaruhi kualitas hidup dan kesehatan secara menyeluruh. Salah satu faktor yang berperan adalah kemampuan mastikasi, yaitu kemampuan seseorang mengunyah makanan secara efisien untuk mendukung proses pencernaan dan penyerapan nutrisi. Tujuan penelitian ini yaitu untuk mengetahui hubungan antara kemampuan mastikasi dengan status nutrisi pada lansia di Kecamatan Mlati, Kabupaten Sleman, Daerah Istimewa Yogyakarta.

Metode penelitian observasional analitik ini berbasis rancangan *cross-sectional* melibatkan 97 lansia yang dipilih menggunakan *simple random sampling*. Kemampuan mastikasi diukur dengan uji perubahan warna permen karet (*color-changeable chewing gum*), sedangkan status nutrisi menggunakan *Mini Nutritional Assessment-Short Form* (MNA-SF). Analisis data dilakukan dengan uji korelasi Spearman ($p < 0.05$).

Hasil penelitian menunjukkan korelasi signifikan antara kemampuan mastikasi dan status nutrisi lansia ($r = 0,220$; $p = 0,031$). Kekuatan hubungan tergolong rendah dan menunjukkan bahwa peningkatan kemampuan mastikasi berhubungan dengan status nutrisi yang lebih baik. Disimpulkan bahwa penggunaan permen karet berubah warna mengindikasikan adanya kemampuan mastikasi pada lansia. Kemampuan mastikasi signifikan terhadap status nutrisi pada lansia. Faktor demografi, perilaku kesehatan mulut, fungsi kognitif, riwayat penyakit sistemik, serta jumlah gigi menunjukkan tidak signifikan hubungan dengan status nutrisi.

Kata kunci: Lansia, kemampuan mastikasi, status nutrisi, metode permen karet berubah warna, MNA-SF

ABSTRACT

Nutritional status in older adults is an important factor affecting overall health and quality of life. One of the factor influencing nutritional status is masticatory ability, defined as the efficiency of chewing food to support digestion and nutrient absorption. This study aimed to examine the relationship between masticatory ability and nutritional status in older adults in Mlati District, Sleman Regency, Yogyakarta, Indonesia.

An analytical observational study with a cross-sectional design was conducted involving 97 older adults selected using simple random sampling. Masticatory ability was assessed using a color-changeable chewing gum test, while nutritional status was measured using the Mini Nutritional Assessment–Short Form (MNA-SF). Data were analyzed using Spearman's correlation test ($p < 0.05$).

The study showed a significant positive correlation between masticatory ability and nutritional status ($r = 0.220$; $p = 0.031$). The correlation strength was weak indicating that older adults with better masticatory ability had better nutritional status. It can be concluded that color-changeable chewing gum test reflects masticatory ability in older adults. Masticatory ability was significantly associated with nutritional status. Demographic factors, oral health behaviour, cognitive function, history of systemic diseases, and the number of teeth were not significantly associated with nutritional status.

Keywords: Older adults, masticatory ability, nutritional status, color changeable chewing gum test, MNA-SF