

## INTISARI

**Latar Belakang :** Peningkatan usia harapan hidup membawa dampak peningkatan kondisi kronis dan penyakit yang mempengaruhi kondisi rongga mulut. Salah satu masalah rongga mulut yang dialami lansia yaitu penurunan fungsi pengecapan. Fungsi pengecapan pada lansia dipengaruhi oleh banyak faktor yaitu : sekresi saliva, status nutrisi, kebiasaan merokok, penyakit sistemik, medikasi, dan kebersihan lidah. Penelitian ini bertujuan untuk mengevaluasi pengaruh faktor-faktor tersebut terhadap tingkat kepekaan pengecapan pada lansia di wilayah DIY.

**Metodologi Penelitian :** Penelitian ini merupakan penelitian observasional analitik dengan rancangan penelitian *cross sectional* terhadap lansia di wilayah DIY dengan metode sampling *multistage cluster random sampling*. Pengukuran tingkat kepekaan pengecapan dilakukan dengan gustometri kimia, sekresi saliva dengan sialometri, status nutrisi dengan pengukuran indeks massa tubuh. Riwayat merokok, penyakit sistemik, dan medikasi diperoleh melalui metode wawancara disertai pengukuran tekanan darah dan HbA1c untuk konfirmasi penyakit sistemik, dan indeks kebersihan lidah dengan indeks *coated tongue*.

**Hasil Penelitian :** Penelitian dilakukan pada 114 lansia (71 wanita, 43 laki-laki dengan rerata usia 65,9 tahun). Jumlah subjek yang peka terhadap rasa total 36,8%, manis 64,0%, asin 87,7%, asam 92,1%, dan pahit 65,8%. Uji bivariat *chi square* menunjukkan sekresi saliva mempengaruhi pengecapan rasa total dan rasa manis. Indeks *coated tongue* mempengaruhi mempengaruhi rasa total, manis dan pahit. Hasil uji regresi logistik menunjukkan sekresi saliva berpengaruh signifikan terhadap rasa total dan indeks *coated tongue* berpengaruh signifikan terhadap rasa total dan manis ( $p > 0,05$ ). Nilai  $\text{Exp(B)}$  hiposalivasi (0,114)  $< 1$  menunjukkan hiposalivasi merupakan faktor proteksi dan nilai  $\text{Exp(B)}$  indeks *coated tongue*  $\geq 50\%$  (3,041) menunjukkan indeks *coated tongue* menunjukkan risiko 3 kali lipat terjadinya penurunan kepekaan pengecapan lansia.

**Kesimpulan :** Sekresi saliva dan indeks *coated tongue* memiliki pengaruh pada kepekaan pengecapan. Hiposalivasi memiliki efek proteksi dan indeks *coated tongue*  $\geq 50\%$  merupakan faktor risiko terjadinya penurunan kepekaan pengecapan lansia.

Kata kunci : lansia, tingkat kepekaan pengecapan, faktor pengaruh

## ABSTRACT

**Background:** Increasing life expectancy has impact on improving chronic conditions and diseases affecting oral conditions. One of the oral problems experienced by elderly is the decrease of taste function. The taste sensitivity of elderly is influenced by many factors: salivary secretions, nutritional status, smoking habits, systemic diseases, medications, and tongue hygiene. The aim of this study was to evaluate the influence of these factors on the taste sensitivity level elderly of DIY.

**Research Methodology:** This research was an observational analytic study with cross sectional design in elderly of DIY. Sampling method was multistage cluster random. Measurement of taste sensitivity was done by chemical gustometry, salivary secretion with sialometry, nutritional status with body mass index measurement. History of smoking habit, systemic disease, and medication were observed by interviewing subject. Measurement of blood pressure and HbA1c were added for confirmation of systemic disease, and the tongue hygiene status was measured using coated tongue index.

**Results:** The study was conducted in 114 elderly (71 women, 43 men with mean age of 65,9 years). Total subjects sensitive to total taste were 36,8%, sweet 64,0%, salty 87,7%, sour 92,1%, and bitter 65,8%. Chi square bivariate test showed that salivary secretion influenced the total taste and sweet taste. The coated tongue index influenced the total taste, sweet taste and bitter taste. The result of logistic regression test showed that salivary secretion statistically significant influenced the total taste and coated tongue index statistically significant influenced the total taste and sweet taste ( $p > 0,05$ ). The value of  $Exp(B)$  of hyposalivation subject (0.114) was  $<1$  indicated that hyposalivation was a protection factor and the  $Exp(B)$  value of coated tongue index  $\geq 50\%$  (3,041) indicated that the thick coated tongue became risk factor with around three times higher on decreasing taste sensitivity of elderly.

**Conclusions:** Salivary secretions and coated tongue index influence the taste sensitivity level in elderly. Hyposalivation has a protective effect and a coated tongue index of  $\geq 50\%$  is a risk factor for decreased taste sensitivity level of elderly.

**Keywords:** elderly, taste sensitivity level, influence factor