

**HUBUNGAN ANTARA ZONA DUKUNGAN OKLUSAL DAN KADAR
GULA DARAH LANSIA DENGAN POLA MAKAN
SEBAGAI VARIABEL MODERASI**

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INTISARI

Kadar gula dalam darah dipengaruhi oleh pola makan karbohidrat dan serat. Konsumsi karbohidrat yang tinggi serta serat yang rendah, dapat meningkatkan kadar gula darah. Pola makan karbohidrat dan serat dapat dipengaruhi oleh kemampuan mastikasi yang kinerjanya didasarkan pada kontak oklusal gigi-gigi posterior. Tujuan dari penelitian ini untuk mengetahui hubungan antara zona dukungan oklusal dan kadar gula darah lansia dengan pola makan sebagai variabel moderasi.

Jenis penelitian yang dilakukan adalah observasional analitik dengan metode *cross sectional*. Penelitian ini mengambil sampel sebanyak 33 lansia berusia 60-74 tahun dari Desa Kalibening, Kecamatan Dukun, Kabupaten Magelang dengan cara *accidental sampling*. Kadar gula darah lansia diukur menggunakan *Accu check test*, zona dukungan oklusal diukur menggunakan indeks *Eichner*, dan pola makan dilihat melalui kuesioner *4-day food records*. Data hasil pemeriksaan diolah menggunakan uji analisis jalur.

Hasil penelitian menunjukkan bahwa mayoritas sampel tidak memiliki zona dukungan oklusal sama sekali (63,6%), mayoritas sampel mengonsumsi karbohidrat lebih banyak dibandingkan serat (81,8%), dan kadar gula darah sampel paling banyak terdapat dalam kategori tinggi (151-200mg/dL). Hasil analisis hubungan antara zona dukungan oklusal dan kadar gula darah secara langsung ($p= 0,76$; $r= 0,003$) maupun melalui variabel moderasi berupa pola makan ($p= 0,32$; $r= 0,11$) tidak menunjukkan adanya hubungan yang signifikan ($p>0,05$). Kesimpulan dari penelitian ini yaitu tidak terdapat hubungan antara zona dukungan oklusal dan kadar gula darah lansia dengan pola makan sebagai variabel moderasi.

Kata kunci : zona dukungan oklusal, gula darah, pola makan, lansia

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**THE RELATIONSHIP BETWEEN THE OCCLUSAL SUPPORT ZONE
AND ELDERLY BLOOD GLUCOSE LEVELS WITH DIET AS A
MODERATING VARIABLE**

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ABSTRACT

Blood glucose levels were influenced by carbohydrate and fibre diets. High carbohydrate and low fibre consumption can increase blood glucose levels. The carbohydrate and fibre diet directly influenced by the ability of mastication which is based on occlusal contact of the posterior teeth. The purpose of this study was to determine the relationship between occlusal support zone and elderly blood glucose levels with diet as a moderating variable.

This research used observational analytic with cross sectional method. The sample observed in this study were 33 elderly aged 60-74 years old from Kalibening Village, Dukun Subdistrict, Magelang Regency by accidental method. Blood glucose levels were measured using the accu check test, the occlusal support zone was measured using the Eichner index, and the diet was observed through a 4-day food records questionnaire. The results of the examination data were processed using path analysis tests.

The results showed that the majority of the samples did not have an occlusal support zone at all (63.6%), the majority of the samples were consumed more carbohydrates than fibre (81.8%), and the most blood glucose samples were in the high category (151-200mg/ dL). The results of the analysis of the relationship between the occlusal support zone and blood glucose levels directly ($p=0,76$; $r=0,003$) or through moderating variables in the form of diet ($p=0,32$; $r=0,11$) did not indicate a significant relationship ($p>0,05$). The study concludes that there is no relationship between the occlusal support zone and elderly blood glucose levels with diet as a moderating variable.

Keywords: occlusal support zone, blood glucose, diet, elderly

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