

## ABSTRAK

Proses penuaan memiliki dampak terhadap aspek biologis, ekonomi, dan sosial. Secara biologis, lansia mengalami proses penuaan yang ditandai dengan penurunan daya tahan fisik dan rentan terhadap penyakit termasuk penyakit gigi dan mulut. Salah satu keluhan rongga mulut yang sering dialami lansia adalah xerostomia. Tujuan penelitian ini adalah untuk menganalisis status kesehatan mulut dan keluhan subjektif xerostomia pada lansia penghuni panti jompo budhi dharma kota yogyakarta.

Jenis penelitian yang digunakan adalah penelitian diskriptif dengan rancangan penelitian *cross sectional*. Penelitian dilakukan di Panti Jompo Budhi Dharma Kota Yogyakarta pada Bulan Februari sampai Maret dengan sampel sebanyak 30 orang lansia. Penilaian status kesehatan mulut dilakukan melalui skrining menggunakan instrument OHAT. Penilaian OHAT terdiri dari 8 kriteria penilaian, yaitu bibir, lidah, gusi dan jaringan, saliva, gigi geligi, gigi tiruan, kebersihan mulut dan nyeri gigi. Keluhan subjektif xerostomia diketahui melalui wawancara dengan memberikan 11 pertanyaan pada *xerostomia inventory*.

Hasil penelitian berdasarkan analisis OHAT menunjukkan lansia yang memiliki bibir sehat (70%), lidah mengalami perubahan (66,67%), gusi dan jaringan mengalami perubahan (66,67%), saliva sehat (83,33%), gigi asli tidak sehat (73,33), gigi tiruan tidak sehat (73,33), kebersihan mulut tidak sehat (66,67) dan tidak ada nyeri gigi (90%) sedangkan hasil penilaian xerostomia menunjukkan bahwa lansia yang mengalami xerostomia 50% berusia 60-69 tahun, 65% berjenis kelamin perempuan, 40% memiliki penyakit sistemik dan 45% mengonsumsi obat-obatan.

Kesimpulan, lansia di Panti Jompo Budhi Dharma Kota Yogyakarta memiliki status kesehatan mulut yang kurang sehat dan sebanyak 66,67% lansia mengalami xerostomia.

**Kata kunci :** lansia, status kesehatan mulut, xerostomia, OHAT.

## ABSTRACT

*Aging process has an impact on biological, economic and social aspects. Biologically, the elderly will experience an aging process characterized by a decrease in physical endurance and susceptibility to diseases including dental and oral diseases. One of many complaints in elderly is xerostomia. The aim of study was to analyze the oral health status and subjective complaint of xerostomia in elderly .*

*Descriptive method with cross sectional study design was carried out in this study. The study was conducted at the Budhi Dharma nursing home Yogyakarta in February until March and 30 elderly involved as the respondent. The oral health assessment tool (OHAT) instrument was delivered for the oral health status examination. The OHAT assessment consist of 8 criteria: lips, tongue, gum and tissues, saliva, natural teeth, dentures, oral cleanliness, and dental pain. The subjective complaints of xerostomia was known by giving a question using xerostomia inventory.*

*The result of the OHAT analysis showed that 70% elderly had healthy lips, 66,67% had change in tongue, 66,67% had change in gum and tissues, 83,33% had healthy saliva, 73,33% had unhealthy natural teeth, 73,33% had unhealthy dentures, 66,67% had unhealthy oral cleanliness, and 90% had no dental pain. Meanwhile, the result of the xerostomia assessment showed that 50% elderly aged 60-69 years had experience xerostomia, 65% female elderly had experience xerostomia, 40% elderly with systemic disease had experience xerostomia, and 45% of the elderly who consume drugs had experienced xerostomia.*

*In conclusions, the elderly in Budhi Dharma nursing home Yogyakarta had unhealthy oral health status and 66.67% of the elderly had xerostomia.*

**Keywords :** *elderly, oral health status, xerostomia, OHAT.*