

HUBUNGAN ANTARA JUMLAH OKLUSI GIGI POSTERIOR DENGAN STATUS GIZI PENDUDUK USIA LANJUT DI YOGYAKARTA

INTISARI

Latar Belakang: Menurunnya jumlah oklusi gigi posterior pada usia lanjut (usila) menyebabkan usila mengurangi asupan makan terutama jenis makanan yang sulit dikunyah. Menurunnya jumlah oklusi gigi posterior dapat menyebabkan penurunan status gizi melalui mediasi asupan makan.

Tujuan: Penelitian ini dilakukan untuk mengetahui hubungan antara jumlah oklusi gigi posterior dengan status gizi melalui mediasi asupan makan pada penduduk usia lanjut di Yogyakarta.

Metode Penelitian: Penelitian ini merupakan penelitian potong lintang yang melibatkan 130 orang usila. Pengambilan sampel dilakukan dengan metode *multistage stratified cluster random sampling*. Jumlah oklusi gigi posterior dihitung menggunakan index Eichner, kemudian dikategorikan menjadi 9 subgrup (A1-C2). Status gizi diukur menggunakan indeks massa tubuh (IMT) dan asupan makan dinilai menggunakan selisih berat badan pada 3 bulan terakhir, kemudian dikategorikan menjadi ada dan tidak ada penurunan asupan makan. Data aktivitas fisik dikumpulkan melalui pengisian kuisioner aktivitas fisik IPAQ. Data dianalisis menggunakan uji Somer's D, chi square dan analisis jalur.

Hasil: Rerata usia usila adalah 65,7 tahun. Hanya terdapat 23% usila yang memiliki oklusi gigi posterior di 4 zona, 3,8% diantaranya masih memiliki oklusi gigi posterior lengkap (A1) dan 77% usila memiliki oklusi gigi posterior <4 zona. Terdapat hubungan antara jumlah oklusi gigi posterior dengan status gizi yang dimediasi oleh asupan makan. Adanya hubungan antara jumlah oklusi gigi posterior dengan asupan makan ($p = 0,002$; $r = 0,095$) membuktikan bahwa asupan makan merupakan mediator. Jumlah oklusi gigi < 3 zona terbukti merupakan faktor risiko status gizi rendah dan penurunan asupan makan terbukti merupakan faktor risiko status gizi rendah.

Kesimpulan: Jumlah oklusi gigi posterior berhubungan dengan status gizi dengan dimediasi oleh asupan makan. Jumlah oklusi gigi minimal agar terhindar dari risiko kurang gizi adalah oklusi gigi yang terdapat di 3 zona oklusi gigi posterior.

Kata Kunci: oklusi gigi posterior, status gizi, asupan makan, usia lanjut

RELATIONSHIP BETWEEN NUMBER OF POSTERIOR OCCLUDING PAIRS OF TEETH AND NUTRITIONAL STATUS IN ELDERLY POPULATION IN YOGYAKARTA

ABSTRACT

Introduction: Decreasing number of posterior occluding pairs (POP) of teeth in elderly can lead them to reduce dietary intake, especially foods which are difficult to chew. Therefore, inadequate number and distribution of POP of teeth can impaired nutritional status through dietary intake mediation.

Aims: This study was to investigate the relationship between number of POP of teeth and nutritional status through mediation of dietary intake in elderly population in Yogyakarta.

Methods: This study was a cross-sectional study involving 130 elderly subjects. Sampling was done by multistage stratified cluster random sampling method. The number of POP of teeth was calculated using the Eichner Index which ordinally categorized to 9 subgroup of occlusion (A1-C2). Nutritional status was evaluated using the body mass index (BMI) and dietary intake was assessed using the difference of body weight in the last 3 months. Physical actiity was assessed using IPAQ questionnaire. Data were analyze using test of Somer's d, chi-square and path analysis.

Results: Mean age was 65,7 years old. There were only 23% of elderly who had POP of teeth in 4 zones which is 3,8% of them still had complete POP of teeth (A1) and 77% had POP of teeth less than 4 zones. There was a significant correlation between number of POP of teeth and nutritional status mediated by food intake. A positive relationship between number of POP of teeth with dietary intake ($p = 0,002$; $r = 0,095$) proved that dietary intake was a mediator. The number of POP of teeth < 3 zones of occlusions was the risk of undernutrition and a decrease in dietary intake was the risk of undernutrition.

Conclusion: There was a relationship between number of POP of teeth and nutritional status mediated by dietary intake. The minimum category of dental occlusion to avoid the risk of being underweight is occlusion in 3 zones of posterior teeth.

Keywords: posterior occluding pairs of teeth, nutritional status, food intake, elderly