

INTISARI

Lanjut usia memiliki risiko tinggi mengalami masalah kesehatan. Kehilangan gigi pada lanjut usia berdampak pada kualitas hidup. Gangguan fungsional akibat kehilangan gigi akan menyebabkan berkurangnya kemampuan pengunyahan, sehingga nutrisi makanan tidak bisa dicerna dengan baik oleh tubuh. Nutrisi adalah elemen penting dalam kesehatan dan dapat memengaruhi proses penuaan dan risiko terserang penyakit. Penelitian ini bertujuan untuk menguji hubungan antara kehilangan gigi dan status nutrisi pada populasi lanjut usia di Kabupaten Sleman, Yogyakarta.

Penelitian ini merupakan penelitian *cross sectional*. Empat puluh lima subyek berusia ≥ 60 tahun di Kabupaten Sleman, Yogyakarta terlibat dalam penelitian. Subjek dibagi menjadi dua kelompok berdasarkan jumlah rerata kehilangan gigi (<9 ; ≥ 9). Pengumpulan data dilakukan melalui wawancara, pengukuran antropometri dan pemeriksaan oral. Status nutrisi diukur dengan kuesioner *mini nutritional assessment* (MNA). Analisis statistik dilakukan dengan analisis univariat, bivariat, dan multivariat. Interval kepercayaan ditetapkan pada 95%. Jenis kelamin, status pendidikan, status merokok, menyikat gigi dan lingkaran pinggul dimasukkan sebagai kovariat dalam analisis multivariat.

Analisis *Mann-Whitney* menunjukkan tidak terdapat hubungan yang signifikan antar kehilangan gigi dan status nutrisi. Hasil uji *Kendall's Tau-b* dan *Kruskal Wallis* menunjukkan hasil yang signifikan berbasis kelompok kehilangan gigi dan tempat tinggal dengan status nutrisi. Uji regresi linear menunjukkan bahwa seseorang yang memiliki kehilangan gigi ≥ 9 dan tinggal di wilayah rural memiliki skor MNA yang lebih tinggi. Disimpulkan, tidak terdapat hubungan yang signifikan antara kehilangan gigi dan status nutrisi pada lanjut usia di Kabupaten Sleman, Yogyakarta. Hubungan yang signifikan antara kehilangan gigi dan status nutrisi sangat dimodifikasi oleh tempat tinggal.

Kata Kunci : Kehilangan gigi, status nutrisi, lanjut usia, tempat tinggal, MNA

ABSTRACT

The elderly have a high risk of having multiple health problems. Tooth loss in the elderly might have an impact on the quality of life. Functional disorders due to tooth loss might cause the reduction mastication ability among the elderly, so that food nutrients cannot be digested properly throughout the body. Nutrition is an important element and might influence the aging process and the risk of having the disease. This study aims to examine the relationship between tooth loss and nutritional status among the elderly population in Sleman Regency, Yogyakarta.

This study was a cross sectional study. Fortyfive subjects aged ≥ 60 years old living in Sleman Regency, Yogyakarta were involved in this study. Subjects were divided into two groups based on the number of tooth loss (<9 ; ≥ 9). Data collection was done through interviews, anthropometric measurements and oral examination. Nutritional status was measured by a mini nutritional assessment (MNA) questionnaire. Statistical analysis was performed with univariate, bivariate, and multivariate analysis. Confidence interval was set at 95%. Gender, educational status, smoking status, tooth brushing and hip circumference were included as covariates in the multivariate analysis.

Mann-Whitney analysis showed no significant relationship between tooth loss and nutritional status. Kendall's Tau-b and Kruskal Wallis test results showed significant results between groups of tooth loss and residence with nutritional status. Linear regression test shows that someone who has tooth loss ≥ 9 and living in rural area has a higher MNA score. In conclusion, there is no significant relationship between tooth loss and nutritional status in the elderly in Sleman Regency, Yogyakarta. However, the significant relationship between tooth loss and nutritional status was significantly modified by residential status among elderly.

Key words : tooth loss, nutritional status, elderly, residential status, MNA