

## INTISARI

Proses degeneratif di seluruh tubuh terjadi selama penuaan, yang berdampak pada penurunan fungsi organ. Keadaan tersebut, bersama dengan penyakit sistemik yang diderita lansia, dapat mempengaruhi pemilihan diet dan asupan nutrisi. Kondisi malnutrisi dapat bermanifestasi di jaringan mulut, antara lain berupa *atrophic glossitis*. *Atrophic glossitis* merupakan kondisi lidah yang mengalami depapilasi. Tujuan penelitian adalah untuk mengetahui hubungan antara status nutrisi dan keberadaan *atrophic glossitis*.

Penelitian observasional analitik dilakukan dengan metode *cross sectional*. Subyek penelitian berjumlah 106 lansia dari tiga panti jompo di Kabupaten Bantul, Kabupaten Sleman, dan Kotamadya Yogyakarta. Status nutrisi diukur menggunakan metode *Mini-Nutritional Assessment* (MNA) dan keberadaan *atrophic glossitis* diperiksa dengan melihat langsung kondisi lidah subyek. Hubungan antara status nutrisi dan keberadaan *atrophic glossitis* dianalisis dengan uji korelasi *Spearman*.

Hasil penelitian menunjukkan adanya hubungan signifikan antara status nutrisi dengan kemunculan *atrophic glossitis* ( $p=0,000$ ) dengan kekuatan sedang dan memiliki arah negatif ( $r=-0,391$ ). Berdasarkan hasil tersebut dapat disimpulkan bahwa semakin buruk status nutrisi, maka keberadaan *atrophic glossitis* akan meningkat, dengan demikian *atrophic glossitis* dapat dijadikan penanda dari malnutrisi.

Kata kunci: lansia, panti jompo, status nutrisi, *atrophic glossitis*, malnutrisi

## ***ABSTRACT***

Degenerative process occurs throughout the body during aging, resulting in functional decrease in elderly. This condition, together with systemic diseases in elderly can influence diet selection and food intake. Malnutrition can manifest in oral tissue, one of the manifestation is atrophic glossitis. Atrophic glossitis occurs when a large number of tongue papillae are lost. This study was performed to find out the correlation between nutritional status and atrophic glossitis' appearance.

This observational analytic study was conducted using cross sectional method. Subjects of this study were 106 elderly who lived in three elderly nursing homes located in Yogyakarta, Sleman, and Bantul. Nutritional status, as the independent variable, was measured using Mini-Nutritional Status (MNA) method and atrophic glossitis' appearance, as the dependent variable, was directly observed. Two variables were analyzed using Spearman's Rank Correlation Test.

The result showed that there is a significant correlation between nutritional status and atrophic glossitis' appearance ( $p=0,000$ ) with moderate strength and negative correlation ( $r=-0,391$ ). Based on the result, it can be concluded that lower nutritional status would raise atrophic glossitis' appearance, therefore atrophic glossitis can be a marker of malnutrition.

Keyword: elderly, nursing home, nutritional status, atrophic glossitis, malnutrition