

Hubungan kehilangan gigi dan kemampuan mastikasi pada perempuan pasca Menopause = Tooth loss and masticatory ability in post Menopausal women

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Abstrak

Tujuan: Menganalisis korelasi kehilangan gigi dengan kemampuan mastikasi perempuan pasca menopause.

Latar belakang: Pada perempuan menopause terjadi perubahan fisiologis akibat perubahan hormon. Salah satu akibatnya adalah penurunan densitas tulang yang berkontribusi terhadap hilangnya gigi. Fungsi mastikasi dipengaruhi oleh jumlah gigi, namun masih belum jelas bagaimana hubungan fungsi mastikasi yang dinilai secara subyektif dengan kehilangan gigi pada perempuan pasca menopause terutama di Indonesia.

Metode: Penelitian potong lintang dengan subyek 95 perempuan pasca menopause di Posbindu Lansia Pergeri Depok, Jawa Barat. Subyek menjawab kuesioner kemampuan mastikasi dan dilakukan pemeriksaan intra oral. Analisis Chi Square digunakan untuk menghubungkan usia, lama menopause, tingkat pendidikan, kehilangan gigi dan pemakaian gigi tiruan dengan kemampuan mastikasi.

Hasil: Subyek lansia sebanyak 71% dan lama menopause >5 tahun dialami 79% subyek. Tingkat pendidikan terbanyak adalah lulus sekolah menengah (46% subyek). Sebanyak 47% subyek mengalami kehilangan >10 gigi, 27% subyek kehilangan 6-10 gigi dan 26% subyek kehilangan <6 gigi. 76% subyek tidak memakai gigi tiruan. Kemampuan mastikasi memiliki hubungan bermakna ($p<0,05$) dengan kehilangan gigi ($p=0,011$), lama menopause ($p=0,009$) dan usia ($p=0,025$). Penggunaan gigi tiruan ($p=0,611$) dan pendidikan ($p=0,849$) tak berpengaruh signifikan terhadap kemampuan mastikasi.

Kesimpulan: Jumlah gigi hilang, lama menopause, dan usia mempengaruhi kemampuan mastikasi perempuan pasca menopause secara signifikan.

.....Objective: To determine association between tooth loss and masticatory ability in post menopausal women.

Background: Hormonal physiological changes in post menopausal women reduce bone density which leads to tooth loss. Masticatory function is affected by the number of teeth, but it is not yet clear how the subjectively perceived masticatory function associates with tooth loss in post menopausal women in Indonesia.

Method: Cross sectional study of 95 post menopausal women at Posbindu Lansia Pergeri Depok, West Java was performed. Subjects answered questionnaires about masticatory ability and intra oral examination was performed. Chi square analysis was conducted to relate age, menopausal period, educational level, tooth loss and denture use with masticatory ability.

Results: There were 71% elderly subjects and 79% subjects have experienced menopausal period 5 years. Forty-six percent of subjects were highschool graduates. Forty-seven percent subjects lost >10 teeth, 27% subjects lost 6-10 teeth and 26% subjects lost <6 teeth. Seventy-six percent of subjects did not wear dentures. Menopausal period ($p=0,09$), tooth loss ($p=0,011$), and age ($p=0,025$) had significant correlation with masticatory ability ($p<0,05$). Educational status ($p=0,611$) and denture wearing ($p=0,849$) did not significantly affect masticatory ability.

Conclusion: Masticatory ability in post menopausal women is significantly affected by length of menopausal period, tooth loss and age.