

Pengaruh stres akademik terhadap kondisi jaringan periodontal dan kadar hormon kortisol dalam cairan krevikular gingiva : tinjauan pada mahasiswa program akademik Fakultas Kedokteran Gigi Universitas Indonesia = The influence of academic stress to periodontium and cortisol hormone level in gingival crevicular fluid : review on academic program student Faculty of Dentistry University of Indonesia / Cindy Aryani Hokardi

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Abstrak

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Mayoritas penelitian menemukan hubungan periodontitis dengan stres, namun hubungannya dengan hormon kortisol pada cairan krevikular gingiva belum diteliti. Tujuan: Mengevaluasi pengaruh stres pada mahasiswa program akademik FKGUI terhadap kondisi periodontal dan kadar kortisol dalam CKG. Pemeriksaan Dental Environmental Stress, indeks periodontal (OHIS, BOP, PPD, CAL), dan kadar kortisol terhadap 39 subjek, ditemukan perbedaan OHIS ( $p=0,023$ ), BOP ( $p=0,000$ ), PPD ( $p=0,004$ ), dan CAL ( $p=0,004$ ), namun tidak ada perbedaan kadar kortisol ( $p=0,456$ ) diantara tingkatan stres. Tidak ada perbedaan kadar kortisol pada OHIS ( $p=0,587$ ), BOP ( $p=0,470$ ), PPD ( $p=0,863$ ), dan CAL ( $p=0,863$ ). Tidak ada perbedaan bermakna antara stres akademik dan kadar kortisol, dengan kondisi periodontal.

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**ABSTRACT**

Majority of investigations associating chronic periodontitis with stress found positive correlation, but no investigations correlating with cortisol in gingival crevicular fluid. Purpose: To evaluate the relationship between stress experienced by academic students FKGUI, periodontium, and cortisol. Survey using Dental Environmental Stress (DES), clinical examinations (OHIS, BOP, PPD, and CAL), and cortisol level. 39 subjects show differences in OHIS ( $p=0.023$ ), BOP ( $p=0.000$ ), PPD ( $p=0,004$ ), and CAL ( $p=0,004$ ) between stress level and no differences in cortisol level ( $p=0,456$ ). No differences in cortisol level between OHIS ( $p=0,587$ ), BOP ( $p=0,470$ ), PPD ( $p=0,863$ ), and CAL ( $p=0,863$ ). No significant differences between stress, cortisol level and periodontium.