Hubungan antara kemampuan mastikasi dan indeks massa tubuh imt = Association between masticatory performance and body mass index bmi / Tasya Shakina

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Abstrak

ABSTRAK
Latar belakang: Kehilangan gigi merupakan penyakit utama rongga mulut. Berkurangnya jumlah gigi akan menurunkan kemampuan mastikasi dan menyebabkan pemilihan makanan yang berujung pada kurangnya asupan nutrisi. Nutrisi yang buruk dapat berakibat pada perubahan indeks massa tubuh (IMT). Tujuan: Menganalisis hubungan antara kemampuan mastikasi dan IMT. Metode: Penelitian dilakukan dengan metode potong lintang pada 129 subjek berusia 34-80 tahun. Subjek diukur tinggi badan dan berat badannya, diwawancara menggunakan kuisioner kemampuan mastikasi dan dilakukan pemeriksaan intra oral. Analisis Chi Square digunakan untuk mengetahui hubungan antara kemampuan mastikasi, kehilangan gigi, pemakaian gigi tiruan, usia, jenis kelamin dan status ekonomi dengan IMT. Hasil penelitian: Kemampuan mastikasi tidak memiliki hubungan yang bermakna dengan IMT (p=0,963). Ditemukan hubungan yang bermakna antara usia dengan IMT (p=0,028). Kesimpulan: Usia mempengaruhi indeks massa tubuh.
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ABSTRACT
Background: Tooth loss is a major disease of the oral cavity. The primary function of teeth is mastication. Decreasing number of teeth will reduce the masticatory performance and causing food selection which leads to lack of nutrition. Poor nutrition resulted changes in body mass index (BMI). Objective: To analyze the relationship between masticatory performance and BMI. Methods: The study was conducted with a cross-sectional method on 129 subjects age 34-80 years. Subject was measured their height and weight, then interviewed using a questionnaire about masticatory performance and intra oral examination was conducted. Chi square was used to analyse the relation between the masticatory performance, tooth loss, denture wearer, age, gender, economic status with BMI. Result: Masticatory performance was not significantly associated with BMI (p = 0.963). A significant association was found between age and BMI (p = 0.028). Conclusion: Age affects the body mass index.