

## Hubungan status kesehatan gigi dan mulut terhadap kualitas hidup lansia = Relationship between oral health status with quality of life in elderly

Nia Nathania Martayoga, author

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### Abstrak

Latar belakang: Penelitian ini bertujuan untuk mengetahui hubungan status kesehatan gigi dan mulut dengan kualitas hidup lansia. Metode Total 93 subjek dinilai status kesehatan gigi dan mulutnya menggunakan indeks DMFT dan status periodontal standart WHO, sedangkan kemampuan mastikasi menggunakan skor color changing chewing gum. Tingkat kualitas hidup dinilai menggunakan kuesioner GOHAI versi Bahasa Indonesia dan kuesioner WHO.

Hasil: Nilai mean kuesioner WHO adalah 24,3. Kesulitan menggigit dan mengunyah makanan memiliki hubungan bermakna dengan jumlah gigi asli  $r=0,3$ ;  $r=0,3$  dan kemampuan mastikasi  $r=-0,4$ ;  $r=-0,3$ . DT memiliki hubungan bermakna dengan kesulitan melakukan aktivitas sehari-hari  $r=0,2$ . Nilai mean GOHAI adalah 51,5. Kemampuan mastikasi memiliki hubungan bermakna dengan limitasi fungsi  $r=0,3$ , aspek psikologis  $r=0,2$ , dan pengaruh terhadap kehidupan sehari-hari  $r=0,3$ . Rasa sakit dan ketidaknyamanan memiliki hubungan bermakna dengan DT  $r=0,3$  dan BOP  $r=-0,3$ .

Kesimpulan: Terdapat hubungan antara status kesehatan gigi dan mulut terhadap kualitas hidup lansia.

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Background: This study aims to examine the relationship between oral health status and quality of life of independent living elderly. Methods Total of 93 subjects oral health status was recorded using DMFT index and WHO standarts periodontal index, and masticatory performance was recorded using color changing chewing gum. Quality of life was recorded using GOHAI and WHO questionnaire.

Results: Mean scores WHO questionnaire is 24,3. Significant relationship exist between difficulty in biting and chewing food with natural teeth  $r\ 0,3\ r\ 0,3$  and masticatory performance  $r\ 0,4\ r\ 0,3$ . DT was positively correlate with difficulties doing usual activities  $r\ 0,2$ . Mean scores GOHAI Indonesian version is 51,5.

Masticatory performance was positively correlate with functional limitation  $r\ 0,3$ , pshycology aspects  $r\ 0,2$ , and effect on daily performance  $r\ 0,3$ . Significant relationship exists between pain and discomfort with DT  $r\ 0,3$  and BOP  $r\ 0,3$ .

Conclusion: There is significant relationship between oral health and quality of life.