

Hubungan kemampuan mastikasi dengan status nutrisi lansia: penelitian menggunakan alat ukur kemampuan mastikasi dan mini nutritional assessment short-form serta dilakukan di Puskesmas Kramat Jati, Jakarta Timur = The relationship between mastication ability and the nutritional status of the elderly: the study used a mastication ability measurement tool and mini nutritional assessment short-form and was conducted at the Kramat Jati Health Center, East Jakarta

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Abstrak

Latar Belakang: Perubahan kondisi rongga mulut akibat penuaan dapat menyebabkan penurunan fungsi mastikasi pada lansia. Penurunan kemampuan mastikasi dapat menyebabkan kesulitan menggigit, mengunyah, dan menelan makanan sehingga memengaruhi pemilihan jenis makanan. Hal ini diyakini dapat memengaruhi kecukupan asupan nutrisi sehingga pada akhirnya dapat juga berpengaruh terhadap kelainan status nutrisi.

Tujuan: Menganalisis hubungan kemampuan mastikasi dengan status nutrisi lansia yang dievaluasi menggunakan Mini Nutritional Assessment Short-Form (MNA-SF) dan hubungan keduanya berdasarkan kehilangan gigi (indeks Eichner), pemakaian gigi tiruan, dan faktor sosiodemografi (jenis kelamin, tingkat pendidikan, dan status ekonomi).

Metode: Penelitian ini dilakukan dengan menggunakan metode potong lintang pada 100 pasien berusia 60 tahun di Puskesmas Kramat Jati, Jakarta Timur. Pada subjek dilakukan pengambilan data diri, pemeriksaan rongga mulut, pengukuran tinggi dan berat badan, serta wawancara untuk mengisi kuesioner Alat Ukur Kemampuan Mastikasi dan MNA-SF.

Hasil: Uji Kruskal Wallis menunjukkan kemampuan mastikasi memiliki hubungan yang bermakna dengan status nutrisi ( $p = 0,009$ ). Hubungan yang bermakna juga terdapat antara kedua variabel tersebut yaitu berdasarkan jenis kelamin perempuan ( $p = 0,040$ ) dan pada kelompok yang tidak memakai gigi tiruan ( $p = 0,014$ ).

Kesimpulan: Terdapat hubungan kemampuan mastikasi dengan status nutrisi lansia.

.....Background: Changes in the condition of the oral cavity due to aging can cause a decrease in the function of mastication in the elderly. Decreased ability of mastication can cause difficulty biting, chewing, and swallowing food, which affects the choice of food. This is believed to affect the adequacy of nutrient intake so that in the end it can also affect abnormalities in nutritional status.

Objective: To analyze the relationship between mastication ability and nutritional status of the elderly evaluated using the Mini Nutritional Assessment Short-Form (MNA-SF) and their relationship based on tooth loss (Eichner index), denture use, and sociodemographic factors (sex, education level, and economic status).

Methods: This study was conducted using a cross-sectional method for 100 patients aged 60 years at the Kramat Jati Health Center, East Jakarta. Subjects were collected for self data, oral cavity examination, height and weight measurements, and interviews to fill in the Mastery Ability Measurement and MNA-SF questionnaire.

Results: The Kruskal Wallis test showed the ability of mastication to have a significant relationship with nutritional status ( $p = 0.009$ ). A significant relationship also exists between the two variables based on the female sex ( $p = 0.040$ ) and in the group that does not use dentures ( $p = 0.014$ ).

Conclusion: There is a relationship between the ability of mastication with the nutritional status of the elderly.