

Hubungan Perilaku Kesehatan Gigi dan Mulut dengan Status Karies Lansia di Indonesia (Analisis Data Riskesdas 2018) = Correlation between Oral Health Behavior and Caries Status in Indonesian Elders: National Health Survei 2018

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Abstrak

Latar belakang: Indonesia memiliki jumlah lansia yang banyak dan akan terus bertambah setiap tahunnya. Karies gigi dan karies akar merupakan masalah kesehatan gigi dan mulut yang sering dialami oleh lansia. Perilaku kesehatan gigi dan mulut merupakan salah satu faktor penyebab karies yang dapat dimodifikasi. Tujuan penelitian ini adalah untuk mengetahui hubungan perilaku kesehatan gigi dan mulut pada status karies gigi dan akar lansia di tahun 2018. Metode: Desain studi cross-sectional menggunakan data Riskesdas 2018. Jumlah sampel sebanyak 4678 subjek usia 60 tahun ke atas. Hasil: Prevalensi karies gigi dan karies akar lansia Indonesia secara berturut-turut adalah 95,7% dan 95,5%. Lansia Indonesia memiliki skor rerata decay, missing, filled teeth (DMFT) sebesar 15,6 (SE 0,1) dan skor median root caries index (RCI) sebesar 38,9% (IQR 10%, 77,8%). Sembilan dari sepuluh lansia Indonesia tidak mengunjungi tenaga medis gigi dalam setahun terakhir. Uji korelasi Spearman menunjukkan bahwa perilaku menyikat gigi, konsumsi makanan manis, konsumsi minuman manis, dan berkunjung ke tenaga medis gigi memiliki korelasi ($p < 0,05$) pada skor rerata DMFT lansia Indonesia. Hal yang mirip juga terlihat pada skor median RCI lansia Indonesia, kecuali pada korelasinya dengan makanan manis. Selain itu, perbedaan skor rerata DMFT terlihat antara kategori sosiodemografi usia, tingkat pendidikan, status ekonomi, pekerjaan dan daerah domisili. Perbedaan status karies akar juga terlihat antara kategori sosiodemografi usia, tingkat pendidikan, status ekonomi, daerah domisili, dan jaminan kesehatan. Kesimpulan: Terdapat hubungan antara perilaku kesehatan gigi dan mulut dengan status karies lansia di Indonesia. Program preventif karies, peningkatan kunjungan dokter gigi, dan adanya kebijakan pemerintah untuk menurunkan konsumsi gula pada lansia disarankan.

.....Background: Indonesia has a large number of elderly and will continue to grow every year. Dental caries and root caries are dental and oral health problems that are often experienced by the elderly. Dental and oral health behavior is one of the modifiable causes of caries. The purpose of this study was to determine the relationship between dental and oral health behavior on the dental caries status and roots of the elderly in 2018. Methods: Cross-sectional study design using Riskesdas 2018 data. The number of samples was 4678 subjects aged 60 years and over. Results: The prevalence of dental caries and root caries in the Indonesian elderly were 95.7% and 95.5%, respectively. Indonesian elderly have a mean decay, missing, filled teeth (DMFT) score of 15.6 (SE 0.1) and a median root caries index (RCI) score of 38.9% (IQR 10%, 77.8%). Nine out of ten Indonesian seniors did not visit dental personnel in the past year. Spearman correlation test showed that the behavior of brushing teeth, consumption of sweet foods, consumption of sugary drinks, and visits to dental medical personnel had a correlation ($p < 0.05$) on the average DMFT score of the Indonesian elderly. The same thing is also seen in the median RCI score of the Indonesian elderly, except for the correlation with sweet foods. In addition, differences in DMFT mean scores were seen between sociodemographic categories of age, education level, economic status, occupation and area of domicile.

Differences in root caries status were also seen between sociodemographic categories of age, education level, economic status, area of domicile, and health insurance. Conclusion: There is a relationship between dental and oral health behavior and the caries status of the elderly in Indonesia. A caries prevention program, an increase in dentist visits, and a government policy to reduce sugar consumption in the elderly are recommended.