

## Keterkaitan antara Kerapuhan dengan Status Periodontal pada Lanjut Usia = Relationship between Frailty and Periodontal Status in the Elderly

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### Abstrak

Latar belakang: Populasi lanjut usia (lansia) Indonesia diperkirakan akan terus meningkat. Kerapuhan dan penyakit periodontal merupakan kondisi kronis yang umum terjadi pada populasi lansia. Keduanya juga diketahui memiliki kesamaan dalam beberapa faktor risiko yang ada. Keterbatasan individu lansia dalam merawat diri sendiri merupakan dasar dari hubungan kerapuhan lansia dengan kondisi kesehatan periodontal. Tujuan: Menganalisis hubungan antara kerapuhan dengan status periodontal pada lansia. Metode Penelitian: Penelitian ini merupakan studi cross-sectional. Pengambilan data dilakukan pada subjek lansia berusia 60 tahun. Pemeriksaan tingkat kerapuhan menggunakan kuesioner kerapuhan berdasarkan resistensi, aktivitas, penyakit, usaha berjalan, dan kehilangan berat badan. Status periodontal yang diperiksa berupa skor plak, indeks kalkulus, bleeding on probing (BoP), jumlah gigi, dan stage periodontitis. Hasil Penelitian: Total 60 subjek penelitian dengan 46,6% subjek mengalami kerapuhan. Terdapat korelasi bermakna antara kerapuhan dengan skor plak, indeks kalkulus, BoP, jumlah gigi, dan stage periodontitis pada lansia ( $p < 0,05$ ). Terdapat perbedaan bermakna pada skor plak antara kelompok subjek rapuh dengan normal ( $p = 0,000$ ), pada BoP antara kelompok subjek rapuh dengan normal ( $p = 0,003$ ) dan kelompok subjek prarapuh dengan rapuh ( $p = 0,003$ ), serta pada jumlah gigi antara kelompok subjek rapuh dengan normal ( $p = 0,011$ ) dan kelompok subjek prarapuh dengan rapuh ( $p = 0,023$ ). Kesimpulan: Tingkat kerapuhan berhubungan dengan status periodontal pada lansia.

..... Background: Population of elderly in Indonesia is expected to continue to increase. Frailty and periodontal disease are chronic conditions that are common in the elderly population. Both are also known to have similarities in several existing risk factors. The limitations of elderly individuals in taking care of themselves are the basis of the relationship between frailty of elderly and periodontal health conditions. Objective: To analyze the relationship between frailty and periodontal status in the elderly. Method: This research is a cross-sectional study. Data collection was carried out on elderly subjects aged 60 years. Examination of frailty using a frailty questionnaire based on resistance, activity, disease, effort to walk, and weight loss. Periodontal clinical parameters examined were plaque score, calculus index, bleeding on probing (BoP), number of teeth, and stage of periodontitis. Results: A total of 60 research subjects with 46.6% of subjects experiencing frailty. There was a significant correlation between frailty and plaque score, calculus index, BoP, numbers of teeth, and stage of periodontitis in the elderly ( $p < 0.05$ ). There were significant differences in plaque scores between frail and normal subject groups ( $p = 0.000$ ), in the BoP between the frail and normal subject groups ( $p = 0.003$ ) and the pre-frail and frail subject groups ( $p = 0.003$ ), and in the number of teeth between the subject groups. frail to normal ( $p = 0.011$ ) and pre-frail subjects to frail ( $p = 0.023$ ). Conclusion: Frailty is associated with periodontal status in the elderly.