

# Hubungan antara Indeks Massa Tubuh dengan Periodontitis: Studi Retrospektif di Unit Spesialis Periodonsia RSKGM FKG UI = Relationship between Body Mass Index and Periodontitis: a Retrospective Study at the Periodontology Clinic of the Dental Hospital of Universitas Indonesia.

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## Abstrak

**Latar Belakang:** Periodontitis adalah kondisi inflamasi kronis pada jaringan pendukung gigi yang memiliki ciri kehilangan perlekatan klinis serta penurunan tinggi tulang alveolar. Periodontitis diketahui menjadi penyebab utama kehilangan gigi pada orang dewasa. Prevalensi periodontitis secara global diketahui meningkat dan di Indonesia sendiri, 74% masyarakatnya terdiagnosis periodontitis. Penelitian sebelumnya mengenai hubungan indeks massa tubuh dengan periodontitis memiliki hasil yang beragam, beberapa di antaranya menyatakan adanya hubungan sementara ada pula yang tidak.

**Tujuan:** Mengidentifikasi hubungan antara indeks massa tubuh dengan periodontitis di RSKGM FKG UI. **Metode:** Studi observasional analitik potong lintang dengan pendekatan retrospektif. Sampel diperoleh dari data sekunder Rekam Medis Unit Spesialis Periodonsia di RSKGM FKG UI tahun 2019—2023 sesuai kriteria penelitian menggunakan teknik pengambilan sampel *non-probability sampling* dengan metode *consecutive sampling*.

**Hasil penelitian:** Sebanyak 504 rekam medis status awal didapatkan dan terdapat 298 yang memenuhi kriteria penelitian. Uji statistik menunjukkan tidak adanya hubungan yang bermakna secara statistik antara berat badan, tinggi badan, dan indeks massa tubuh dengan *staging* dan *grading* periodontitis ( $p > 0,05$ ). **Kesimpulan:** Tidak terdapat hubungan antara indeks massa tubuh dengan periodontitis di RSKGM FKG UI.

.....**Background:** Periodontitis is a chronic inflammatory condition of the tooth-supporting tissue characterized by clinical attachment loss and loss of alveolar bone height. It is known as the main cause of tooth loss in adults. Globally, the prevalence of periodontitis increases, and in Indonesia, 74% of the population is diagnosed with periodontitis. Previous research on the relationship between body mass index and periodontitis concluded various results, with some stating that there is a relationship while others did not. **Objective:** To identify the relationship between body mass index and periodontitis. **Methods:** An observational analytical cross-sectional study with a retrospective approach. Samples were obtained from secondary data retrieved from medical records at the Periodontology Clinic of the Dental Hospital of Universitas Indonesia from 2019 to 2023 using a non-probability sampling technique with the consecutive sampling method according to research criteria. **Results:** A total of 504 initial status medical records were obtained and 298 met the research criteria. Body weight, height, and body mass index had no significant relationship with the stage and grade of periodontitis ( $p > 0.05$ ). **Conclusion:** There is no statistically significant relationship between body mass index and periodontitis at the Periodontology Clinic of the Dental Hospital of Universitas Indonesia.