

**GAMBARAN PERILAKU PELIHARA DIRI KESEHATAN GIGI
DAN MULUT DENGAN JUMLAH GIGI
YANG BERFUNGSI PADA LANSIA**

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ABSTRAK

Latar Belakang : Data Susenas Maret 2019 menunjukkan bahwa provinsi dengan persentase penduduk lansia terbanyak pada tahun 2019 adalah Daerah Istimewa Yogyakarta (14,50 persen). Berdasarkan Riskesdas tahun 2013 masalah gigi dan mulut yang banyak diderita usia lanjut adalah kehilangan gigi. Lansia diharapkan minimal mempunyai 20 gigi berfungsi. Jumlah gigi yang berfungsi <20 pada lansia terjadi karena perilakuelihara diri kesehatan gigi dan mulut yang dilakukan perorangan masih kurang.

Tujuan Penelitian : Mengetahui gambaran perilakuelihara diri kesehatan gigi dan mulut dengan jumlah gigi yang berfungsi pada lansia.

Metode Penelitian : Penelitian ini merupakan penelitian deskriptif dengan pendekatan *cross sectional*. Subjek penelitian ini adalah lansia di Pedukuhan Pelemadu sejumlah 56 responden dengan menggunakan teknik sampling total. Instrumen penelitian ini menggunakan kuesioner perilakuelihara diri kesehatan gigi dan mulut serta format pemeriksaan gigi yang berfungsi pada lansia.

Hasil Penelitian : Sebagian besar responden mempunyai perilakuelihara diri kesehatan gigi dan mulut yang buruk (64,3%). Sebagian besar responden mempunyai jumlah gigi berfungsi <20 (67,9%). Responden dengan perilakuelihara diri kesehatan gigi dan mulut yang buruk, memiliki jumlah gigi yang berfungsi <20 (88,9%).

Kesimpulan : Perilakuelihara diri kesehatan gigi dan mulut yang buruk, memiliki jumlah gigi yang berfungsi <20 pada lansia.

Kata Kunci : Perilaku Pelihara Diri Kesehatan Gigi dan Mulut, Jumlah Gigi yang Berfungsi, Lansia

**THE DESCRIPTION OF ORAL AND DENTAL HEALTH SELF-CARE
BEHAVIOR WITH THE NUMBER OF FUNCTIONING
TEETH IN ELDERLY PEOPLE**

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ABSTRACT

Background: The March 2019 Susenas (National Socio-Economic Survey) showed that the Special Region of Yogyakarta was the province with the highest percentage of the elderly population in 2019, which was 14.50%. Based on the 2013 Riskesdas (Basic Health Research), tooth loss was a dental and oral problem that mostly affected the elderly. Elderly people are expected to have at least 20 functioning teeth. Lack of dental and oral health self-care behavior for the elderly can cause them to have less than 20 functioning teeth

Purpose : This research aimed to determine the description of oral and dental health self-care behavior with the number of functioning teeth in elderly people.

Research Method: This research is a descriptive study using the cross-sectional approach. The subjects of this research were 56 elderly people in Pelemadu Village. This research used total sampling technique and questionnaire about the dental and oral health self-care behavior with a dental examination format for the functioning teeth on elderly people.

Result: Most respondents had bad dental and oral health self-care, which was 64.3%. Most of them had less than 20 functioning teeth, which was 67.9%. Respondents with poor oral and dental health self-care behavior had less than 20 functioning teeth, which was 88.9%.

Conclusion: A poor dental and oral health self-care behavior causes elderly people to have less than 20 functioning teeth.

Keywords: Oral and dental health self-care behavior, total functioning teeth, elderly people.