

GAMBARAN HIPERSENSITIVITAS DENTIN BERDASARKAN USIA, JENIS KELAMIN DAN FAKTOR PENYEBAB

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ABSTRAK

Latar Belakang Gigi sensitif terjadi karena ada penipisan pada lapisan email sehingga lapisan tengah gigi, yang disebut dengan "dentin" menjadi terbuka. Apabila dentin yang terbuka ini terkena rangsang dari makanan/minuman yang dingin, panas, manis, ataupun asam dapat menyebabkan timbulnya rasa ngilu yang tajam. Studi epidemiologi yang dilakukan oleh peneliti di berbagai negara termasuk Indonesia, mendapatkan prevalensi hipersensitivitas dentin berkisar antara 4-74%

Tujuan: Diketuainya gambaran hipersensitivitas dentin berdasarkan usia, jenis kelamin dan faktor penyebab

Metode: Metode penelitian ini adalah penelitian deskriptif dengan rancangan penelitian *cross sectional*. Sampel penelitian ini berjumlah 61 orang dengan teknik sampel jenuh. Pengambilan data hipersensitivitas dengan cara mengisi kuisioner dan dianalisis menggunakan tabulasi silang.

Hasil: Sebagian besar responden mengalami gigi hipersensitivitas dentin (77%). Kelompok usia yang banyak mengalami hipersensitivitas dentin adalah usia 36-46 tahun (100%). Laki-laki lebih banyak mengalami hipersensitivitas dentin (80%). Faktor penyebab yang menyebabkan hipersensitivitas dentin adalah abrasi (93%), karies gigi (85%), gusi turun (83%), menggunakan bulu sikat gigi yang keras (82%), menggertakkan gigi (80%), menggunakan pasta gigi pemutih (79%), menyikat gigi dengan tekanan kuat (79%), minuman dingin (72%), makanan terlalu asam (61%).

Kesimpulan: Hipersensitivitas dentin banyak terjadi pada usia 36-46 tahun pada jenis kelamin laki-laki. Faktor penyebab terbanyak adalah abrasi.

Kata Kunci: Hipersensitivitas Dentin, Usia, Jenis Kelamin, Faktor Penyebab

THE DESCRIPTION OF DENTIN HYPERSENSITIVITY BASED ON AGE, GENDER AND CAUSE FACTORS

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ABSTRACT

Background: Teeth sensitive occur because there is thinning of the enamel layer so the middle layer of the tooth, called "dentin" becomes exposed. When an opened dentin is exposed and got stimulate from cold, hot, sweet, or sour foods/drinks, this fluid can move the nerve to react, triggering a short, sharp pain. Epidemiological studies conducted by researchers in various countries, including Indonesia, found that the prevalence of dentin hypersensitivity ranged from 4-74%.

Purpose: To determine dentin hypersensitivity based on age, gender and causative factors.

Research Methods: The research method used is descriptive research with a cross-sectional study design. The sample size consisted of 61 individuals selected using a saturation sampling technique. Data on hypersensitivity was collected through questionnaire responses and analyzed using cross-tabulation.

Results: Most of the respondents experienced dentin hypersensitivity teeth (77%). The age group that experienced a lot of dentin hypersensitivity was 36-46 years old (100%). Men experienced more dentin hypersensitivity (80%). The causative factors that caused dentin hypersensitivity were abrasion (93%), dental caries (85%), receding gums (83%), using hard bristles (82%), grinding teeth (80%), using whitening toothpaste (79%), brushing teeth with firm pressure (79%), cold drinks (72%), too acidic food (61%).

Conclusion: Dentin hypersensitivity mostly occurs at the age of 36-46 years and is male. Factors causing dentin hypersensitivity were abrasion.

Keywords: Dentin Hypersensitivity, Age, Gender, Causes.