

GAMBARAN PERILAKU KESEHATAN GIGI DAN JUMLAH GIGI LANSIA DI KOMPLEK BPK YOGYAKARTA

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ABSTRAK

Latar Belakang: Kesehatan gigi dan mulut merupakan komponen penting dalam kesehatan keseluruhan, terutama bagi lansia. Perilaku pemeliharaan kesehatan gigi masih tergolong buruk di Indonesia, dengan hanya 4,4% masyarakat yang menyikat gigi dengan benar. Hal ini berkontribusi pada tingginya angka kehilangan gigi pada lansia yang mencapai 30,6% pada usia ≥ 65 tahun, berdampak signifikan terhadap kualitas hidup responden. World Health Organization (WHO) menetapkan standar minimal 20 gigi berfungsi pada lansia usia di atas 65 tahun, namun banyak lansia yang tidak memenuhi standar tersebut.

Tujuan: Diketuinya perilaku tentang kesehatan gigi dan jumlah gigi pada lansia.

Metode: Jenis penelitian deskriptif bersifat survey dengan rancangan cross sectional. Penelitian dilakukan pada bulan April 2025. Sampel penelitian berjumlah 42 lansia usia 55-90 tahun. Sampel penelitian diambil menggunakan teknik sampling jenuh. Pengumpulan data menggunakan kuisisioner dan lembar pemeriksaan gigi untuk menghitung jumlah gigi.

Hasil: Perilaku kesehatan gigi dengan kategori tidak baik sebanyak 79%, perilaku kategori baik sebanyak 21% dan Jumlah gigi < 20 sebanyak 90%.

Kesimpulan: Perilaku kesehatan gigi lansia Komplek BPK Yogyakarta tidak baik dan memiliki jumlah gigi < 20 pada lansia.

Kata kunci: Perilaku kesehatan gigi, jumlah gigi, lansia, kehilangan gigi.

DENTAL HEALTH BEHAVIOR AND TOOTH COUNT AMONG ELDERLY IN BPK COMPLEX YOGYAKARTA

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ABSTRACT

Background: Dental and oral health is an essential component of overall health, especially for the elderly. Dental health maintenance behavior is still poor in Indonesia, with only 4.4% of people brushing their teeth correctly. This contributes to the high rate of tooth loss among the elderly, reaching 30.6% at age ≥ 65 years, significantly impacting their quality of life. The World Health Organization (WHO) establishes a minimum standard of 20 functioning teeth for elderly people over 65 years of age, but many elderly do not meet this standard.

Objective: To determine dental health behavior and tooth count among the elderly.

Method: This research used a descriptive survey with a cross-sectional design. The study was conducted in April 2025. The sample consisted of 42 elderly individuals aged 55-90 years. Sampling was done using a total sampling technique. Data collection used questionnaires and dental examination forms to count the number of teeth.

Results: 79% of subjects had poor dental health behavior, while 21% had good dental health behavior. 90% of subjects had fewer than 20 teeth.

Conclusion: Elderly residents at BPK Complex Yogyakarta demonstrate poor dental health behavior and have fewer than 20 teeth.

Keywords: Dental health behavior, tooth count, elderly, tooth loss.