

DESCRIPTION OF TOOTH BRUSHING BEHAVIOR WITH THE INCIDENCE OF ABRASION IN THE ELDERLY

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ABSTRACT

Background : Dental abrasion is one of the common oral health problems, especially in the elderly. In Indonesia, the prevalence of abrasion at the age of 50 - 59 years is 53.33%. Based on preliminary studies that have been conducted through interviews and direct examination of 15 elderly people, it was found that 14 of them experienced dental abrasion.

Objective : To know the description of tooth brushing behavior with the incidence of abrasion in the elderly.

Methods : This research used descriptive type through surveys and observations with a cross-sectional study design. This research was conducted in May 2025. The sample in this study used saturated sampling or took all elderly people in Dusun VIII Janten, Ngestiharjo, Kasihan, Bantul, Yogyakarta, a total of 70 elderly aged 51 – 70 years. Research instruments include a tooth brushing behavior questionnaires and a tooth abrasion examination format. The results of the study are presented in the form of frequency distribution and cross tabulation.

Results : Most respondents had poor tooth brushing behavior as many as 39 respondents (56,5%) and a total of 40 respondents (58,0%) experienced tooth abrasion in the high category. High category dental abrasion was found in males as many as 19 respondents (67,9%), aged 56 – 60 years as many as 13 respondents (72,2%), with the last education of elementary school as many as 23 respondents (63,9%). Tooth brushing behavior is in poor criteria with a high incidence of dental abrasion category, namely 31 respondents (79,5%).

Conclusion : Tooth brushing behavior in the elderly illustrates the relationship with the incidence of tooth abrasion.

Keywords : Tooth brushing behavior, tooth abrasion, elderly

GAMBARAN PERILAKU MENYIKAT GIGI DENGAN KEJADIAN ABRASI PADA LANSIA

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ABSTRAK

Latar Belakang : Abrasi gigi merupakan salah satu masalah kesehatan gigi dan mulut yang umum terjadi, terutama pada kelompok lansia. Di Indonesia, prevalensi abrasi pada usia 50 – 59 tahun sebesar 53,33%. Berdasarkan studi pendahuluan yang telah dilakukan melalui wawancara dan pemeriksaan secara langsung terhadap 15 orang lansia, ditemukan bahwa 14 orang di antaranya mengalami abrasi gigi.

Tujuan : Diketuainya gambaran perilaku menyikat gigi dengan kejadian abrasi pada lansia.

Metode : Penelitian ini menggunakan jenis deskriptif melalui survei dan observasi dengan rancangan studi potong lintang (*cross sectional*). Penelitian ini dilaksanakan pada bulan Mei 2025. Sampel dalam penelitian ini menggunakan *sampling* jenuh atau mengambil seluruh lansia di Dusun VIII Janten, Ngestiharjo, Kasihan, Bantul, DIY sejumlah 70 lansia usia 51 – 70 tahun. Instrumen penelitian meliputi kuesioner perilaku menyikat gigi dan format pemeriksaan abrasi gigi. Hasil penelitian disajikan dalam bentuk distribusi frekuensi dan tabulasi silang.

Hasil : Sebagian besar responden memiliki perilaku menyikat gigi dalam kriteria buruk sebanyak 39 responden (56,5%) dan sejumlah 40 responden (58,0%) mengalami abrasi gigi dengan kategori tinggi. Abrasi gigi kategori tinggi ditemukan pada laki – laki sebanyak 19 responden (67,9%), usia 56 – 60 tahun sebanyak 13 responden (72,2%), berpendidikan terakhir SD sebanyak 23 responden (63,9%). Perilaku menyikat gigi dalam kriteria buruk dengan kejadian abrasi gigi kategori tinggi yaitu sebanyak 31 responden (79,5%).

Kesimpulan : Perilaku menyikat gigi pada lansia menggambarkan adanya keterkaitan dengan kejadian abrasi gigi.

Kata Kunci : Perilaku menyikat gigi, abrasi gigi, lansia