

# Hubungan kemampuan oral hygiene dan status oral health dengan status nutrisi pada lansia di PSTW Budi Mulia 02 dan 04 DKI Jakarta = The relationships between the ability of oral hygiene and oral health status with nutritional status of elderly in PSTW Budi Mulia 02 and 04 DKI Jakarta./ Fitria Kusuma Dewi

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## Abstrak

### **ABSTRAK**

Kemampuan oral hygiene dan status oral health mempengaruhi status nutrisi lansia. Penelitian ini bertujuan untuk mengetahui hubungan kemampuan oral hygiene dan status oral health dengan status nutrisi pada lansia. Desain deskriptif korelasional dengan pendekatan cross sectional di PSTW Budi Mulia 02 & 04 DKI Jakarta dengan 93 responden. Instrumen untuk mengukur status nutrisi MNA dan penilaian status oral health dengan OHAT. Responden penelitian ini 65,6% perempuan, kemampuan oral hygiene 54,8% tidak adekuat serta oral health 66,7% tidak sehat dan 68,82% mengalami masalah nutrisi. Ada hubungan yang bermakna antara status oral health dengan status nutrisi ( $p=0,028$ ) dengan OR 3,104 (1,219-7,907). Kemampuan oral hygiene tidak berhubungan secara langsung dengan status nutrisi ( $p=0,493$ ) namun, secara tidak langsung status oral health dipengaruhi oleh kemampuan oral hygiene ( $p=0,046$ ) dengan OR 2,685 (1,105-6,522). Care giver diharapkan melakukan oral hygiene untuk meningkatkan status oral health pada lansia di panti sehingga dapat meningkatkan status nutrisi.

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### **ABSTRACT**

Ability of oral hygiene and oral health status influence nutritional status in elderly. This research aims to determine correlation between the ability of oral hygiene and oral health status with nutritional status in elderly. This research uses descriptive correlation design with cross-sectional approach which is applied to 93 elderly from PSTW Budi Mulia 02 & 04 DKI Jakarta. Instrument used to assess nutritional status in this research is MNA and to assess status oral health use OHAT. The research's respondent is consisted of 65.6% female, 54.8% have inadequate oral hygiene, and 66.7% have unhealthy the oral health status and 68.82% have nutritional problem. There is a correlation between oral health status and nutritional status ( $p=0,028$ ) with OR 3.104 (1.219-7,907). Besides, result shows that there was no correlation between the ability of oral hygiene and nutritional status ( $p=0.493$ ), but it proves how oral health status is influenced by the ability of oral hygiene ( $p=0.046$ ) with OR 2.685 (1.105-6.522). The ability of oral hygiene doesn't correlate directly to nutritional status but it fairly correlates to oral health status. Care giver in the institution advised to execute the ability of oral hygiene and oral health status in other to improve nutritional status in elderly.