

Hubungan tingkat oral health literacy dengan status klinis dan perilaku kesehatan gigi dan mulut pada lansia independen di Kota Depok = The relationship between oral health literacy with oral health status and oral health behavior of independent elderly people in Depok

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Abstrak

Latar belakang: Penelitian ini bertujuan untuk mengetahui hubungan tingkat oral health literacy (OHL) terhadap status klinis dan perilaku kesehatan gigi dan mulut serta dengan faktor sosiodemografis pada lansia independen.

Metode: Desain penelitian yang digunakan adalah cross-sectional dengan total 195 subjek lansia di Kota Depok berusia 60 tahun ke atas dengan pengisian data sosiodemografis, kuesioner dengan metode wawancara mengenai tingkat oral health literacy menggunakan HeLD-29, dan kuesioner perilaku menjaga kesehatan gigi dan mulut. Status klinis dinilai melalui pemeriksaan klinis menggunakan indeks DMF-T, status periodontal menggunakan CPI-modified, status pemakaian gigi tiruan, status kebersihan mulut menggunakan indeks OHI-S, serta penilaian kemampuan mastikasi secara subjektif.

Hasil: Rerata skor oral health literacy pada penelitian ini adalah $3,45 \pm 0,67$. Nilai Cronbachs alpha = 0.945. Validitas diskriminan memiliki hubungan signifikan dengan kemampuan mastikasi ($p < 0,01$) dan validitas konvergen memiliki hubungan signifikan dengan gigi hilang, skor DMF-T, dan kemampuan mastikasi ($p < 0,01$), serta gigi yang direstorasi ($p < 0,05$). Terdapat hubungan bermakna antara beberapa domain HeLD-29 dengan status klinis kesehatan gigi dan mulut. Perbedaan bermakna secara statistik juga terdapat pada jumlah gigi yang hilang, gigi yang direstorasi, dan poket periodontal antara kelompok dengan oral health literacy rendah dengan kelompok dengan oral health literacy tinggi ($p < 0,05$). Didapatkan pula perbedaan rerata skor oral health literacy yang bermakna pada variabel usia dan tingkat pendidikan, serta adanya hubungan signifikan antara nilai DMF-T dengan frekuensi kunjungan ke dokter gigi dan antara perdarahan gingiva dengan status merokok.

Kesimpulan: Terdapat hubungan antara tingkat oral health literacy dengan status klinis kesehatan gigi dan mulut serta dengan faktor sosiodemografis yaitu usia dan tingkat pendidikan pada lansia independen.

Terdapat hubungan antara status klinis dengan perilaku kesehatan gigi dan mulut.

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Background: The aim of this study is to evaluate the association between oral health literacy (OHL), oral health status, and oral health behavior of independent elderly.

Methods: Cross-sectional study involved 195 independent living elderly in Depok aged 60 and above. The subjects completed a self-administered questionnaire collectin information about socio-demographics, Health Literacy in Dentistry (HeLD-29) questionnaire to assessed oral health literacy, and oral health behavior questionnaire by interviewing subjects. Oral health status was recorded by clinical oral examination using DMF-T index, CPI-modified, denture status, OHI-S, and the masticatory performance was assessed subjectively.

Results: Oral health literacy mean score in this study is $3,45 \pm 0,67$. The Cronbachs alpha = 0.945. The discriminant validity were confirmed by HeLD scores being significantly associated with mastication

ability($p < 0.01$). The convergent validity were confirmed by HeLD score being significantly associated with amount of tooth loss, DMF-T score, and mastication ability ($p < 0,01$) also with amount of filled teeth ($p < 0,05$). There were correlations between some HeLD-29 domain with oral health status. There were significant differences of amount of tooth loss (M-T), amount of filled teeth (F-T), and amount of deep pocket between the group with low oral health literacy and the group with high oral health literacy ($p < 0,05$). Statistical differences were also found between oral health literacy mean score amongst age and education level group. There were also correlations between DMF-T score and dental visits and between amount of bleeding on probing and smoking status of the subjects.

Conclusion: Oral health literacy was associated with oral health status and the socio-demographics such as age and education level there is a relationship between oral health status and oral health behavior in independent elderly.