

ABSTRAK

ANALISIS DETERMINAN KUALITAS HIDUP TERKAIT KESEHATAN MULUT PENDERITA DIABETES MELLITUS DI KECAMATAN CILONGOK

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Latar Belakang: Diabetes mellitus (DM) merupakan kelainan metabolisme yang ditandai dengan kadar glukosa darah tinggi. DM dapat menimbulkan komplikasi sistemik maupun oral, yang berdampak pada kualitas hidup terkait kesehatan mulut. Tingginya prevalensi DM di Kecamatan Cilongok berpotensi menurunkan kualitas hidup terkait kesehatan mulut, namun determinannya belum dikaji secara menyeluruh. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang mempengaruhi kualitas hidup terkait kesehatan mulut pada penderita DM di Kecamatan Cilongok.

Metode: Penelitian ini merupakan studi observasional analitik dengan desain *cross-sectional*. Populasi penelitian ini adalah penderita DM yang telah didiagnosis oleh dokter serta mengikuti program Prolanis di Puskesmas Cilongok I dan II selama periode Bulan Januari – Februari 2025. Pemilihan sampel ditentukan dengan metode *simple random sampling* berdasarkan kriteria inklusi dan eksklusi. Jumlah sampel penelitian yang diperoleh sebanyak 135 orang. Variabel independen meliputi usia, jenis kelamin, pendidikan, lama menderita DM, kadar gula darah puasa, status *xerostomia*, jumlah gigi, dan perilaku kebersihan mulut. Variabel dependen adalah kualitas hidup terkait kesehatan mulut. Data diperoleh dari pemeriksaan jumlah gigi, wawancara kuesioner (status *xerostomia*, perilaku kebersihan mulut, dan kualitas hidup terkait kesehatan mulut), dan rekam medis. Analisis data univariat, bivariat, dan multivariat dilakukan dengan uji regresi logistik berganda menggunakan SPSS.

Hasil: Hasil penelitian menunjukkan bahwa terdapat 4 (empat) variabel independen yang berpengaruh signifikan terhadap kualitas hidup terkait kesehatan mulut. Variabel tersebut meliputi status *xerostomia* ($p = 0,000$; POR = 28,317), jumlah gigi ($p = 0,000$; POR = 21,856), perilaku kebersihan mulut ($p = 0,006$; POR = 5,694), dan usia > 60 tahun ($p = 0,009$; POR = 4,677). Status *xerostomia* (ada *xerostomia*) menjadi faktor dominan yang berdampak terhadap penurunan kualitas hidup terkait kesehatan mulut.

Kesimpulan: Status *xerostomia* menjadi faktor yang paling dominan dalam mempengaruhi kualitas hidup terkait kesehatan mulut. Intervensi promosi kesehatan serta kolaborasi antar profesi diharapkan dapat membantu upaya deteksi dini, penentuan perawatan yang tepat, serta dapat berdampak positif terhadap perubahan perilaku kesehatan.

Kata Kunci: Kualitas hidup terkait kesehatan mulut, diabetes mellitus, OHIP-14

ABSTRACT

ANALYSIS OF DETERMINANTS OF QUALITY OF LIFE RELATED TO ORAL HEALTH OF DIABETES MELLITUS PATIENTS IN CILONGOK DISTRICT

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Background: Diabetes mellitus (DM) is a metabolic disorder characterized by high blood glucose levels. DM can cause systemic and oral complications, which have an impact on the quality of life related to oral health. The high prevalence of DM in Cilongok District has the potential to reduce the quality of life related to oral health, but its determinants have not been studied thoroughly. This study aims to determine the factors that influence the quality of life related to oral health in DM patients in Cilongok District.

Methods: This study is an analytical observational study with a cross-sectional design. The population of this study were DM patients who had been diagnosed by a doctor and participated in the Prolanis program at Cilongok I and II Health Centers during the period of January - February 2025. Sample selection was determined by the simple random sampling method based on inclusion and exclusion criteria. The number of research samples obtained was 135 people. Independent variables include age, gender, education, duration of DM, fasting blood sugar levels, xerostomia status, number of teeth, and oral hygiene behavior. The dependent variable is quality of life related to oral health. Data were obtained from examination of the number of teeth, questionnaire interviews (xerostomia status, oral hygiene behavior, and quality of life related to oral health), and medical records. Univariate, bivariate, and multivariate data analysis was carried out using binary logistic regression tests using SPSS.

Results: The results of the study showed that there were 4 (four) independent variables that significantly influenced the quality of life related to oral health. These variables included xerostomia status ($p = 0.000$; $POR = 28.317$), number of teeth ($p = 0.000$; $POR = 21.856$), oral hygiene behavior ($p = 0.006$; $POR = 5.694$), and age > 60 years ($p = 0.009$; $POR = 4.677$). Xerostomia status (presence of xerostomia) was the dominant factor that impacted the decline in quality of life related to oral health.

Conclusion: Xerostomia status is the most dominant factor influencing oral health-related quality of life. Health promotion interventions and interprofessional collaboration are expected to facilitate early detection, determine appropriate treatment, and positively impact health behavior changes.

Keywords: Oral health-related quality of life, diabetes mellitus, OHIP-14