

# ANALISIS DAMPAK PENYAKIT DIABETES MELITUS TERHADAP KONDISI JARINGAN PERIODONTAL PASIEN RAWAT JALAN UPT PUSKESMAS CIHURIP KABUPATEN GARUT

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## ABSTRAK

**Latar belakang:** Penyakit diabetes melitus merupakan penyakit kronis yang diderita pasien seumur hidupnya. Sekitar 80% pasien memiliki masalah pada gusi. Diabetes melitus tidak terkontrol dapat melemahkan imunitas jaringan periodontal, sebaliknya penyakit periodontal yang tidak terawat memperburuk keseimbangan gula darah sehingga terjadi kerusakan jaringan periodontal. **Tujuan:** menganalisis dampak penyakit diabetes melitus terhadap kondisi jaringan periodontal pada pasien rawat jalan di Puskesmas Cihurip. **Metodologi:** metode yang digunakan yaitu *kualitatif observasional*, jenis rancangan *deskriptif analitik*, populasi 38 pasien yang berkunjung dengan kasus diabetes melitus, pengambilan sampel menggunakan *acidental sampling*. Analisa data menggunakan uji statistika *uji anova*. **Hasil:** Penyakit diabetes melitus pada pasien rawat jalan dengan klasifikasi DM tipe 1 16 orang (42,1%) dan DM tipe 2 22 orang (57,9%). Kondisi jaringan periodontal pasien rawat jalan sebagian besar termasuk kriteria *periodontitis* 26 orang (68,4%) dan kriteria *gingivitis* 12 responden (31,6%). Analisis dampak penyakit diabetes melitus terhadap kondisi jaringan periodontal pasien rawat jalan didapatkan p-value= 0,000 (p<0,05), artinya adanya perbedaan diabetes melitus pada jaringan periodontal termasuk *gingivitis* dan *periodontitis*. **Kesimpulan:** Terdapat analisis dampak penyakit diabetes melitus terhadap kondisi jaringan periodontal pada pasien rawat jalan. Direkomendasikan bagi puskesmas khususnya terapis gigi agar lebih meningkatkan penyuluhan kepada penderita diabetes melitus tentang pentingnya menjaga kesehatan gigi dan mulut.

Kata Kunci : diabetes melitus, jaringan periodontal, pasien rawat jalan

**ANALYSIS OF THE IMPACT OF DIABETES MELLITUS ON  
PERIODONTAL NETWORK CONDITIONS OF OUTSIDE PATIENTS  
UPT PUSKESMAS CIHURIP GARUT REGENCY**

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**ABSTRACT**

**Background:** diabetes melitus is a chronic disease that affects patients throughout their life. About 80% of diabetes melitus patients have problems with their gums. Uncontrolled diabetes melitus can weaken the immunity of periodontal tissue, on the other hand, untreated periodontal disease will worsen blood sugar balance so that periodontal tissue damage will occur. **The purpose of the study:** to determine the analysis of the impact of Diabetes melitus on the condition of periodontal tissue in outpatients at UPT Puskesmas Cihurip, Garut Regency. **Methodology:** the method used is qualitative observational with descriptive analytic design, a population of 30 patients who visited cases of diabetes melitus, sampling using accidental sampling. Data analysis used statistical test with anova test. **The results of the study:** diabetes melitus in outpatients with type 1 DM classification was 16 people (42.1%) while those including type 2 DM were 22 people (57.9%). Periodontal tissue conditions of outpatients mostly included periodontitis criteria as many as 26 people (68.4%) and criteria with gingivitis as many as 12 respondents (31.6%). Analysis of the impact of diabetes melitus on the periodontal tissue condition of outpatients obtained  $p$ -value = 0.000 ( $p < 0.05$ ), meaning that there are differences in diabetes melitus in periodontal tissues including gingivitis and periodontitis. **Conclusion:** There is an analysis of the impact of diabetes melitus on the condition of periodontal tissue in outpatients. It is recommended for puskesmas, especially dental therapists, to further improve counseling for people with diabetes melitus about the importance of maintaining oral and dental health

**Keywords:** diabetes melitus, periodontal tissue, outpatients