

**HUBUNGAN MOTIVASI MENJAGA KESEHATAN GIGI DAN MULUT
DENGAN *ORAL HYGIENE* LANSIA PENDERITA DIABETES
MELITUS PADA KELOMPOK PROLANIS
DI PUSKESMAS KEJAKSAN
KOTA CIREBON**

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ABSTRAK

Latar Belakang: Lansia yang memiliki riwayat diabetes melitus beresiko mengalami penyakit gigi dan mulut. Penduduk lansia di Indonesia yang memiliki masalah kesehatan gigi dan mulut dengan proporsi rentang usia 55-64 tahun sebanyak 61,9% dan usia 65 tahun sebanyak 54,2%. Penyebab individu mengalami masalah kesehatan gigi dan mulut selain kurangnya pengetahuan juga kurangnya motivasi. **Tujuan:** Menganalisa hubungan motivasi menjaga kesehatan gigi dan mulut dengan *oral hygiene* pada lansia penderita diabetes melitus pada kelompok prolanis di Puskesmas Kejaksan Kota Cirebon. **Metode:** Penelitian ini menggunakan deskriptif analitik dengan pendekatan *cross sectional*. sampel diambil dengan teknik total sampling, yaitu 42 orang lansia penderita diabetes melitus peserta prolanis. **Hasil:** Pengukuran motivasi menggunakan kuesioner, dan *Oral hygiene* diukur menggunakan *hygiene index*. Teknik analisis data menggunakan uji korelasi *rank spearman*. Hasil kuesioner motivasi dari 42 responden, dapat diketahui bahwa sebagian besar responden memiliki motivasi sedang sebanyak 18 orang (42,9%). Hasil pemeriksaan *hygiene index* dari 42 responden, dapat diketahui bahwa sebagian besar responden dengan *oral hygiene* buruk sebanyak 25 orang (59,5%). Hasil uji statistik menunjukkan nilai signifikan (*p-value*) = 0,000 ($\alpha = 0,05$). **Kesimpulan:** Ada hubungan searah dengan tingkat korelasi sedang antara motivasi dalam menjaga kesehatan gigi dan mulut dengan *oral hygiene* lansia penderita diabetes melitus pada kelompok prolanis di Puskesmas Kejaksan Kota Cirebon

Kata Kunci: Motivasi, Kesehatan Gigi dan Mulut, Oral Hygiene, Lansia, diabetes

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**THE RELATIONSHIP BETWEEN MOTIVATION TO MAINTAIN
DENTAL AND ORAL HEALTH WITH ORAL HYGIENE OF
ELDERLY DIABETICS MELITUS IN THE PROLANIST
GROUP AT PUSKESMAS KEJAKSAN
CIREBON CITY**

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ABSTRACT

Introdaction: Elderly who have a history of diabetes mellitus are at risk of experiencing dental and oral disease. The elderly population in Indonesia who have dental and oral health problems with the proportion of the age range of 55-64 years as much as 61.9% and the age of 65 years as much as 54.2%. The cause of individuals experiencing dental and oral health problems in addition to lack of knowledge is also lack of motivation. **Purpose:** Analyze the relationship between motivation to maintain dental and oral health with oral hygiene in elderly people with diabetes mellitus in the rolanis group at the Puskesmas Kejaksan Kota Cirebon. **Method:** This study used descriptive analytics with a cross sectional approach. Samples were taken using total sampling technique, namely 42 elderly people with diabetes mellitus prolanis participants. **Results:** Measurement of motivation using questionnaires, and Oral hygiene e measured using hygiene index. Dataanalysis techniques using the spearman rank correlation test. Basedon the motivation questionnaire from 42 respondents, it can be seen that most respondents have moderate motivation as many as 18 people (42.9%). Basedon the hygiene index examination of 42 respondents, it can be seen that most respondents with poor oral hygiene as many as 25 people (59.5%). The results of statistical tests show a significant value (p-value) = 0.000 (α) = 0.05) . **Conclusion:** There is a unidirectional relationship with a moderate level of correlation between motivation in maintaining dental and oral health with oral hygiene of elderly people with diabetes mellitus in the prolanis group at the Kejaksan Primary Health Center Cirebon City.

Keywords: Motivation, Dental and Oral Health, Oral Hygiene, Elderly, Diabetes

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