GAMBARAN PENGETAHUAN KESEHATAN GIGI DAN MULUT PADA LANSIA PENDERITA DIABETES MELITUS DI PUSKESMAS KAWALU KOTA TASIKMALAYA

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ABSTRAK

Latar Belakang: Lansia penderita diabetes melitus memiliki risiko tinggi mengalami gangguan kesehatan gigi dan mulut, seperti periodontitis dan xerostomia. Rendahnya pengetahuan mengenai perawatan gigi dapat memperburuk kondisi sistemik, termasuk kontrol kadar gula darah, sehingga berdampak negatif pada kualitas hidup lansia serta meningkatkan risiko komplikasi serius dan biaya pengobatan. **Tujuan:** Mengetahui gambaran pengetahuan kesehatan gigi dan mulut pada lansia penderita diabetes melitus di Puskesmas Kawalu Kota Tasikmalaya. **Metode:** Penelitian ini menggunakan desain deskriptif dengan pendekatan survei. Sampel sebanyak 53 lansia penderita diabetes melitus diperoleh melalui teknik total sampling. Instrumen yang digunakan berupa kuesioner dengan 20 pertanyaan. **Hasil:** Sebanyak 30 responden (56,6%) memiliki tingkat pengetahuan dalam kategori kurang, 23 responden (43,4%) dalam kategori sedang, dan tidak ada yang berada pada kategori baik (0%). Mayoritas responden adalah perempuan (73,6%). **Kesimpulan:** Sebagian besar lansia penderita diabetes melitus di Puskesmas Kawalu memiliki pengetahuan yang rendah mengenai kesehatan gigi dan mulut. Edukasi berkelanjutan dari tenaga kesehatan diperlukan untuk meningkatkan kesadaran dan perilaku perawatan diri lansia dalam menjaga kesehatan rongga mulut, guna mencegah komplikasi lebih lanjut dari diabetes melitus serta meningkatkan kualitas hidup secara keseluruhan dan mendorong peran aktif keluarga dalam mendukung perawatan kesehatan lansia secara optimal.

Kata Kunci: Pengetahuan, kesehatan gigi dan mulut, diabetes melitus, lansia.

Referensi: 43 (2017–2024)

DESCRIPTION OF DENTAL AND ORAL HEALTH KNOWLEDGE IN ELDERLY PEOPLE WITH DIABETES MELLITUS IN COMMUNITY HEALTH CENTER KAWALU CITY OF TASIKMALAYA

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ABSTRACT

Background: Elderly people with diabetes mellitus have a high risk of experiencing dental and oral health problems, such as periodontitis and *xerostomia*. Low knowledge about dental care can worsen systemic conditions, including blood sugar control, thus negatively impacting the quality of life of the elderly and increasing the risk of serious complications and medical costs. **Objective:** To determine the description of dental and oral health knowledge in elderly people with diabetes mellitus at the Kawalu Health Center in Tasikmalaya City. **Method:** This study used a descriptive design with a survey approach. A sample of 53 elderly people with diabetes mellitus was obtained through a total sampling technique. The instrument used was a questionnaire with 20 questions. **Results:** A total of 30 respondents (56.6%) had a level of knowledge in the poor category, 23 respondents (43.4%) in the moderate category, and none were in the good category (0%). The majority of respondents were women (73.6%). **Conclusion:** Most elderly people with diabetes mellitus at the Kawalu Health Center have low knowledge about dental and oral health. Continuous education from health workers is needed to increase awareness and self-care behavior of the elderly in maintaining oral health, in order to prevent further complications from diabetes mellitus and improve overall quality of life and encourage the active role of families in supporting optimal elderly health care.

Keywords: Knowledge, dental and oral health, diabetes mellitus, elderly.

References: 43 (2017–2024)