

**HUBUNGAN TEKNIK MENYIKAT GIGI YANG KURANG TEPAT
DENGAN RESESI GUSI LANSIA USIA 55- 65 TAHUN DI POSBINDU
MAWAR, DESA CEMPAKA, KECAMATAN PLUMBON
KABUPATEN CIREBON**

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ABSTRAK

Latar belakang: Teknik menyikat gigi yang salah masih sering dilakukan lansia sehari-hari secara horizontal dan vertikal. Marini (2019) Keparahan resesi gingiva dapat diukur dan dinilai sebagai berikut: resesi ringan ($\leq 3\text{mm}$), Resesi gingiva sedang: (3-4mm), resesi gingiva yang parah: ($>4\text{mm}$). Total sampel penelitian dari 22 orang yang menggunakan metode menyikat gigi horizontal, resesi gingiva ringan 1 orang (5%), **Tujuan penelitian:** Mengetahui hubungan teknik menyikat gigi yang kurang tepat dengan resesi gusi lansia usia 55-65 tahun di Posbindu Mawar, Desa Cempaka, Kecamatan Plumbon. **Metodologi:** observasional analitik dengan rancangan *crosssectional*, populasi berjumlah 22 menggunakan metode total sampling. Alat ukur penelitian berupa kuesioner menyikat gigi dan pemeriksaan gusi. **Hasil penelitian:** Aktivitas menyikat gigi dengan metode horizontal yaitu sebanyak 12 orang (54%), vertical 8 orang (36%), mayoritas sampel ditemukan adanya kasus resesi gingival pada rongga mulutnya yaitu berjumlah 20 orang (91%). Hasil uji statistik uji *chi-square*, diperoleh nilai *p-value*: 0,008 pada α : 0,05 karena *p-value* < 0,05. **Kesimpulan:** Ada hubungan antara teknik menyikat gigi yang kurang tepat dengan resesi gusi lansia usia 55-65 tahun di Posbindu Mawar, Desa Cempaka, Kecamatan Plumbon Kabupaten Cirebon.

Kata Kunci : Teknik menyikat gigi , kurang tepat, resesi gusi, lansia usia 55 65 tahun, Cirebon

**THE RELATONSHIP OF INAPPROPRIATE TEETH BRUSHING
TECHNIQUE WITH GUM RECESSION IN THE ELDERLY 55-65 YEARS
OLD AT POSBINDU MAWAR, CEMPAKA VILLAGE,
PLUMBON DISTRICT
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ABSTRACT

Background: The wrong brushing technique is still often done by the elderly horizontally and vertically every day. Maryani (2019) The severity of the gingival recession according to can be measured and graded as follows: mild recession ($\leq 3\text{mm}$), moderate gingival recession: (3-4mm), severe gingival recession: ($>4\text{mm}$). The total sample of the study was 22 people who used the horizontal tooth brushing method, person mild gingival recession (5%), **Research objectives:** To determine the relationship between inappropriate tooth brushing techniques and gum recession in the elderly aged 55-65 years at Posbindu Mawar, Cempaka Village, Plumbon District. **Methodology:** analytic observational with a cross-sectional design, a population of 22 using the total sampling method. The measuring instrument of the study was a questionnaire for brushing teeth and examining gums. **The results:** The activity of brushing teeth using the horizontal method was 12 people (54%), vertically 8 people (36%), the majority of the samples found cases of gingival recession in the oral cavity, which was 20 people. (91%). The results of the chi-square test statistic, obtained p-value: 0.008 at a: 0.05 because p-value <0.05 .

Conclusion: There is a relationship between inappropriate tooth brushing techniques and gum recession in the elderly aged 55-65 years in Posbindu Mawar, Cempaka Village, Plumbon District, Cirebon Regency.

Keywords: Inappropriate tooth brushing technique, gum recession in the elderly aged 55-65 years, Cirebon.