ABSTRAK

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Judul : Faktor Faktor Yang Berhubungan Dengan Kondisi Saliva Pada Lansia Di Panti Sosial Tresna Werdha Budi Mulia 2

Latar Belakang: Proses penuaan menyebabkan penurunan fungsi kelenjar saliva pada lansia sehingga dapat menimbulkan xerostomia dan hiposalivasi serta meningkatkan risiko gangguan kesehatan rongga mulut. Dalam Islam, lanjut usia merupakan bagian dari *sunnatullah* dan menjaga kesehatan adalah amanah dari Allah SWT. **Tujuan:** Mengetahui gambaran kondisi saliva (xerostomia, pH saliva, laju alir saliva terstimulasi dan tidak terstimulasi, serta kapasitas buffer) serta hubungan faktor sosiodemografi, metabolik/kesehatan umum, dan gaya hidup terhadap kondisi saliva pada lansia, serta meninjaunya dalam perspektif Islam. **Metode:** Studi observasional analitik desain *cross-sectional* pada 122 lansia di Panti Sosial Tresna Werdha Budi Mulia 2, Jakarta Barat. Data dikumpulkan melalui kuesioner *Summated Xerostomia Inventory–Dutch Version* (SXI-D), pemeriksaan pH, laju alir saliva terstimulasi dan tidak terstimulasi, kapasitas buffer saliva, serta pengukuran IMT. Analisis univariat dan bivariat menggunakan uji Chi-Square. **Hasil:** Mayoritas responden berusia 60–74 tahun (73%). Xerostomia ditemukan pada 62,3%. Laju alir saliva terstimulasi sebagian besar normal (85,2%), sedangkan laju alir saliva tidak terstimulasi didominasi hiposalivasi (58,2%). pH saliva terstimulasi sebagian besar normal (82,8%) dan kapasitas buffer saliva kategori tinggi–normal (94,9%). Nilai rata-rata laju alir saliva tidak terstimulasi 0,09±0,11 ml/menit (0,0–0,4), laju alir saliva terstimulasi 1,46±0,46 ml/menit (0,2–2,7), pH saliva terstimulasi 6,75±0,47 (5,2–7,6), dan kapasitas buffer saliva terstimulasi 5,55±0,70 (3,8–7,0). Usia berhubungan bermakna dengan laju alir saliva tidak terstimulasi (p=0,033). Pendapatan keluarga (p=0,022) dan pendidikan (p=0,034) berhubungan bermakna dengan kapasitas buffer saliva. Derajat keparahan kehilangan gigi (p=0,012) berhubungan dengan xerostomia. Kebiasaan merokok berhubungan dengan laju alir saliva terstimulasi (p=0,008). **Kesimpulan:** Lansia di lokasi penelitian menunjukkan tingginya xerostomia dan hiposalivasi basal. Faktor usia, sosial ekonomi, derajat keparahan kehilangan gigi, dan merokok berhubungan signifikan dengan kondisi saliva. Dalam perspektif Islam, menjaga kebersihan rongga mulut (*thaharah*) dan memelihara kesehatan merupakan bentuk tanggung jawab atas amanah Allah SWT.

Kata kunci: lansia, saliva, xerostomia, laju alir saliva, pH saliva, kapasitas buffer.

ABSTRACT

Name : *Jasmine Azzahra Shalina Thamrin*
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Background: *Aging reduces salivary gland function in older adults, potentially leading to xerostomia and hyposalivation and increasing oral health risks. In Islam, older age is part of sunnatullah, and maintaining health is a trust from Allah SWT.* ***Objective:*** *To describe salivary conditions (xerostomia, salivary pH, stimulated/unstimulated flow rate, buffering capacity) and analyze associations of sociodemographic, metabolic/general health, and lifestyle factors with salivary conditions, incorporating an Islamic perspective.* ***Methods:*** *An observational analytic cross-sectional study among 122 older adults at Panti Sosial Tresna Werdha Budi Mulia 2, West Jakarta. Data were collected using the Summated Xerostomia Inventory–Dutch Version (SXI-D), measurements of stimulated and unstimulated salivary flow rate, stimulated salivary pH, stimulated buffering capacity, and BMI. Univariate and bivariate analyses were performed using Chi-square tests.* ***Results****: Most participants were aged 60–74 years (73%), and xerostomia was present in 62.3%. Stimulated salivary flow rate was mostly normal (85.2%), while unstimulated flow rate was predominantly hyposalivation (58.2%). Stimulated salivary pH was mostly normal (82.8%), and buffering capacity was high–normal in 94.9%. Mean values were: stimulated salivary unstimulated flow rate 0.09±0.11 mL/min (0.0–0.4), stimulated flow rate 1.46±0.46 mL/min (0.2–2.7), pH 6.75±0.47 (5.2–7.6), and stimulated buffering capacity 5.55±0.70 (3.8–7.0). Age was significantly associated with unstimulated flow rate (p=0,033). Family income (p=0.022) and education (p=0.034) were significantly associated with buffering capacity. Severity degree of tooth loss (p=0.012) were significantly associated with xerostomia. Smoking was significantly associated with stimulated flow rate (p=0.008).* ***Conclusion:*** *Older adults commonly experienced xerostomia and basal hyposalivation. Age, socioeconomic factors, severity degree of tooth loss, and smoking were significantly associated with salivary conditions. From an Islamic perspective, maintaining oral hygiene (thaharah) and preserving health reflect responsibility for a divine trust.*

Keywords: *older adults, saliva, xerostomia, salivary flow rate, salivary pH, buffering capacity.*