ABSTRAK

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Judul : Hubungan Kondisi Saliva dan Kualitas Hidup Lansia di Panti Sosial Tresna Werdha Budi Mulia 2

Latar belakang: Proses penuaan merupakan bagian dari sunnatullah yang menyebabkan terjadinya perubahan fisiologis, termasuk penurunan fungsi kelenjar saliva pada lansia. Perubahan kondisi saliva seperti penurunan laju alir, perubahan pH, dan kapasitas buffer saliva dapat menimbulkan gangguan kesehatan rongga mulut yang berpotensi memengaruhi aktivitas sehari-hari serta kualitas hidup lansia. Menjaga kesehatan tubuh, termasuk kesehatan gigi dan mulut, merupakan amanah dari Allah SWT yang harus dipelihara sebagai bentuk rasa syukur dan tanggung jawab. **Tujuan:** Mengetahui gambaran kondisi saliva, kualitas hidup terkait kesehatan gigi dan mulut, serta hubungan antara kondisi saliva dan kualitas hidup lansia di Panti Sosial Tresna Werdha Budi Mulia 2, serta pandangannya dari sisi Islam. **Metode:** Penelitian ini merupakan studi observasional analitik dengan desain *cross-sectional* yang dilakukan pada 122 lansia. Data dikumpulkan melalui pemeriksaan laju alir saliva terstimulasi dan tidak terstimulasi, pH saliva, kapasitas buffer saliva, serta penilaian kualitas hidup menggunakan kuesioner *Geriatric Oral Health Assessment Index* (GOHAI). Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square. **Hasil:** Mayoritas responden berusia 60–74 tahun (73%). Hiposalivasi pada saliva tidak terstimulasi ditemukan pada 58,2% dengan mean 0,09±0,11 ml/menit, sedangkan laju alir saliva terstimulasi sebagian besar normal (85,2%) dengan mean 1,46±0,46 ml/menit. Mayoritas pH saliva normal (82,8%) dengan mean 6,52±0,49 dan kapasitas buffer saliva tinggi–normal (95%) dengan mean 5,55±0,70. Sebagian besar responden memiliki kualitas hidup terkait kesehatan gigi dan mulut kategori rendah (82,8%). Tidak terdapat hubungan bermakna antara laju alir saliva tidak terstimulasi (OR=1,20) maupun terstimulasi (OR=1,78) dengan kualitas hidup lansia, serta antara pH saliva dan kapasitas buffer saliva dengan kualitas hidup ($p>0,05$).
Kesimpulan: Lansia di lokasi penelitian menunjukkan prevalensi hiposalivasi yang tinggi dan kualitas hidup terkait kesehatan gigi dan mulut yang cenderung rendah, namun tidak ditemukan hubungan signifikan antara kondisi saliva dan kualitas hidup lansia. Menjaga kebersihan dan kesehatan rongga mulut pada lansia agar dapat berkualitas hidup baik merupakan bagian dari amanah yang harus dijaga sebagai bentuk ketaatan kepada Allah SWT.

Kata kunci: lansia, kondisi saliva, laju alir saliva, pH saliva, kapasitas buffer, kualitas hidup, GOHAI.

ABSTRACT

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Study Program	: *Dentistry Degree*
Title	: The Relationship between Salivary Conditions and Quality of Life among Elderly Residents at Tresna Werdha Budi Mulia 2 Social Institution

Background: *Aging is a natural process (*sunnatullah*) that leads to physiological changes, including a decline in salivary gland function in older adults. Alterations in salivary conditions, such as decreased salivary flow rate, changes in salivary pH, and buffering capacity, may cause oral health problems that can affect daily activities and the quality of life of older adults. Maintaining physical health, including oral and dental health, is considered an amanah (trust) from Allah SWT that must be preserved as a form of gratitude and responsibility.* ***Objective:*** *To describe salivary conditions, oral health–related quality of life, and the relationship between salivary conditions and quality of life among older adults at Tresna Werdha Budi Mulia 2 Social Institution, and to review these findings from an Islamic perspective.* ***Methods:*** *This study was an observational analytic study with a cross-sectional design conducted on 122 older adults. Data were collected through examinations of stimulated and unstimulated salivary flow rates, salivary pH, salivary buffering capacity, and assessment of quality of life using the* Geriatric Oral Health Assessment Index *(GOHAI) questionnaire. Data analysis was performed using univariate and bivariate analyses with the Chi-square test.* ***Results:*** *Most respondents were aged 60–74 years (73%). Hyposalivation in unstimulated saliva was found in 58.2% of respondents with a mean of 0.09±0.11 mL/min, while stimulated salivary flow rate was mostly normal (85.2%) with a mean of 1.46±0.46 mL/min. Most salivary pH values were normal (82.8%) with a mean of 6.52±0.49, and salivary buffering capacity was predominantly in the high–normal category (95%) with a mean of 5.55±0.70. The majority of respondents had low oral health–related quality of life (82.8%). There was no significant association between unstimulated (OR=1.20) or stimulated (OR=1.78) salivary flow rates and quality of life, nor between salivary pH and buffering capacity and quality of life (p>0.05).* ***Conclusion:*** *Older adults at the study site showed a high prevalence of hyposalivation and generally low oral health–related quality of life; however, no significant relationship was found between salivary conditions and quality of life. Maintaining oral hygiene and oral health in older adults to achieve a good quality of life is part of the amanah that must be upheld as a form of obedience to Allah SWT.*

Keywords: *older adults, salivary condition, salivary flow rate, salivary pH, buffering capacity, quality of life, GOHAI.*