ABSTRAK

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Program Studi : Kedokteran Gigi
Judul : Faktor-faktor yang Berhubungan dengan Kejadian *Temporomandibular Joint Disorder* (TMD) pada Lansia di Panti Sosial Tresna Werdha Budi Mulia 2

Latar belakang: *Temporomandibular Joint Disorder* (TMD) merupakan gangguan sistem stomatognatik yang sering dijumpai pada lanjut usia dan dapat memengaruhi kenyamanan mengunyah, berbicara, serta kualitas hidup. TMD bersifat multifaktorial dan dipengaruhi faktor perpetuasi, predisposisi, dan inisiasi seperti stres, *bruxism*, kehilangan gigi, serta perubahan fungsi muskuloskeletal akibat penuaan. Dalam perspektif Islam, kesehatan tubuh merupakan amanah dari Allah SWT yang wajib dijaga. **Tujuan:** Penelitian ini bertujuan mengetahui distribusi frekuensi kejadian TMD serta faktor yang berhubungan dengan kejadian TMD pada lansia di Panti Sosial Tresna Werdha Budi Mulia 2, Jakarta, serta tinjauannya menurut perspektif Islam. **Metode:** Jenis penelitian adalah penelitian analitik deskriptif dengan desain *cross-sectional*. Jumlah responden sebanyak 122 lansia dipilih menggunakan teknik *total sampling*. Pengumpulan data dilakukan melalui kuesioner Fonseca, kuesioner PSS, dan pemeriksaan klinis, kemudian dianalisis menggunakan uji Chi-Square versi 27. **Hasil:** Prevalensi TMD pada lansia sebesar 47,5% berdasarkan kuesioner Fonseca dan 36,1% berdasarkan pemeriksaan klinis. Faktor yang berhubungan signifikan dengan TMD meliputi stres, *bruxism*, kehilangan gigi >15, posisi kehilangan gigi anterior dan posterior, serta kliking sendi temporomandibular ($p < 0,05$). Sementara itu, jenis kelamin, usia, status pernikahan, pendidikan, pekerjaan, pendapatan, nyeri sendi, keterbatasan membuka mulut, nyeri mandibula, dan deviasi tidak berhubungan bermakna ($p > 0,05$). **Kesimpulan:** TMD merupakan masalah kesehatan yang cukup sering dijumpai pada lansia. Faktor stres, *bruxism*, dan kehilangan gigi terbukti berperan penting dalam kejadian TMD. Dalam perspektif Islam, menjaga kesehatan sendi rahang dan mengelola stres merupakan bagian dari upaya menjaga amanah jasmani guna mempertahankan kualitas hidup dan kelancaran aktivitas ibadah.

Kata kunci: *Bruxism*, kehilangan gigi, lansia, stres, *Temporomandibular Joint Disorder* (TMD).

ABSTRACT

Name : Talidah Asriiffah Luqyanadewi
Study Program : *Dentistry*
Title : *Factors Associated with the Occurrence of Temporomandibular Joint Disorder (TMD) among the Elderly at Tresna Werdha Budi Mulia 2 Social Nursing Home*

Background: *Temporomandibular Joint Disorder (TMD) is a disorder of the stomatognathic system commonly found in the elderly and may affect chewing comfort, speech, and quality of life. TMD is multifactorial and influenced by perpetuating, predisposing, and initiating factors such as stress, bruxism, tooth loss, and musculoskeletal functional changes due to aging. From an Islamic perspective, physical health is regarded as a trust from Allah SWT that must be preserved.* ***Objective:*** *This study aimed to determine the frequency distribution of TMD and the factors associated with its occurrence among elderly individuals at Panti Sosial Tresna Werdha Budi Mulia 2, Jakarta, as well as to review it from an Islamic perspective.* ***Methods:*** *This was an analytical descriptive study with a cross-sectional design. A total of 122 elderly participants were selected using a total sampling technique. Data were collected through the Fonseca questionnaire, the Perceived Stress Scale (PSS), and clinical examination, then analyzed using the Chi-Square test version 27.* ***Results:*** *The prevalence of TMD among the elderly was 47.5% based on the Fonseca questionnaire and 36.1% based on clinical examination. Factors significantly associated with TMD included stress, bruxism, tooth loss of more than 15 teeth, anterior and posterior tooth loss, and temporomandibular joint clicking ($p < 0.05$). Meanwhile, gender, age, marital status, education, occupation, income, joint pain, limited mouth opening, mandibular pain, and deviation were not significantly associated ($p > 0.05$).* ***Conclusion:*** *TMD is a relatively common health problem among the elderly. Stress, bruxism, and tooth loss play important roles in the occurrence of TMD. From an Islamic perspective, maintaining jaw joint health and managing stress are part of preserving physical trust to maintain quality of life and support religious activities.*

Keywords: *Bruxism, elderly, stress, tooth loss, Temporomandibular Joint Disorder (TMD).*