

## ABSTRAK

Amelia, Rizki. 2016. *Hubungan Gaya Hidup Dengan Tingkat Kebutuhan Perawatan Periodontal (CPITN) Pada Penderita Diabetes Mellitus Di Puskesmas Kendal Kerep Kota Malang*. Skripsi, Fakultas Kedokteran Gigi Universitas Brawijaya. Pembimbing: (1) drg. Dyah Nawang Palupi, M.Kes (2) drg. Diah, Sp.Perio.

Indonesia menempati peringkat ke-4 penderita diabetes mellitus terbanyak di dunia. Salah satu penyebabnya karena gaya hidup yang tidak sehat, diantaranya pengendalian berat badan, aktivitas fisik, pola makan dan pola tidur. Penderita diabetes mellitus sangat rentan mengalami gangguan jaringan periodontal. Penelitian ini bertujuan untuk mengetahui hubungan gaya hidup dengan tingkat kebutuhan perawatan periodontal (CPITN) *Community Periodontal Index of Treatment Needs* pada penderita diabetes mellitus di Puskesmas Kendal Kerep Kota Malang. Desain penelitian yang digunakan yaitu *observational analitik* dan metode *purposive sampling* yang dilakukan pada penderita diabetes mellitus yang berkunjung ke Puskesmas Kendal Kerep Kota Malang. Sampel yang didapatkan sejumlah 40 penderita diabetes mellitus. Hasil dianalisis menggunakan uji *Korelasi Spearman Rank* dan terdapat hubungan signifikan antara pengendalian berat badan dengan tingkat kebutuhan perawatan periodontal (CPITN) dengan korelasi  $r = -0.363$ , adanya hubungan signifikan antara aktivitas fisik dengan tingkat kebutuhan perawatan periodontal (CPITN) dengan korelasi  $r = -0.342$ , adanya hubungan signifikan antara pola makan dengan tingkat kebutuhan perawatan periodontal (CPITN) dengan korelasi  $r = -0.495$ , serta adanya hubungan signifikan antara pola tidur dengan tingkat kebutuhan perawatan periodontal (CPITN) dengan korelasi  $r = -0.359$ . Kesimpulan dari penelitian ini terdapat hubungan yang cukup antara gaya hidup dengan tingkat kebutuhan perawatan periodontal (CPITN) pada penderita diabetes mellitus di Puskesmas Kendal Kerep Kota Malang.

Kata Kunci: gaya hidup, diabetes mellitus, CPITN

**ABSTRACT**

Amelia, Rizki. 2016. *The Relationship Between Lifestyle and The Periodontal Treatment Needs (CPITN) of Patients with Diabetes Mellitus in Kendal Kerep Health Centre Malang*. Skripsi, Faculty of Medical Dentistry, Brawijaya University. Supervisors: (1) drg. Dyah Nawang Palupi, M.Kes (2) drg. Diah, Sp.Perio.

People with diabetes mellitus in Indonesia is high, which is number four among people with diabetes mellitus in the world. One of the causes is due to an unhealthy lifestyle, such as weight control, physical activity, diet and sleep patterns. People with diabetes mellitus are vulnerable to periodontal problems. This research aims to investigate the relationship between lifestyles and the periodontal treatment need (CPITN) *Community Periodontal Index of Treatment Needs* of patients with diabetes mellitus in Kendal Kerep Health Centre Malang. The study design used *Analytic observational* and *purposive sampling* method conducted by patients with diabetes mellitus who visited the Kendal Kerep Health Centre Malang. The sample were obtained a number of 40 patients with diabetes mellitus. This study were analyzed using *Spearman Rank Correlation* test and there is a significant association between weight control and the periodontal treatment needs (CPITN) with a correlation of  $r = -0363$ , a significant relationship between physical activity and the periodontal treatment needs (CPITN) with correlation  $r = -0342$ , a significant relationship between the diet and the periodontal treatment needs (CPITN) with a correlation of  $r = -0495$ , and also a significant association between sleep patterns and the periodontal treatment needs (CPITN) with a correlation of  $r = -0359$ . It can be concluded that there is a close relationship between lifestyles and the periodontal treatment needs (CPITN) of patients with diabetes mellitus in Kendal Kerep Health Centre Malang.

Keywords: lifestyle, diabetes mellitus, CPITN