

SOCIAL SUPPORT ABOUT ORAL HEALTH MAINTENANCE AND THE NUMBER OF FUNCTIONING TEETH IN THE ELDERLY (STUDY AT PANTI HARGO DEDALI SURABAYA, 2023)

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ABSTRACT. Tooth loss is an oral health problem that occurs in many communities, especially among the elderly and is often caused by tooth decay or caries. Factors that can have an impact on the oral health of the elderly as a health behavior factor are influenced by social support. Knowing the relationship between social support for oral health maintenance and the number of functioning teeth in the elderly at Hargo Dedali Werda Home Surabaya. This study used a cross-sectional method, purposive sampling technique and a research sample of 34 elderly people. Questionnaires were used to collect data on social support and observation sheets to check the number of functioning teeth. The analysis technique used was the Spearman rank correlation test. The average social support received by the elderly is 20%, and the average number of teeth owned by the elderly is 8 teeth.. The results of the analysis using the Spearman Rank Correlation test showed a p-value of $0.001 < 0.05$ which indicated a relationship between social support in maintaining oral health and the number of functioning teeth in the elderly. There is a link between social support for oral care and the number of functioning teeth in older people.

Keywords: Social support; Oral health; Number of functioning teeth; Elderly

1 BACKGROUND

Tooth loss is a condition of detachment of one or more teeth from their sockets or places, which occurs due to disease in the periodontal tissue (Febrianti et al., 2022) According to the Kemenkes RI (2018) the age group 55 to > 65 years experienced tooth loss due to extraction or self-dropping as much as 59.6%. According to the WHO, older people should have at least 20 functional teeth (Asim, 2019). Therefore, bite function, aesthetic function and speech function can be considered normal even with a minimum of 20 functional teeth (Sunarto et al., 2021)

Health changes in the elderly include not only physiological changes in the oral cavity, but also physical, social, and psychological changes (Asim, 2019). There are many factors that contribute to oral health problems in the elderly, some of which are caused by the elderly themselves, others by family factors and others by environmental factors (Dahlan, R. Et al., 2019). Factors that affect the elderly include education, age, occupation, gender, economic status and marital status (Masood, M et al., 2017). Family factors can include family support, family economic status and community behavior in relation to oral health. Environmental factors can be culture and community services (Wang, J et, al., 2022)

Most elderly people in Indonesia live with their families, but there are also many elderly people who live in nursing homes (Nataswari, 2018). Entering old age, the elderly need social and economic support to lead a quality and productive life (Andry et al., 2021). There are several obstacles experienced by the elderly when accessing health facilities to obtain oral health services, one of which is socioeconomic barriers, namely the lack of social support. Social support means acceptance from a person or group to an individual, resulting in the perception of the individual being loved, valued, helped and cared for (Komiyama, T et al., 2016)

Individuals who get social support will feel cared for, loved and can create a sense of confidence and competence (Dahl, K. E., Calogiuri, G., & Jönsson, B, 2018). The elderly can experience a loss of social support from their family or closest social environment after being in a Nursing Home so that the elderly experience sad mood behavior, loss of interest, energy, difficulty sleeping, and always thinking about death (Rouxel, P et al., 2015)(Brennan, D. S., & Spencer, A. J, 2012).

Dental health and social support are two things that are important for older people (Ortiz-Barrios et al., 2019). Teeth play an important role in the digestion of food and tooth loss will impact the aesthetic, social, and functional areas (Donnelly et al., 2016). Severe tooth loss leads to a reduced standard of living and affects the survival of the affected individual (Sunarto et al., 2021). While social support means acceptance from a person or group to an individual, resulting in the perception of the individual being loved, valued, helped and cared for (Mahmuda & Jalal, 2022).

2 RESEARCH METHODS

This study is an analytical cross-sectional study. The study population consisted of elderly people living in Panti Werdha Hargo Dedali Surabaya in 2023. Purposive

sampling was used as the sampling method, so that the respondents were 34 elderly people. The independent variable in this study is social support for oral health maintenance, while the dependent variable is the number of functional teeth of the elderly. Data on the independent variables were collected using questionnaires, and those on the dependent variables using observation sheets. Survey data were analyzed using Spearman's rank correlation statistical test.

3 RESULTS

This study was conducted on 34 elderly respondents at Panti Werdha Hargo Dedali Surabaya 2023 using questionnaires and observation sheets.

Table 1. Distribution of respondent characteristics data at Panti Werdha Hargo Dedali Surabaya 2023

Characteristics of Respondents	Frequency	%
Age Criteria		
60 – 74 years old (<i>elderly</i>)	13	38,2
75– 90 years old (<i>Old</i>)	21	61,7
Type of Gender		
Female	34	100

Table 1 shows that 100% or all respondents at Panti Werdha Hargo Dedali. Surabaya 2023 are female with an age range of 60-90 years and are dominated by elderly who are in the age range of 75-90 years, namely 21 (61.7%) elderly.

Table 2. Data distribution of social support about oral health maintenance of elderly at Panti Werdha Hargo Dedali Surabaya 2023

Categories	Frequency	Percentage (%)
Social support		
Less	31	91,2
Medium	3	8,8
Good	0	0
Total	34	100

Table 2 shows that the social support received by the elderly at Panti Werdha Hargo Dedali Surabaya is in the less category as many as 31 (91.2%) elderly, then the moderate category is 3 (8.85%) elderly, while for the good category none of the elderly have social support in the good category.

Table 3. Data distribution of number of functioning teeth of elderly at Panti Werdha Hargo Dedali Surabaya 2023

Categories	Frequency	Percentage (%)
≥ 20 teeth	4	11,8
<20 teeth	30	88,2
Total	34	100

Table 3 shows that 30 (88.2%) elderly have less than 20 teeth, and only 4 (11.8%) elderly have the same or more than 20 teeth functioning.

Table 4. The relationship between social support about oral health maintenance and the- number of functioning teeth in the elderly at Panti Werdha Hargo Dedali Surabaya 2023

Social Support	Function Teeth				Total		Sig.
	≥ 20 teeth		<20 teeth				
	N	%	N	%	N	%	
Less	2	5,9%	29	85,3%	31	91,2%	0,01
Medium	2	5,9%	1	2,9%	3	8,8%	
Good	0	0%	0	0%	0	0%	
Total	4	15%	30	85%	34	100%	

Based on table 6, as many as 2 (5,9%) elderly people have less social support and have more than 20 functioning teeth, and as many as 29 (85,3%) elderly people have less social support and the number of functioning teeth is less than 20. Then, 2 (5,9%) elderly people have moderate social support and have a number of teeth under 20, and 1 (2,9%) other elderly person has social support in the sedan category and has a number of teeth less than 20. Based on table the results of the analysis obtained by the asymp.sig (p) value show a value of 0.001. Because the asymp.sig (p) value <0.05, it can be interpreted that H0 is accepted and H1 is rejected, namely that there is a relationship between social support regarding oral health maintenance and the number of functioning teeth in elderly people at Panti Werdha Hargo Dedali Surabaya 2023.

4 DISCUSSION

4.1 Social Support on Oral Health Maintenance for the Elderly at Hargo Dedali Nursing Home 2023

The social support received by the elderly at the Hargo Dedali Surabaya Wredha Home is included in the insufficient category, which means that the elderly at the Panti Wredha Hargo Dedali Surabaya 2023 do not receive social support from their environment regarding oral health.

Social support in the form of emotional support such as reminding the elderly to brush their teeth after breakfast and before going to bed at night, or instrumental support or direct assistance such as providing dental floss and helping the elderly who cannot clean their own teeth, then appreciation support in the form of praise for the elderly for eating vegetables and fruits that can nourish oral health, as well as information support about oral health. these things many of the elderly at Panti Werdha Hargo Dedali Surabaya 2023 do not get it (Tsakos, G et al ., 2013) (Niesten, D et al., 2016).

Social support is very important for the elderly as one of the growth of the meaningfulness of their lives and the elderly in the orphanage feel that their lives can be meaningful with the support of the people around them (Mahmuda & Jalal, 2022)

4.2 Number of Functioning Teeth in the Elderly at Hargo Dedali Nursing Home

Based on data on the number of functioning teeth in the elderly at Panti Werdha Hargo Dedali Surabaya 2023, only a small number of elderly people have the same number of teeth or more than 20 teeth. This is not in accordance with the indicators of oral health status set by WHO that the elderly have at least 20 functioning teeth.

When a person enters the aging phase, physiological changes occur that have an impact on the loss of stamina and physical function, including changes that often occur in the oral cavity, especially tooth loss (Adhiatmitha et al., 2018). This condition can occur because tooth loss experienced by the elderly can be caused by several factors, for example: trauma, periodontal tissue disease, and many cases are caused by caries or holes in the teeth (Sunarto et al., 2021). In addition, Juliatri & Anindita, (2021) stated that other factors causing tooth loss can be caused by the level of education, age, as well as the ratio of population and dentists, access to dental care services, and socioeconomic factors (Brennan, D. S., & Spencer, A. J, 2012).

Based on research conducted by (Sari & Jannah, 2021) the elderly think that the activity of checking teeth to the dentist is carried out if there are complaints of toothache, and if the elderly have cavities as long as the cavities do not feel severe pain, the elderly will not go to the dentist to check their teeth (Samnieng, P., & Lekatana, H,

2016). This will have an impact on the incidence of tooth loss which can be caused by poor dental health status, especially dental caries.

4.3 Social Support about Oral Health Maintenance and the Number of Functioning Teeth in the Elderly at Hargo Dedali Nursing Home Surabaya 2023

Based on data analysis, the results show that there is a relationship between social support about oral health maintenance and the number of functioning teeth in the elderly at Panti Werdha Hargo Dedali Surabaya 2023. The data showed that many of the elderly had less than 20 teeth with a lack of social support about maintaining their oral health. This is because, lack of social support can affect the behavior of the elderly in maintaining their health and will have an impact on reducing the quality of life of the elderly Gita (2011) cit Cahya et al., (2017).

This incident can be explained according to Snehandu B.Karr's theory that the health status of the elderly is influenced by behavior, and behavior is influenced by several factors, one of which is social support. Social support can influence the behavior of the elderly, so that it will have an impact on the welfare or quality of life of the elderly (Santoso, 2019). In this case, social support regarding oral health maintenance received by the elderly will have an impact on dental health maintenance behavior so that it can affect the elderly's dental health status related to tooth loss. This study is consistent with the findings of Ahn et al. (2020) that social support is associated with oral health status among older Koreans. This study is also consistent with the findings of Vettore et al. (2019) that social support is associated with dental health status (Muller, F et al., 2017).

5 CONCLUSION AND RECOMMENDATION

According to the results of a study of elderly people at Panti Werdha Hargo Dedali Surabaya in 2023, there is a correlation between social support for maintaining oral health and the number of functional teeth in the elderly. The results of this research can be used as a source of information for elderly families and nursing home administrators in providing social support to the elderly at Panti Werdha Hargo Dedali regarding oral health maintenance. For health workers, can hold counseling or dental health promotion activities and periodic dental examinations. It is hoped that the elderly at Panti Werdha Hargo Dedali will get information about oral health and how to maintain oral health. For Researchers, can expand the object of research in the form of other aspects that can affect the maintenance of oral health of the elderly related to the number of functioning teeth.

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