



Incidence of Gingivitis Related To Smoking Habits In Adult Males In Makassar City

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ABSTRACT

Damage tooth is a condition where somebody experience disturbance good on pattern development teeth, pattern eruption and also on integrity its structure. Disturbance the can in the form of excessive plaque, caries on crown and root teeth, halitosis, changes color teeth, wrong One habit bad that can cause damage tooth is smoking. This is can to elevate the occurrence success bad mouth, Purpose Study is for know description habit smoke to gingivitis incidence in man mature age 36 - 45 years in Nusa Harapan complex the beauty of Makassar City. Method study this use type study descriptive through approach observational with researching and inspect direct condition health tooth and mouth on community in the Nusa Harapan Complex the beauty of Makassar City. Data collection with results collected records direct by researcher with intra oral examination of sign clinical gingivitis and interview by every respondents. Results study that habit smoke with gingivitis incidence in man adults in the complex Comp. The Land of Hope beautiful Makassar with the number of samples is 42 people. The occurrence of gingivitis in smoker man adults in the Nusa Harapan Complex the beauty of Makassar City was found with category light as much as 59.5%. Conclusion that gingivitis incidence based on smoking duration, where part big subject study experiencing mild gingivitis with a duration of smoking 1 – 10 years by 26.2%, and based on amount the most cigarettes smoked per day found subject study on smoker 11 – 20 cigarettes / day with mild gingivitis as much as 33.3%.

Keywords : Occurrence, Gingivitis, Relationship, Smoking, Health Tooth And Mouth, Man Adults, Makassar City

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1. Introduction

Behavior smoke is something that is done somebody in the form of burn and suck it as well as can cause smoke that can sucked by the people around him Leavy in Nasution (2007). Meanwhile according to Aritonang in Sulisty (2009) smoking is complex behavior, because is results interaction from aspect cognitive, condition psychological, and condition physiological. Behavior smoke can also defined as activity related subjects with behavior smoking, which is measured through intensity smoking, time smoking, and function smoke in life daily. Another opinion states smoke is to suck smoke burnt tobacco to in body and blow it out return go out Armstrong in Nasution (2007).

Behavior smoke is a activity or action to suck roll rolled tobacco burnt paper and blow it out go out so that can cause smoke that can sucked by the people around him as well as cause impact bad good for smoker that alone and the people around him. Behavior smoke is function from environment and individual. It means behavior smoke besides due to factors from in self also due to by factor environment, Lewin (in Komasari And Helmi, 2007).

Effect smoking that arises influenced by the amount amount cigarettes smoked, duration of smoking, type cigarettes that are smoked, even relate with inside the suction that is done. This is means with the more the amount cigarettes smoked, long habit smoking, high tar content inhaled someone, and the more in somebody to suck his cigarette, then will the more tall effect the damage that the person receives.

Gingival health this naturally become problem for for fishermen, especially for those who have habit smoking. Low level knowledge about danger smoke on the gingiva is wrong One factor the occurrence of gingivitis.

Gingivitis is a inflammation that attacks network gums, and when inflammation that is left untreated will happen damage on more network in that is about periodontium And periodontitis occurs. So periodontitis is continuation from gingivitis or Sick gums. Prevalence of gingivitis from results study Tjandri SR on in 1993 it was found that 97% of sample 17 years old up to 22 years experience gingival inflammation occurs from gingivitis and periodontitis with respectively 20.2% and 77.6%. (Ninie L. Pratiwi, 1999).





Based on interview and the examination carried out, the thing this can happen because subject study guard cleanliness tooth and mouth with rub tooth so that no existence accumulation plaque that if no cleaned up will harden to form calculus that can worsening gingival status.

2. Research Methods

Method This study uses a descriptive research type through an observational approach by directly examining and examining the condition of dental and oral health in the community in Nusa Harapan Permai Complex, Makassar City. Retrieval sample done on March 5, 2024 with purposive sampling method, namely technique taking sample where sample taken that is based on criteria.

a) Criteria Inclusion that is :

- 1) Respondents who smoke at least 5 cigarettes every day.
- 2) Respondents already smoking for at least 1 year and Still smoke on moment done inspection.
- 3) Respondents studied aged 36 – 45 years.
- 4) Respondents present as well as cooperative on moment study and own habit smoking in a day.

b) Criteria Exclusion that is :

- 1) Respondents who smoke not enough from 5 sticks every day.
- 2) Respondents who smoke not enough from 1 year.
- 3) Respondents aged under 36 years old and more from 45 years.

3. Results and Discussion

a. Results

From the results of the research conducted in Komp. Nusa Harapan Permai Makassar RT B and E on July 10-16, 2018, the following results were obtained:

Table 1

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Based on Smoking Duration

Smoking Duration	N	%
1 – 10 Years	15	35.7
11 – 20 Years	17	40.5
20 years	10	23.8
Amount	42	100

Based on table on Respondent with a duration of smoking of 1-10 years as many as 15 people (35.7%), the duration of smoking was 11-20 years as many as 17 people (40.5%) and the duration of smoking was >20 years as many as 10 people (23.8%).

Table 2
Based on Gingivitis Status

Gingivitis incident	N	%
Normal	3	7.1
Mild Gingivitis	25	59.5
Moderate Gingivitis	13	31
Severe Gingivitis	1	2.4
Amount	42	100

From the table above, the incidence of gingivitis is based on measurements using the gingiva index, namely Normal for 3 people (7.1%), mild gingivitis for 25 people (59.5%), moderate gingivitis for 13 people (31%) and severe gingivitis for 1 person (2.4%).

Table 3
Respondents Based on Length of Smoking on the Incident of Gingivitis

Smoking Duration	Gingivitis Occurrence							Total		
	NORMAL		Mild Gingivitis		Moderate Gingivitis		Severe Gingivitis			
				%		%		%		%
1 – 10 Years		8	1	6.2		4.8			7.1	35.8
11 – 20 Years		4		1.4		16.6			59.5	40.4
20 years				1.9		9.5		4	2.4	23.8
Amount		2	5	9.5	3	30.9		4	100	100

Based on the table above, it can be seen that the most smokers found were those with a smoking duration of 1-10 years who experienced mild gingivitis, namely 11 people (26.2%).

b. Discussion





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The study was conducted with a sample size of 42 people according to the number of people willing to be respondents. Distribution of smoking duration, most smokers were found to have smoked for 11-20 years, as many as 17 people (40.5%). The results of interviews with research subjects, most of them started smoking while in high school until now, they find it difficult to quit smoking because it has become a habit at a young age which results in addiction. This is in accordance with the results of research conducted by Nurma Pase in 2016, namely that most smokers were found to have smoked for >10 years, as many as 85.50%. In addition, Miranti in 2011 in Jakarta explained that generally research subjects who started smoking at a young age found it difficult to stop because of nicotine. Nicotine stimulates the formation of dopamine (a chemical compound in the brain that causes feelings of pleasure) which makes someone want to continue smoking (Miranti, 2011).

Based on the number of cigarettes smoked per day, smokers in the research subjects are included in the moderate category, because the most smokers found were with the number of cigarettes smoked per day as many as 11-20 cigarettes/day as many as 19 people (45.2%). This happened because most of the research subjects worked in offices where the results of the interview showed that they used their break time to smoke and it had become a habit to smoke after eating. This is similar to the research conducted by Syahrir (2014) where the most smokers found were with the number of 10-20 cigarettes/day as many as 59.1%.

Examination of gingivitis using the Gingival Index (GI), the most cases of gingivitis with mild inflammation were found as many as 25 people (59.5%). Based on interviews and examinations conducted, this can occur because the research subjects maintain dental and oral hygiene by brushing their teeth so that there is no plaque buildup which if not cleaned will harden to form calculus which can worsen the gingival status. These results are in accordance with research conducted by Pratiwi in a community study in 2012 which stated that the severity of gingivitis is based on oral hygiene. Smokers who have poor oral hygiene will get bad gingival inflammation (Pratiwi, 2012).





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Distribution of gingivitis incidence assessment based on smoking duration shows that in smokers with smoking duration of 1-10 years, out of 15 smokers, 11 people (26.2%) experienced mild gingivitis, 2 people (4.8%) were in normal condition, 2 people (4.8%) experienced moderate gingivitis, and no severe gingivitis was found. Based on the table, it can be seen that the most common was found in smokers who smoked for 1-10 years with mild gingivitis incidence of 11 people (26.2%).

This is in accordance with the research conducted by Lambe in 2013, which found that most respondents smoked for 1-10 years with mild gingivitis, which was 34.2%. According to the researcher's observations, this is related to the number of cigarettes smoked per day for 1-10 years. The results of the study found that subjects who smoked 1-10 and 11-20 cigarettes per day were more common than those who smoked > 20 cigarettes/day. In addition, the influence of nicotine and oral hygiene also affect the incidence of gingivitis. According to the researcher's observations, some of the research subjects had good oral hygiene so that there was no accumulation of debris and plaque on the teeth. These results are in accordance with the research conducted by Lambe in 2013, which found that most respondents smoked > 10 years with mild gingival inflammation status, which was 32.34%. In addition, it is reinforced by the theory that gum inflammation is influenced by several other conditions such as; A person's immunity to food allergies, weather, psychology and anatomy of the gums and mouth of each individual also have a big impact on the occurrence of gingivitis Abednego, C. (2014).

Based on the distribution, the most smokers were found to smoke 11-20 cigarettes per day with 14 people (33.3%) experiencing mild gingivitis. According to the researcher's observations, this is because according to them smoking has become a daily habit. Smoking can relieve stress and bring its own pleasure. The results of the examination found mild inflammation, namely a slight change in color and slight edema, but no bleeding during probing. Mild gingivitis was found due to the role of nicotine in inhibiting blood flow, including in the gingiva. In addition, nicotine stimulates the formation of dopamine (a chemical compound in the brain that causes feelings of pleasure) which makes someone continue to smoke cigarettes.





4. Conclusion

Conclusion that smoking habits with the incidence of gingivitis in adult men aged 36-45 years in Komp. Nusa Harapan Indah Makassar City with a total sample of 42 people. The incidence of gingivitis in male smokers aged 36-45 years in the Nusa Harapan Indah Complex, Makassar City was found in the mild category as much as 59.5%. The incidence of gingivitis based on the length of smoking, where most of the research subjects experienced mild gingivitis with a length of smoking of 1 - 10 years at 26.2%, and based on the number of cigarettes smoked per day most research subjects were found in smokers 11 - 20 cigarettes / day with mild gingivitis as much as 33.3%.

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