

SKRIPSI

**GAMBARAN *BRUXISM* BERDASARKAN *BRUXISM*
SCREENER DI RUMAH SAKIT GIGI DAN
MULUT UNIVERSITAS ANDALAS**



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**FAKULTAS KEDOKTERAN GIGI
UNIVERSITAS ANDALAS
PADANG
2026**

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Oleh : Siska Aprilia

ABSTRAK

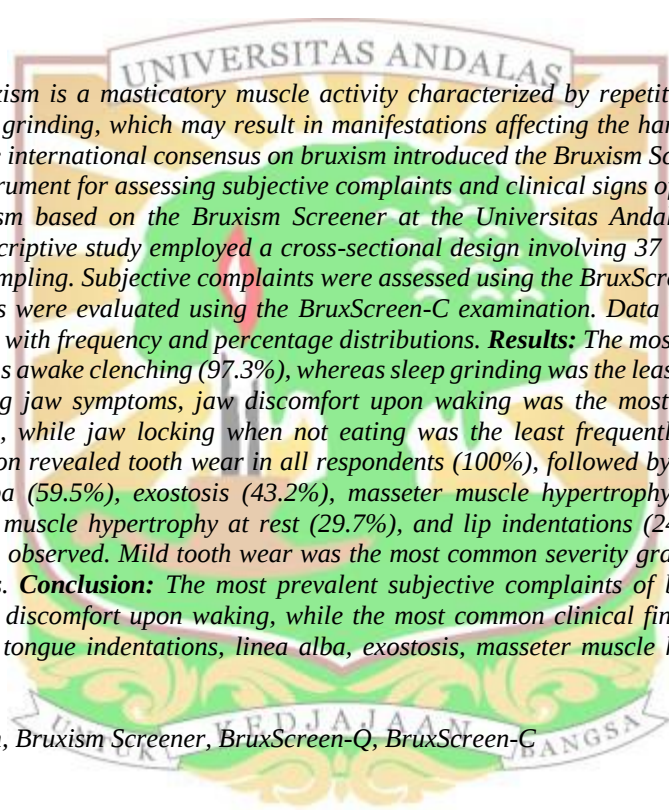
Latar Belakang: *Bruxism* merupakan aktivitas otot pengunyahan yang ditandai dengan kebiasaan mengatupkan (*clenching*) atau menggeretakkan (*grinding*) gigi secara berulang dan tidak disadari, yang dapat menimbulkan manifestasi pada jaringan keras dan lunak rongga mulut. Konsensus internasional *bruxism* memperkenalkan *Bruxism Screener (BruxScreen)* sebagai instrumen skrining untuk menilai keluhan subjektif dan tanda klinis *bruxism*. **Tujuan:** Mengetahui gambaran *bruxism* berdasarkan *Bruxism Screener* di Rumah Sakit Gigi dan Mulut Universitas Andalas. **Metode:** Penelitian deskriptif dengan desain *cross-sectional* pada 37 responden yang dipilih secara *purposive sampling*. Penilaian menggunakan kuesioner *BruxScreen-Q* (keluhan subjektif) dan pemeriksaan *BruxScreen-C* (tanda klinis). Analisis dilakukan secara univariat dengan distribusi frekuensi dan persentase. **Hasil:** Aktivitas *bruxism* yang paling dominan dilaporkan adalah *clenching* saat terjaga (97,3%), sedangkan *grinding* saat tidur paling jarang dilaporkan (54,1%). Pada gejala rahang, rasa tidak nyaman saat bangun tidur merupakan keluhan yang paling banyak dilaporkan (86,5%), sedangkan rahang terkunci saat tidak makan paling jarang dilaporkan (13,5%). Pada pemeriksaan klinis, keausan gigi ditemukan pada seluruh responden (100%), diikuti indentasi lidah (78,4%), linea alba (59,5%), eksostosis (43,2%), hipertrofi otot masseter saat kontraksi (35,1%), hipertrofi otot masseter saat relaksasi (29,7%), dan indentasi bibir (24,3%), serta tidak ditemukan ulkus traumatik pada lidah. Keausan gigi derajat ringan merupakan derajat yang paling banyak ditemukan pada hampir seluruh sextant. **Kesimpulan:** Keluhan subjektif *bruxism* yang paling dominan adalah *clenching* saat terjaga dan rasa tidak nyaman rahang saat bangun tidur, sedangkan tanda klinis yang paling banyak ditemukan adalah keausan gigi derajat ringan, diikuti oleh indentasi lidah, linea alba, eksostosis, hipertrofi otot masseter, dan indentasi bibir.

kata kunci: *Bruxism, Bruxism Screener, BruxScreen-Q, BruxScreen-C*

OVERVIEW OF BRUXISM BASED ON THE BRUXISM SCREENER AT THE ANDALAS UNIVERSITY DENTAL HOSPITAL

By : Siska Aprilia

ABSTRACT



Background: Bruxism is a masticatory muscle activity characterized by repetitive and unconscious tooth clenching or grinding, which may result in manifestations affecting the hard and soft tissues of the oral cavity. The international consensus on bruxism introduced the Bruxism Screener (BruxScreen) as a screening instrument for assessing subjective complaints and clinical signs of bruxism. **Objective:** To describe bruxism based on the Bruxism Screener at the Universitas Andalas Dental Hospital. **Methods:** This descriptive study employed a cross-sectional design involving 37 respondents selected using purposive sampling. Subjective complaints were assessed using the BruxScreen-Q questionnaire, while clinical signs were evaluated using the BruxScreen-C examination. Data were analyzed using univariate analysis with frequency and percentage distributions. **Results:** The most frequently reported bruxism activity was awake clenching (97.3%), whereas sleep grinding was the least frequently reported (54.1%). Regarding jaw symptoms, jaw discomfort upon waking was the most commonly reported complaint (86.5%), while jaw locking when not eating was the least frequently reported (13.5%). Clinical examination revealed tooth wear in all respondents (100%), followed by tongue indentations (78.4%), linea alba (59.5%), exostosis (43.2%), masseter muscle hypertrophy during contraction (35.1%), masseter muscle hypertrophy at rest (29.7%), and lip indentations (24.3%). No traumatic tongue ulcers were observed. Mild tooth wear was the most common severity grade and was found in almost all sextants. **Conclusion:** The most prevalent subjective complaints of bruxism were awake clenching and jaw discomfort upon waking, while the most common clinical finding was mild tooth wear, followed by tongue indentations, linea alba, exostosis, masseter muscle hypertrophy, and lip indentations.

keywords: Bruxism, Bruxism Screener, BruxScreen-Q, BruxScreen-C