

ABSTRACT

Background: Temporomandibular disorder (TMD) is a disorder which involves stomatognathic system that causes jaw dysfunction. The causes of this temporomandibular joint disorder are multifactorial. The symptoms include the feeling of pain, 'clicking' sound, and the jaw may even be locked. **Purpose:** This research aimed to discover the correlation between anxiety and the occurrence of temporomandibular disorder on undergraduate students of Dentistry in Universitas Muhamadiyah Yogyakarta. **Method:** This was a descriptive analysis research which used cross-sectional approach. There were 107 samples taken using purposive sampling technique. The examination of temporomandibular disorder used dysfunction index and anamnestic index test. The level of anxiety was researched using State Anxiety and Trait Anxiety (STAI) questionnaires. The data of TMD and anxiety were calculated using Gamma frequency and correlation test to assess the correlation between anxiety and temporomandibular disorder by considering the significance level of 5%. **Result:** From the anamnestic index data, 48.6% did not have TMD symptoms, while 51.4% had one or more than one TMD symptoms. From the Dysfunction Index, the percentage for light symptom was 52.3%, moderate symptom was 32.7%, heavy symptom was 7.5% and no symptom was 7.5%. From the state-anxiety level, 71% suffered from light anxiety, 27.1% suffered from moderate anxiety, and 1.9% suffered from heavy anxiety. From the trait anxiety, 43.9% suffered from light anxiety, 55.1% suffered from moderate anxiety, and 0.9% suffered from heavy anxiety. The research showed that there was no correlation or insignificant correlation ($p > 0.05$) between temporomandibular disorder and state anxiety and trait anxiety levels. **Conclusion:** Based on the research, it may be concluded that there is no correlation between anxiety and temporomandibular disorder on UMY undergraduate students of Dentistry.

Keywords: *Temporomandibular Disorder, Anxiety*

INTISARI

Latar belakang: Temporomandibula disorder (TMD) merupakan suatu kelainan yang meliputi sistem stomatognasi sehingga mengakibatkan gangguan fungsi rahang. penyebab dari gangguan temporomandibula joint multifaktorial. Gangguan ini dapat berupa rasa nyeri, timbulnya bunyi, dan dapat menyebabkan rahang terkunci. **Tujuan :** penelitian ini bertujuan untuk mengetahui hubungan kecemasan terhadap terjadinya temporomandibula disorder pada mahasiswa S1 kedokteran gigi Universitas Muhammadiyah Yogyakarta. **Metode:** penelitian ini merupakan penelitian deksriptif analitik dengan pendekatan *cross sectional*. Sampel diambil sebanyak 107 orang dengan *tehnik purposive sampling*. Pemeriksaan temporomandibula disorder menggunakan pemeriksaan *dysfunction index* dan *anamnestic index*. Level kecemasan dengan kuesioner State-anxiety dan Trait anxiety (STAI). Data dari TMD dan kecemasan dihitung melalui frekuensi dan uji korelasi Gamma untuk menilai hubungan antara kecemasan dan Temporomandibula disorder dengan mempertimbangkan tingkat signifikansi 5%. **Hasil:** data yang didapat persentase *anamcestic index* sebanyak (48.6%) tanpa gejala gangguan TMD, (51.4%) responden merasakan satu atau lebih gejala gangguan TMD. *Dysfungsi Index* dengan gejala ringan (52.3%), gejala sedang (32.7%), gejala berat dan tanpa gejala masing-masing (7.5%). Level kecemasan *state-anxiety* didapatkan (71%) mengalami gangguan kecemasan ringan, (27.1%) mengalami gangguan kecemasan sedang, (1.9%) mengalami gangguan berat. *Trait anxiety* didapatkan 43.9% mengalami gangguan kecemasan ringan, (55.1%) mengalami gangguan kecemasan Sedang, (0.9%) mengalami gejala gangguan kecemasan berat. Hubungan antara temporomandibula disorder dengan tingkat kecemasan *state-anxiety* dan *trait-anxiety* menunjukkan tidak adanya hubungan atau tidak signifikan ($p>0.05$). **Kesimpulan:** Berdasarkan penelitian yang dilakukan dapat diambil kesimpulan bahwa tidak ada hubungan antara kecemasan dengan temporomandibula disorder pada mahasiswa kedokteran gigi.

Kata kunci: *Temporomandibula Disorder, Anxiety*