

GAMBARAN KEBIASAAN MENYIKAT GIGI SEBELUM TIDUR MALAM DAN KASUS KARIES GIGI PADA ANAK USIA SEKOLAH DASAR

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ABSTRAK

Latar Belakang : Masalah kesehatan gigi dan mulut paling banyak dialami oleh anak usia 6-12 tahun. Masalah utama dalam rongga mulut anak sampai saat ini yaitu penyakit karies gigi. Penyebab yang sangat mendasar adalah kurangnya kesadaran diri sendiri dan orang tua dalam membiasakan anak menggosok gigi yang baik dan benar serta tepat waktu.

Tujuan Penelitian : Diketahui gambaran kebiasaan menyikat gigi sebelum tidur malam dan kasus karies gigi pada anak usia sekolah dasar.

Metode Penelitian : Jenis penelitian ini bersifat deskriptif dengan teknik pengumpulan data yang menggunakan pendekatan cross sectional, jumlah responden 30 responden, sampel diambil dengan metode sampling jenuh. metode pengumpulan data menggunakan kuesioner tentang kebiasaan menyikat gigi sebelum tidur malam dan format observasi karies gigi melalui google form secara online.

Hasil Penelitian : Hasil penelitian menunjukkan bahwa responden memiliki kasus karies gigi dengan kriteria bebas karies sebanyak (30%), kriteria karies sedikit sebanyak (50%), dan kriteria karies gigi banyak sebanyak (20%). sedangkan yang memiliki kebiasaan menyikat gigi sebelum tidur malam dengan kriteria baik sebanyak (40%) dan kriteria buruk sebanyak (60%).

Kesimpulan : Anak usia sekolah dasar Dusun Turen memiliki kebiasaan menyikat gigi sebelum tidur malam kriteria baik dengan kasus karies gigi kriteria bebas karies gigi sebanyak (66,7%).

Kata Kunci : kebiasaan menyikat gigi, karies gigi, anak sekolah dasar

DESCRIPTION OF THE HABIT OF BRUSHING TEETH BEFORE BED AT NIGHT AND CASES OF DENTAL CARIES IN ELEMENTARY SCHOOL-AGE CHILDREN

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ABSTRACT

Background: Dental and oral health problems are most commonly experienced by children aged 6-12 years. The main problem in the oral cavity of children to date is dental caries disease. A very basic cause is a lack of self-awareness and parents in getting used to it. Children brush their teeth well and correctly and on time.

Research Objectives: Know the picture of brushing habits before going to bed at night and cases of dental caries in elementary school-age children.

Research Methods: This type of research is descriptive with data collection techniques that use a cross-sectional approach, the number of respondents is 30 respondents, samples are taken with saturated sampling methods. The data collection method uses questionnaires about brushing habits before going to bed at night and the observation format of dental caries through Google Form online.

Research Results : The results showed that respondents had cases of dental caries with caries-free criteria as much as (30%), caries criteria a little as much as (50%), and many dental caries criteria. As much as (20%). While those who have the habit of brushing their teeth before going to bed at night with good criteria as much as (40%) and bad criteria as much as (60%).

Conclusion: Elementary school-aged children of Dusun Turen have a habit of brushing their teeth before going to bed at night criteria both with cases of dental caries-free criteria (66.7%).

Keywords: brushing habits, dental caries, elementary school children

