

GAMBARAN KEBIASAAN MENGONSUMSI MAKANAN KARIOGENIK PADA ANAK SEKOLAH DASAR YANG MENGALAMI KARIES GIGI

Berthi Ratriyanti¹, Almujadi², Furaida Khasanah³

Jurusan Kesehatan Gigi Poltekkes Kemenkes Yogyakarta,
Jl. Kyai Mojo no. 56 Pingit, Yogyakarta, Daerah Istimewa Yogyakarta 55243,
Email : berthiratriyanti12@gmail.com

ABSTRAK

Latar Belakang : Anak usia sekolah dasar biasanya mengonsumsi makanan kariogenik yang mengandung sukrosa lebih dari 3 kali sehari. Makanan kariogenik seperti coklat, permen, roti dan susu sangat disukai oleh banyak anak-anak sekolah dasar. Peningkatan frekuensi konsumsi makanan kariogenik ini akan menyebabkan keberadaan pH yang rendah di dalam mulut dipertahankan, sehingga terjadi peningkatan demineralisasi dan penurunan remineralisasi pada proses terbentuknya karies gigi yang ditandai dengan kerusakan jaringan gigi mulai dari permukaan gigi meluas ke arah pulpa.

Tujuan Penelitian : Untuk mengetahui gambaran kebiasaan mengonsumsi makanan kariogenik pada anak sekolah dasar yang mengalami karies gigi.

Metode Penelitian : Penelitian ini merupakan penelitian deskriptif kuantitatif dengan metode pendekatan *cross sectional*. Populasinya adalah 33 anak usia sekolah dasar di RT 02 Dusun Rejosari Kidul. Sampel dalam penelitian ini sejumlah 33 anak usia sekolah dasar yang mengalami karies gigi dengan teknik pengambilan sampel yaitu *total sampling*. Penelitian ini dilaksanakan pada bulan Maret 2022.

Hasil Penelitian : Hasil penelitian menunjukkan bahwa sebagian besar anak usia sekolah dasar memiliki karies gigi dengan kriteria banyak sejumlah 14 anak (42,4%). Sebagian besar anak usia sekolah dasar memiliki kebiasaan selalu mengonsumsi makanan kariogenik sebanyak 21 responden (63,6%). Sebagian kecil anak yang memiliki karies gigi dengan kriteria sedikit dan memiliki frekuensi jarang mengonsumsi makanan kariogenik (3,0%). Jenis makanan yang paling digemari berupa jenis makanan wafer sebanyak 28 responden (80,8%). Jenis makanan wafer ini memiliki frekuensi konsumsi paling tinggi yaitu beberapa kali sehari (63,6%).

Kesimpulan : Sebagian besar anak usia sekolah dasar memiliki karies gigi dengan kriteria karies gigi sedang dan memiliki kebiasaan selalu mengonsumsi makanan kariogenik. Jenis makanan kariogenik yang paling gemari anak sekolah dasar berupa jenis makanan wafer.

Kata Kunci : Makanan Kariogenik, Karies Gigi, Anak Sekolah Dasar

DESCRIPTION OF FOOD CONSUMING HABITS CARIOGENICITY IN ELEMENTARY SCHOOL CHILDREN THOSE WHO EXPERIENCED DENTAL CARIES

Berthi Ratriyanti¹, Almujadi², Furaida Khasanah³

Department of Dental Health, Poltekkes Kemenkes Yogyakarta
(Yogyakarta Health Polytechnic of The Ministry of Health),

Jl. Kyai Mojo no. 56 Pingit, Yogyakarta, Daerah Istimewa Yogyakarta 55243,

Email : berthiratriyanti12@gmail.com

ABSTRACT

Background : Elementary school age children usually consume cariogenic food containing sucrose more than 3 times a day. Cariogenic foods such as chocolate, candy, bread and milk are highly favored by many elementary school children. The frequency of cariogenic foods will cause the presence of a low pH in the mouth to be maintained, resulting in an increase in demineralization and a decrease in remineralization in the process of forming dental caries which is characterized by damage to tooth tissue starting from the tooth surface extending towards the pulp.

Research Objectives: To describe the habit of consuming cariogenic foods in elementary school children who have dental caries.

Research Methods: This research is a quantitative descriptive study with a cross sectional approach. The population is 33 elementary school age children in RT 02 Rejosari Kidul Village. The sample in this study were 33 elementary school age children who experienced dental caries with the sampling technique of total sampling. This research was conducted in March 2022.

Research Results: The results showed that most of the elementary school age children had dental caries with the criteria of many being 14 children (43,4%). Most elementary school age children have habit of always consuming cariogenic foods as many as 21 respondents (63,6%). A small proportion of children who have dental caries with few criteria and rarely consume cariogenic foods (3.0%). The most popular type of food as many as 28 respondents (80,8%). This type of wafer food has the highest consumption frequency, which is several times a day (63,6%).

Conclusion : Most elementary school age children have dental caries with moderate criteria and have a habit of always consuming cariogenic foods. The type of cariogenic food that is most favored by elementary school children is the type of wafer food.

Keywords: Cariogenic Food, Dental Caries, Elementary School Children

