# GAMBARAN PEWARNAAN GIGI PADA MASYARAKAT USIA 30-50 TAHUN YANG MENGONSUMSI TEH HITAM DI DESA PILANGREJO RT 01 RW 01 NGLIPAR KABUPATEN GUNUNGKIDUL

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## ABSTRAK

**Latar Belakang:** Pewarnaan gigi dapat disebabkan oleh minuman berwarna seperti teh, kopi. Masyarakat Desa Pilangrejo RT 01 RW 01 mengonsumsi teh hitam dalam sehari bisa mencapai rata-rata 2-3 gelas. Mengakibatkan terlihatnya gambaran klinis berupa pewarnaan gigi pada sebagaian masyarakat. Hasil wawancara menunjukkan 60% masyarakat usia 30-50 tahun yang peneliti wawancarai sering mengkonsumsi teh hitam. Hasil studi pendahuluan menunjukkan bahwa kebiasaan mengkonsumsi teh hitam masyarakat usia 30-50 tahun dalam kategori banyak.

**Tujuan Penelitian:** Diketahuinya gambaran pewarnaan gigi pada masyarakat usia 30-50 tahun yang mengonsumsi teh hitam di Desa Pilangrejo RT 01 RW 01 Nglipar Kabupaten Gunungkidul.

**Metode Penelitian:** Jenis penelitian bersifat deskriptif dengan rancangan *survey cross sectional*. Cara pengambilan sampel dilakukan secara *purposive sampling*, dengan jumlah sampel 38 responden sesuai dengan kriteria inklusi dan eksklusi. Pengukuran skor pewarnaan gigi dengan cara memfoto gigi responden kemudian diliat kategori skor giginya dan kebiasaan responden yang mengonsumsi teh hitam.

**Hasil:** variabel pewarnaan gigi didapatkan bahwa 16 responden (42,1%) memiliki variabel pewarnaan gigi cukup**.** Hasil tabulasi silang antara pewarnaan gigi dengan jenis kelamin responden diketahui bahwa sebagian besar responden memiliki pewarnaan gigi baik dengan jenis kelamin perempuan 16 responden (42,1%) dan paling sedikit adalah responden laki-laki yang memiliki kriteria pengetahuan kurang sebesar 1 responden (2,6%).

**Kesimpulan:** Pewarnaan gigi terbanyak berada dalam kategori noda ringan kuning sedang sebanyak 18 responden (47,4%).

**Kata      Kunci**:      Teh      Hitam,      Pewarnaan      Gigi

# PICTURE OF TEETH COLORING IN PEOPLE AGED 30-50 YEARS WHO CONSUME BLACK TEA IN PILANGREJO VILLAGE RT 01 RW 01 NGLIPAR GUNUNGKIDUL REGENCY

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## ABSTRACT

**Background**: Teeth staining can be caused by colored beverages such as tea, coffee. The people of Pilangrejo Village RT 01 RW 01 consume black tea in a day can reach an average of 2-3 glasses. Resulting in the sight of clinical picture in the form of teeth coloring in the community. The results of the interview showed that 60% of people aged 30-50 years who researchers interviewed often consumed black tea. Preliminary study results show that the habit of consuming black tea people aged 30-50 years in many categories.
**Research Purpose**: The picture of teeth coloring in people aged 30-50 years who consume black tea in Pilangrejo Village RT 01 RW 01 Nglipar Gunungkidul Regency.
**Research Method**: The type of research is descriptive with cross sectional survey design. The sampling method is done purposive sampling, with the number of samples of 38 respondents in accordance with the criteria of inclusion and exclusion. Measuring the teeth coloring score by photographing the respondent's teeth was then looked at the category of dental score and the habit of respondents who consumed black tea using a questionnaire of 10 questions.
**Result**: variable tooth coloring found that 16 respondents (42.1%) have enough variable teeth coloring. The result of cross-tabulation between teeth coloring and respondent's gender is known that most respondents have good teeth coloring with female gender 16 respondents (42.1%) and the fewest were male respondents who had less knowledge criteria of 1 respondent (2.6%).
**Conclusion**: The most teeth coloring was in the category of mild stains of medium yellow which is as many as 18 respondents (47.4%).

**Keywords**: Picture of Teeth Coloring, Habit of Consuming Black Tea