

**DESCRIPTION OF THE NUMBER OF DENTAL CARIES AND THE  
PATTERN OF CONSUMPTION OF CARIOGENIC FOODS  
IN CHILDREN AGED 9–11 YEARS  
IN ELEMENTARY SCHOOL**

Adin Anggresti\*, Siti Hidayati, Dwi Eni Purwati  
Department of Dental Health Poltekkes Kemenkes Yogyakarta,  
Jl. Kyai Mojo No. 56, Pingit, Yogyakarta  
\*Email : adinanggrestii@gmail.com

**ABSTRACT**

**Background :** Referring to Riskesdas data (2018), it is stated that the largest proportion of dental and oral health problems in Indonesia is dental caries (88.8%). Dental caries is one of the serious health problems for elementary school-age children. School children have the habit of consuming cariogenic foods excessively which provokes dental caries.

**Research Objective :** Knowing the description of the number of dental caries and the pattern of consumption of cariogenic foods in children aged 9–11 years in elementary school.

**Research Method:** Type of descriptive research with cross sectional approach method. Samples in the study of 56 children at SD Negeri Piyaman 1. Sampling using purposive sampling technique. This study used a questionnaire on the pattern of consumption of cariogenic foods and the results of the examination of the number of dental caries, the data obtained were processed and presented in the form of tables and percentages.

**Research Results :** Children in SD Negeri Piyaman 1 are mostly female with 30 respondents (53.6%), at most 10 years old with 23 respondents (41.1%), the number of dental caries mostly in the many category ( $\geq 4$ ) with 41 respondents (73.2%), and the consumption pattern of cariogenic foods mostly in the many category ( $>3 \times$  a day) with 42 respondents (75.0%).

**Conclusion :** The pattern of consumption of cariogenic foods in children aged 9–11 years at SD Negeri Piyaman 1 in the many category with the number of caries in the large category amounted to 41 respondents (73.2%).

**Keywords :** Number of Dental Caries, Cariogenic Food Consumption Patterns, Elementary School Children

**GAMBARAN JUMLAH KARES GIGI DAN POLA KONSUMSI  
MAKANAN KARIOGENIK PADA ANAK USIA 9–11  
TAHUN DI SEKOLAH DASAR**

Adin Anggresti\*, Siti Hidayati, Dwi Eni Purwati  
Jurusan Kesehatan Gigi Poltekkes Kemenkes Yogyakarta,  
Jl. Kyai Mojo No. 56, Pingit, Yogyakarta  
\*Email : [adinanggrestii@gmail.com](mailto:adinanggrestii@gmail.com)

**ABSTRAK**

**Latar Belakang :** Merujuk data Riskesdas (2018), disebutkan proporsi terbesar masalah kesehatan gigi dan mulut di Indonesia adalah karies gigi (88.8%). Karies gigi menjadi salah satu masalah kesehatan serius bagi anak usia sekolah dasar. Anak sekolah memiliki kebiasaan mengonsumsi makanan kariogenik secara berlebihan yang memicu terjadinya karies gigi.

**Tujuan Penelitian :** Diketuinya gambaran jumlah karies gigi dan pola konsumsi makanan kariogenik pada anak usia 9–11 tahun di sekolah dasar.

**Metode Penelitian :** Jenis penelitian deskriptif dengan metode pendekatan *cross sectional*. Sampel dalam penelitian 56 anak di SD Negeri Piyaman 1. Pengambilan sampel menggunakan teknik *purposive sampling*. Penelitian ini menggunakan kuesioner pola konsumsi makanan kariogenik dan hasil pemeriksaan jumlah karies gigi, data yang didapat diolah dan disajikan dalam bentuk tabel dan persentase.

**Hasil Penelitian :** Anak di SD Negeri Piyaman 1 sebagian besar berjenis kelamin perempuan sejumlah 30 responden (53.6%), usia paling banyak 10 tahun sejumlah 23 responden (41.1%), jumlah karies gigi sebagian besar dalam kategori banyak ( $\geq 4$ ) sejumlah 41 responden (73.2%), dan pola konsumsi makanan kariogenik sebagian besar dalam kategori banyak ( $>3\times$  sehari) sejumlah 42 responden (75.0%).

**Kesimpulan :** Pola konsumsi makanan kariogenik pada anak usia 9–11 tahun di SD Negeri Piyaman 1 sebagian besar dalam kategori banyak dengan jumlah karies kategori banyak sejumlah 41 responden (73.2%).

**Kata Kunci :** Jumlah Karies Gigi, Pola Konsumsi Makanan Kariogenik, Anak Sekolah Dasar