

## **GAMBARAN PERILAKU MENYIKAT GIGI DAN JUMLAH KARIES PADA ANAK SEKOLAH DASAR**

Anisha Nifta Ardana\*, Eldarita, Dwi Eni Purwati  
Jurusan Kesehatan Gigi Poltekkes Kemenkes Yogyakarta,  
Jl. Kyai Mojo No. 56, Pingit, Yogyakarta  
\*Email: [anisanifta4@gmail.com](mailto:anisanifta4@gmail.com)

### **ABSTRAK**

**Latar Belakang :** Berdasarkan Riskesdas tahun 2018 prevalensi karies gigi anak usia 5-9 tahun yaitu sebesar 92,6%. Anak usia 8-9 tahun rentan mengalami masalah kesehatan gigi dan mulut termasuk karies gigi. Selain itu, anak pada usia ini memiliki perilaku yang kurang mendukung terhadap kesehatan gigi dan mulut seperti kebiasaan memakan makanan manis dan lengket yang tidak diimbangi dengan menyikat gigi yang benar, sehingga meningkatkan risiko terjadinya karies gigi.

**Tujuan Penelitian :** Diketuainya gambaran perilaku menyikat gigi dan jumlah karies pada anak usia 8-9 tahun di SD Negeri Selang.

**Metode Penelitian :** Jenis penelitian ini merupakan penelitian deskriptif dengan metode pendekatan *cross sectional*. Sampel dalam penelitian ini 47 anak di SD Negeri Selang. Pengambilan sampel menggunakan teknik sampling jenuh. Penelitian ini menggunakan kuesioner perilaku menyikat gigi dan hasil pemeriksaan jumlah karies gigi, data yang didapat akan diolah dan disajikan dalam bentuk tabel dan persentase.

**Hasil Penelitian :** Anak di SD Negeri Selang yang memiliki perilaku menyikat gigi kriteria baik sejumlah 13 responden (27,7%), kriteria sedang sejumlah 8 responden (17,0%), dan kriteria buruk sejumlah 26 responden (55,3%), serta anak yang memiliki jumlah karies kategori banyak sejumlah 23 responden (48,9%), kategori sedang sejumlah 9 responden (19,1%), dan kategori sedikit sejumlah 15 responden (31,9%).

**Kesimpulan :** Perilaku menyikat gigi pada anak usia 8-9 tahun di SD Negeri Selang dengan kriteria buruk dan memiliki jumlah karies dengan kategori banyak.

**Kata Kunci :** Menyikat Gigi, Karies, Sekolah Dasar

## DESCRIPTION OF BRUSHING BEHAVIOR AND THE AMOUNT OF CARIES IN ELEMENTARY SCHOOL CHILDREN

Anisha Nifta Ardana\*, Eldarita, Dwi Eni Purwati  
Department of Dental Health Poltekkes Kemenkes Yogyakarta,  
Jl. Kyai Mojo No. 56, Pingit, Yogyakarta  
\*Email: [anisanifta4@gmail.com](mailto:anisanifta4@gmail.com)

### ABSTRACT

**Background :** Based on Riskesdas in 2018, the prevalence of dental caries in children aged 5-9 years is 92,6%. Children aged 8-9 years are prone to dental and oral health problems including dental caries. In addition, children at this age have behaviors that are less supportive of dental and oral health such as the habit of eating sweet and sticky foods that are not balanced with proper brushing, thus increasing the risk of dental caries.

**Research Objective :** Knowing the picture of brushing behavior and the number of caries in children aged 8-9 years at SD Negeri Selang.

**Research Method :** This type of research is descriptive research with a *cross sectional* approach method. The sample in this study was 47 children in SD Negeri Selang. Sampling using saturated sampling technique. This study used a questionnaire on brushing behavior and the results of the examination of the number of dental caries, the data obtained will be processed and presented in the form of tables and percentages.

**Research Results :** Children in SD Negeri Selang who had good brushing behavior were 13 respondents (27,7%), medium criteria were 8 respondents (17,0%), and bad criteria were 26 respondents (55.3%), as well as children who had a large number of caries categories were 23 respondents (48,9%), medium categories were 9 respondents (19,1%), and a small category were 15 respondents (31,9%).

**Conclusion :** The behavior of brushing teeth in children aged 8-9 years at SD Negeri Selang with bad criteria and has a large number of caries.

**Keywords :** Brushing, Caries, Elementary School