

HUBUNGAN FUSSY EATING DENGAN PLAK INDEKS PADA ANAK SEKOLAH DASAR

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ABSTRAK

Latar Belakang: *Fussy eating*/gangguan makan merupakan hal yang sering terjadi pada anak dan merupakan masalah umum yang dihadapi oleh orang tua. *Fussy eating* dapat berakibat pada kesehatan anak secara umum terganggu, termasuk kesehatan gigi dan mulut salah satunya adalah penumpukan plak pada gigi. Pada studi pendahuluan diperoleh 80% mengalami *fussy eating* dan pada hasil pemeriksaan diperoleh 90% yang terdapat plak

Tujuan Penelitian: Diketuinya hubungan *fussy eating* dengan plak indeks pada anak sekolah dasar

Metode: Jenis penelitian yang digunakan yaitu observasional analitik dengan desain *cross sectional*. Penelitian dilaksanakan pada bulan Juli 2023 dengan sampel penelitian: 40 anak kelas 3 sekolah dasar di SDN Bangirejo I Yogyakarta. Pengambilan data *fussy eating* menggunakan CEBQ (*Children's Eating Behaviour Questionnaire*), pengambilan data plak dengan menggunakan Indeks plak PHPM (*Personal Hygiene Performance Modified*), dan analisis data menggunakan uji Spearman

Hasil: Prevalensi *fussy eating* pada anak sekolah dasar adalah 70%, responden memiliki plak indeks kategori buruk sebesar 58%, kategori plak indeks sedang sebesar 37%, dan plak indeks baik sebesar 5%. Hasil tabulasi silang antara *fussy eating* dengan plak indeks adalah yang mengalami *fussy eating* memiliki kategori plak indeks buruk yaitu 79,3%. *Fussy eating* berhubungan dengan plak indeks dengan nilai korelasi: 0,738 berarti terdapat hubungan yang kuat dan nilai sig. (2-tailed): 0,000

Kesimpulan: *Fussy eating* meningkatkan plak indeks pada anak sekolah dasar

Kata Kunci: *Fussy Eating*, Plak Indeks, CEBQ

THE CORRELATION BETWEEN FUSSY EATING AND PLAQUE INDEX IN ELEMENTARY SCHOOL CHILDREN

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ABSTRACT

Background: Fussy eating is a common problem in children and is a common problem faced by parents. Fussy eating can result in impaired children's health in general, including dental and oral health, one of which is plaque buildup on the teeth. On preliminary studying obtained 80% experienced fussy eating and in the results of the examination obtained 90% contained plaque

Purpose of Research: To investigate the correlation between fussy eating and index plaques in elementary school children

Methods: The type of research used is observational analytic with a cross sectional design. The study was conducted in July 2023 with a research sample: 40 grade 3 elementary school children at SDN Bangirejo I Yogyakarta. Fussy eating data collection using CEBQ (Children's Eating Behavior Questionnaire), plaque data retrieval using PPHM (Personal Hygiene Performance Modified) plaque index, and data analysis using Spearman test

Results: The prevalence of fussy eating in elementary school children was 70 %, respondents had a bad category plaque index of 58%, a medium index plaque category of 37%, and a good index plaque of 5%. The results of cross-tabulation between fussy eating and index plaque are those who experience fussy eating have a bad index plaque category of 79.3%. Fussy eating is associated with plaque index with a correlation value: 0.738 means that there is a strong relationship and sig value. (2-tailed): 0.000

Conclusion: Fussy eating increases plaque index in primary school children

Keywords: *Fussy Eating*, Plaque Index, CEBQ