

Gambaran Tingkat Pengetahuan dengan Kebiasaan Menyikat Gigi Sebelum Tidur Pada Anak Sekolah Dasar

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ABSTRAK

Latar Belakang: Masalah kesehatan gigi dan mulut paling banyak dialami oleh anak usia 6-12 tahun. Berdasarkan studi pendahuluan yang dilakukan di Sekolah Dasar Negeri 1 Kotamobagu, Sulawesi Utara, dengan wawancara kepada 10 siswa tentang tingkat pengetahuan dengan kebiasaan menyikat gigi sebelum tidur didapatkan data, bahwa 70% siswa hanya sekali menyikat gigi dalam sehari yaitu pada pagi hari, 20% siswa menjawab 2 kali sehari menyikat gigi namun kadang-kadang juga sekali sehari, dan 10% siswa menjawab selalu menyikat gigi 2 kali sehari.

Tujuan Penelitian: Diketuainya gambaran tingkat pengetahuan dengan kebiasaan menyikat gigi sebelum tidur pada anak sekolah dasar

Metode Penelitian: Jenis penelitian ini menggunakan penelitian deskriptif dengan pendekatan studi *cross sectional*. Sampel pada penelitian ini adalah siswa sekolah dasar di SDN 1 Kotamobagu yang berjumlah 45 responden dengan teknik *sistematik sampling*. Data pada penelitian ini yaitu tingkat pengetahuan responden dengan kebiasaan menyikat gigi sebelum tidur, menggunakan instrument penelitian berupa kuesioner. Analisis data menggunakan tabulasi silang.

Hasil Penelitian: Responden memiliki pengetahuan baik sebanyak 82.2%, pengetahuan sedang sebanyak 11.1%, pengetahuan kurang sebanyak 6.7%. Sedangkan yang memiliki kebiasaan menyikat gigi baik 93.3%, dan kebiasaan tidak baik sebanyak (6.7%).

Kesimpulan: Responden terbanyak yaitu tingkat pengetahuan dengan kebiasaan menyikat gigi baik berjumlah 35 responden 77.8%.

Kata Kunci: Tingkat pengetahuan, Menyikat Gigi, Kebiasaan menyikat gigi, Siswa SD.

Description The Level Of Knowledge With The Habit Of Brushing Teeth Before Going To Bed In Elementary School Children

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ABSTRACT

Background: Dental and oral health problems are mostly experienced by children aged 6-12 years. Based on a preliminary study conducted at Sekolah Dasar Negeri 1 Kotamobagu, North Sulawesi, by interviewing 10 students about the level of knowledge of the habit of brushing their teeth before bed, data obtained that 70% of students brush their teeth only once a day in the morning, 20% of students brush their teeth sometimes two times a day but sometimes just once a day, and 10% of students answered always brushing their teeth two times a day.

Objective: The purpose of this study is to investigate the level of knowledge with the habit of brushing teeth before going to bed in elementary school students.

Research Methods: This research used descriptive method with a *cross sectional* approach. The sample in this research were elementary school students at SDN 1 Kotamobagu, totaling 45 respondents that were chosen using a *systematic sampling*. The data in this study is the level of knowledge of respondents with the habit of brushing their teeth before going to bed, using a questionnaire as a research instrument and cross tabulation as the data analyze.

Results: Respondents who had good knowledge of brushing teeth were 82.2%, 11.1% were had moderate knowledge, and 6.7% were had less knowledge. While those who had good brushing habits were 93.3%, and bad habits were 6.7%.

Conclusion: The most respondents between the level of knowledge and good brushing habits amounted to 35 respondents 77.8%.

Keywords: Knowledge level, Students, Tooth brushing habits, Elementary School Students.