GAMBARAN PERILAKU MENYIKAT GIGI DAN KALKULUS INDEKS PADA SISWA SEKOLAH MENENGAH PERTAMA

Serly Ayu Fatimah[*], Sutrisno, Dewi Risnawati
Jurusan Kesehatan Gigi Poltekkes Kemenkes Yogyakarta
Jl. Kyai Mojo No.56 Pingit Yogyakarta, 55243
Email: [*]serlyyy3012@gmail.com

ABSTRAK

Latar Belakang: Riskesdas 2018 menyatakan bahwa perilaku menyikat gigi yang baik dan benar hanya 2,8%. Berdasarkan studi pendahuluan yang dilakukan pada 15 siswa di SMP Negeri 3 Depok Sleman didapatkan data bahwa 60% perilaku menyikat gigi masih masuk kriteria buruk.

Tujuan Penelitian: Diketahuinya gambaran perilaku menyikat gigi dan kalkulus indeks pada siswa sekolah menengah pertama.

Metode Penelitian: Jenis penelitian deskriptif dengan pendekatan *cross sectional.* Pengambilan sampel dilakukan menggunakan teknik *proportionate stratified random sampling* dengan jumlah sampel yang didapatkan sebanyak 80 responden sesuai kriteria inklusi dan eksklusi. Metode pengumpulan data menggunakan instrumen kuesioner dan pemeriksaan kalkulus indeks.

Hasil Penelitian: Tingkat perilaku menyikat gigi pada siswa sekolah menengah pertama sebagian besar memiliki perilaku menyikat gigi kategori baik dengan persentase 67,5% berdsarkan jenis kelamin perilaku menyikat gigi kategori baik paling banyak siswa perempuan dengan persentase 69,4% dan berdasarkan usia perilaku menyikat gigi kategori baik paling banyak usia 15 tahun dengan persentase 80,8%. Kalkulus indeks pada siswa sekolah menengah pertama memiliki kriteria baik sebanyak 45% berdasarkan jenis kelamin kalkulus indeks kategori baik paling banyak siswa laki-laki dengan persentase 45,5% dan berdasarkan usia kalkulus indeks kategori baik paling banyak usia 14 tahun dengan persentase 51,9%.

Kesimpulan: Siswa sekolah menengah pertama memiliki perilaku menyikat gigi baik dan kalkulus indeks baik.

Kata Kunci: Menyikat gigi, kalkulus

DESCRIPTION OF TOOTH BRUSHING BEHAVIOR AND CALCULUS INDEX IN JUNIOR HIGH SCHOOL STUDENTS

Serly Ayu Fatimah[*], Sutrisno, Dewi Risnawati
Department of Dental Health Poltekkes Kemenkes Yogyakarta
Jl. Kyai Mojo No.56 Pingit Yogyakarta, 55243
Email: [*]serlyyy3012@gmail.com

ABSTRAK

Background: Riskesdas 2018 states that good and correct tooth brushing behavior is only 2.8%. Based on preliminary studies conducted on 15 students at SMP Negeri 3 Depok Sleman, it was found that 60% of tooth brushing behavior was still in the bad criteria.

Purpose: To know the description of tooth brushing behavior and calculus index in junior high school students.

Method: Descriptive research with a cross sectional approach. Sampling was carried out using proportionate stratified random sampling technique with the number of samples obtained as many as 80 respondents according to the inclusion and exclusion criteria. Data collection methods using questionnaire instruments and index calculus examination.

Results: The level of tooth brushing behavior in junior high school students mostly has good category tooth brushing behavior with a percentage of 67.5% based on gender, good category tooth brushing behavior is mostly male students with a percentage of 36.25% and based on age, good category tooth brushing behavior is mostly 15 years old with a percentage of 26.25%. Calculus index in junior high school students has good criteria as much as 45% based on gender calculus index good category most male students with a percentage of 36.25% and based on age calculus index good category most age 15 years with a percentage of 26.25%.

Conclusion: Junior high school students have good tooth brushing behavior and good calculus index.

Keywords: Brushing teeth, calculus