

GAMBARAN PENGETAHUAN IBU RUMAH TANGGA TENTANG MAKANAN KARIOGENIK DAN KARIES GIGI PADA ANAK

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ABSTRAK

Latar Belakang: Kabupaten Klaten memiliki prevelensi gigi berlubang dan sakit sebanyak 41,86%, Sebanyak 53,51% masyarakat Jawa Tengah yang berusia 5 - 12 tahun mengalami gigi berlubang. Kurangnya pengetahuan tentang kesehatan gigi dan sikap ibu dalam memperhatikan makanan yang dikonsumsi anak - anak serta banyaknya makanan yang manis dan menarik yang dijual bebas dipasaran daerah Klaten sehingga sering dikonsumsi oleh anak - anak tanpa memikirkan resikonya.

Tujuan: Diketuinya gambaran pengetahuan ibu rumah tangga tentang makanan kariogenik dan karies gigi pada anak.

Metode: Metode penelitian ini adalah metode deskriptif dengan rancangan penelitian *cross sectional*. Populasi penelitian ini berjumlah 35 responden. Teknik pengambilan sampel menggunakan sampling jenuh dan dianalisis menggunakan tabulasi silang. Penelitian ini dilaksanakan pada bulan Januari 2024 yang bertempat Rw 05, Banjardowo, Kalikotes, Klaten. Pengambilan data dalam penelitian ini dilakukan dengan cara membagikan kuesioner kepada responden penelitian dan pemeriksaan gigi pada anak.

Hasil: Pengetahuan ibu tentang makanan kariogenik dikategorikan baik sebanyak 24 responden (68,6%). Sebagian anak dikategorikan masih banyak karies gigi sebanyak 26 responden (74,3%).

Kesimpulan: Tingkat pengetahuan ibu tentang makanan kariogenik dikatakan sudah baik, tetapi karies gigi pada anak dikategorikan banyak.

Kata Kunci: Makanan Kariogenik, Karies Gigi, Anak – anak

OVERVIEW OF HOUSEWIVES' KNOWLEDGE ABOUT CARYOGENIC FOODS AND DENTAL CARIES IN CHILDREN

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ABSTRACT

Background: Klaten Regency has a prevalence of cavities and disease of 41.86%. As many as 53.51% of Central Javanese people aged 5 - 12 years experience cavities. Lack of knowledge about dental health and mothers' attitude in paying attention to the food consumed by children as well as the large number of sweet and attractive foods that are sold freely in the markets of the Klaten area so that children often consume them without thinking about the risks.

Objective: To provide an overview of housewives' knowledge about cariogenic foods and dental caries in children.

Method: This research method is a descriptive method with a cross sectional research design. The population of this study consisted of 35 respondents. The sampling technique used saturated sampling and analyzed using cross tabulation. This research was carried out in January 2024 at Rw 05, Banjardowo, Kalikotes, Klaten. Data collection in this research was carried out by distributing questionnaires to research respondents and dental examinations to children.

Results: Mothers' knowledge about cariogenic foods was categorized as good by 24 respondents (68.6%). Some children were categorized as having a lot of dental caries, 26 respondents (74.3%).

Conclusion: The mother's level of knowledge about cariogenic foods is said to be good, but dental caries in children is categorized as a lot.

Keywords: Cariogenic Foods, Dental Caries, Children