

Gambaran Perilaku Menyikat Gigi Terkait Dengan Tingkat Pendidikan Pada Ibu Hamil di Puskesmas

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ABSTRAK

Latar Belakang: Kebersihan gigi dan mulut yang baik dapat dicapai dengan pengetahuan dan perilaku yang benar. Hasil Riset Kesehatan Dasar (Riskesdas) tahun 2018 menunjukkan bahwa prosentase perilaku menyikat gigi sehari-hari pada penduduk Indonesia adalah sebesar 94,7%, waktu menyikat gigi yang benar sebesar 2,8%. Berdasarkan studi pendahuluan yang dilakukan peneliti kepada 15 ibu hamil yang berkunjung di Puskesmas Godean II, didapatkan hasil 80% ibu hamil menyikat gigi pada saat mandi dan 53% menyikat gigi bagian depan dengan teknik horizontal. Ibu hamil tersebut memiliki tingkat pendidikan menengah.

Tujuan Penelitian: Diketuinya gambaran perilaku menyikat gigi terkait dengan tingkat pendidikan pada ibu hamil di Puskesmas.

Metode Penelitian: Penelitian deskriptif dengan pendekatan *cross sectional*. Aspek yang diteliti yaitu perilaku menyikat gigi pada ibu hamil dan tingkat pendidikan. Teknik pengumpulan data menggunakan kuesioner. Sampel dari penelitian ini adalah 45 ibu hamil yang berkunjung di Puskesmas Godean II. Pengambilan sampel menggunakan teknik *accidental sampling* dan di analisis menggunakan tabulasi silang.

Hasil Penelitian: Perilaku menyikat gigi pada ibu hamil yang berkunjung di Puskesmas Godean II dengan kriteria baik 33,3%, kriteria sedang 48,9%, dan kriteria buruk 17,8%. Tingkat Pendidikan dasar (SD, SMP, MTS) 4,4%, pendidikan menengah (SMA, SMK, MAN) 51,1%, dan pendidikan tinggi (D3, S1, S2, S3) 44,4%. Hasil tabulasi silang antara perilaku menyikat gigi dengan tingkat pendidikan yaitu ibu hamil pendidikan menengah memiliki perilaku menyikat gigi kriteria sedang (60,9%).

Kesimpulan: Ibu hamil berpendidikan menengah memiliki perilaku menyikat gigi kriteria sedang.

Kata Kunci: Perilaku, Menyikat gigi, Pendidikan, Ibu Hamil

Description of Tooth-brushing Behavior Related to Education Level in Pregnant Women at The Community Health Center

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ABSTRACT

Background: Good oral hygiene can be achieved with the right knowledge and behavior. The results of Basic Health Research (Riskesdas) in 2018 showed that the percentage of daily tooth brushing behavior among the Indonesian population was 94.7%, and the correct time for brushing teeth was 2.8%. Based on a preliminary study conducted by researchers on 15 pregnant women who visited the Godean II Community Health Center, it was found that 80% of pregnant women brushed their teeth when bathing and 53% brushed their front teeth using a horizontal technique. The pregnant woman has a secondary education level.

Research purposes: To determine the description of tooth brushing behavior related to the level of education of pregnant women at the Community Health Center.

Research methods: Descriptive research approach cross-sectional. The aspects studied were tooth brushing behavior in pregnant women and education level. The data collection technique uses a questionnaire. The sample from this study was 45 pregnant women who visited the Godean II Community Health Center. Sampling using techniques of accidental sampling and analysis using cross-tabulation.

Research result: Toothbrushing behavior among pregnant women visiting the Godean II Health Center with good criteria was 33.3%, moderate criteria were 48.9%, and bad criteria was 17.8%. Basic education level (SD, SMP, MTS) 4.4%, secondary education (SMA, SMK, MAN) 51.1%, and higher education (D3, S1, Masters, S3) 44.4%. The results of the cross-tabulation between tooth brushing behavior and education level are that pregnant women with secondary education have moderate criteria for tooth brushing behavior (60.9%).

Conclusion: Middle-educated pregnant women have moderate criteria for toothbrushing behavior.

Keywords: Behavior, Brushing teeth, Education, Pregnant Women