

DESCRIPTION OF TEETH STAINS IN KARANG TARUNA TEENAGERS WHO LIKES TO DRINK COFFEE

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ABSTRACT

Background: Stain is a pigmented deposit on the surface of the teeth, usually occurs due to the attachment of colored food and drinks. Drinking coffee has a bad impact on dental health because it contains caffeine which causes stains on teeth. The tannin content in coffee can change the color of the outer layer of teeth. Based on a preliminary study using teeth staining interviews among youth at Karang Taruna in RT 03 Kayuhan Kulon Hamlet, it was found that 75% had teeth staining.

Research Objective: To find out the picture of tooth stains in youth at Karang Taruna who like to drink coffee

Research Method: Using descriptive research with a crosssectional approach. The population in this study were youth youth organizations in Rt 03 Kayuhan Kulon Hamlet, Triwidadi Village, totaling 35 respondents. Sampling was carried out using the saturated sample method. Aspects in this research are coffee drinking habits and tooth staining. The research was conducted in February 2024. Data collection methods used questionnaires and examinations and were presented in the form of cross tabulations.

Research Results: The results of the study showed that respondents had teeth stains (57.1%), had a habit of drinking coffee (48.6%), coffee drinking habits were bad criteria aged 21-25 years (314%), teeth stains were bad criteria aged 21 -25 years (56.7%), coffee drinking habits have many bad stain criteria (42.9%).

Conclusion: Youth at Karang Taruna have bad coffee drinking habits with 42.9% of them having lots of stains.

Keywords: coffee, tooth stains, teenager

GAMBARAN STAIN GIGI PADA REMAJA KARANG TARUNA YANG GEMAR MINUM KOPI

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ABSTRAK

Latar Belakang: Stain adalah deposit berpigmen pada permukaan gigi, biasanya terjadi karena perlekatan warna makanan, minuman. Minum kopi menimbulkan dampak buruk pada kesehatan gigi karena terdapat kafein yang menyebabkan noda pada gigi. Kandungan tanin pada kopi dapat mengubah warna pada lapisan terluar gigi. Berdasarkan studi pendahuluan dengan wawancara stain gigi pada remaja karang taruna di RT 03 Dusun Kayuhan Kulon didapatkan hasil 75% mengalami pewarnaan gigi.

Tujuan Penelitian: Diketahui gambaran stain gigi pada remaja karang taruna yang gemar minum kopi

Metode Penelitian: Menggunakan penelitian deskriptif dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah remaja karang taruna di Rt 03 Dusun Kayuhan Kulon Desa Triwidadi yang berjumlah 35 responden. Pengambilan sampel dilakukan menggunakan metode sampel jenuh. Aspek dalam penelitian ini adalah kebiasaan minum kopi dan stain gigi. Penelitian dilakukan bulan februari 2024. Metode pengumpulan data menggunakan kuesioner dan pemeriksaan dan disajikan dalam bentuk tabulasi silang.

Hasil Penelitian: Hasil penelitian menunjukkan bahwa responden memiliki stain gigi (57,1%), memiliki kebiasaan minum kopi (48,6%), kebiasaan minum kopi kriteria buruk usia 21-25 tahun (31,4%), stain gigi kriteria buruk usia 21-25 tahun (56,7%), kebiasaan minum kopi kriteria buruk stain banyak (42,9%).

Kesimpulan: Remaja karang taruna memiliki kebiasaan minum kopi kriteria buruk dengan stain banyak sebanyak 42,9%.

Kata Kunci: kopi, stain gigi, remaja