

GAMBARAN KEBIASAAN MENYIKAT GIGI SEBELUM TIDUR MALAM DAN JUMLAH KARIES GIGI PADA ANAK USIA SEKOLAH DASAR

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ABSTRAK

Latar Belakang : Masalah kesehatan gigi dan mulut paling banyak dialami oleh anak usia sekolah dasar. Masalah utama dalam rongga mulut anak sampai saat ini yaitu penyakit karies gigi. Hasil studi pendahuluan yang dilakukan pada Bulan September 2023, dengan pengisian kuesioner tentang kebiasaan menyikat gigi sebelum tidur malam terhadap 10 siswa kelas V didapatkan data 70% siswa memiliki kebiasaan menyikat gigi sebelum tidur malam yang buruk dan 30% siswa ditemukan memiliki gigi berlubang (karies gigi).

Tujuan Penelitian : Diketahui gambaran kebiasaan menyikat gigi sebelum tidur malam dan jumlah karies gigi pada anak usia sekolah dasar.

Metode Penelitian : Jenis penelitian ini bersifat deskriptif dengan teknik pengumpulan data yang menggunakan pendekatan cross sectional, instrumen penelitian menggunakan kuesioner dan pengambilan sampel menggunakan teknik purposive sampling dengan jumlah 64 responden. Aspek yang diteliti kebiasaan menyikat gigi sebelum tidur malam dan jumlah karies gigi. Analisis data menggunakan distribusi frekuensi dan tabulasi silang.

Hasil Penelitian : Hasil penelitian menunjukkan bahwa responden memiliki kebiasaan menyikat gigi sebelum tidur malam kriteria buruk sebesar (60,9%), dan kriteria baik sebesar (39,1%), dan memiliki jumlah karies gigi dengan kriteria banyak sebesar (67,2%), dan karies gigi kriteria sedikit sebesar (32,8%).hasil tabulasi silang antara kebiasaan menyikat gigi sebelum tidur malam dengan kriteria buruk dengan jumlah karies gigi kriteria banyak sebesar 25 responden (64,1%).

Kesimpulan : Anak usia sekolah dasar di SD Muhammadiyah Ngijon 1 memiliki kebiasaan menyikat gigi sebelum tidur malam kriteria buruk dengan jumlah karies gigi sebagian besar kriteria banyak.

Kata Kunci : Kebiasaan Menyikat Gigi Sebelum Tidur Malam, Jumlah Karies Gigi, Siswa Usia Sekolah Dasar.

DESCRIPTION OF THE HABIT OF BRUSHING TEETH BEFORE BED AT NIGHT AND NUMBER OF DENTAL CARIES IN ELEMENTARY SCHOOL

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ABSTRACT

Background : Dental and oral health problems are most often experienced by elementary school age children. The main problem in children's oral cavities to date is dental caries. The results of a preliminary study conducted in September 2023, by filling in a questionnaire about the habit of brushing their teeth before going to bed at night for 10 class V students, showed that 70% of students had bad habits of brushing their teeth before going to bed at night and 30% of students were found to have cavities (dental caries).)

Research Objective : To find out the description of the habit of brushing teeth before going to bed at night and the number of dental caries in elementary school age children.

Research Method : This type of research is descriptive with data collection techniques that use a cross sectional approach, research instruments using questionnaires and sampling using purposive sampling techniques with a total of 64 respondents. Aspects studied the habit of brushing teeth before going to bed at night and the amount of dental caries. Data analysis using frequency distribution and cross-tabulation.

Research Results : The results of the study showed that respondents had the habit of brushing their teeth before going to bed at night, with bad criteria of (60.9%), and good criteria of (39.1%), and had a high number of dental caries with (67.2%) criteria.), and the criteria for a little dental caries was (32.8%). The results of the cross tabulation between the habit of brushing teeth before going to bed at night with bad criteria and the amount of dental caries with a lot of criteria were 25 respondents (64.1%).

Conclusion: Elementary school age children at SD Muhammadiyah Ngijon 1 have a bad habit of brushing their teeth before going to bed at night with a high number of dental caries criteria of (67.2%)

Keywords: The habit of brushing teeth before going to bed at night, the number of dental caries, students of primary school age.