

## **GAMBARAN TINGKAT PENGETAHUAN MENYIKAT GIGI DAN PERILAKU MENYIKAT GIGI SISWA SMP N 4 PACITAN**

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### **ABSTRAK**

**Latar Belakang :** (Hasil Riset Kesehatan Dasar 2018 menunjukkan bahwa mayoritas penduduk Indonesia (94,7%) mempunyai perilaku kebiasaan menyikat gigi yang baik yaitu perilaku menyikat gigi setiap hari. Hanya 2,8% yang menyikat gigi di waktu yang benar. Hasil studi pendahuluan diketahui bahwa siswa sudah melakukan sikat gigi 2x kali sehari namun 89% masih melakukan sikat gigi saat mandi, dan 83% belum pernah mendapatkan penyuluhan tentang menyikat gigi yang baik dan benar

**Tujuan Penelitian :** Diketuainya gambaran tingkat pengetahuan menyikat gigi dan perilaku menyikat gigi pada siswa SMP N 4 Pacitan.

**Metode Penelitian :** Metode penelitian yang digunakan adalah deskriptif, dengan cara *Cross Sectional*. Aspek yang diteliti adalah pengetahuan menyikat gigi dan perilaku menyikat gigi, teknik pengambilan sampel menggunakan *purposive sampling*, jumlah sampel 60 responden. Instrumen penelitian menggunakan kuesioner, analisis data menggunakan distribusi frekuensi dan tabulasi silang

**Hasil Penelitian :** Pengetahuan siswa tentang menyikat gigi dengan kriteria baik sebanyak 17 (28,3%), kriteria sedang sebanyak 31 (51,7%) kriteria buruk sebanyak 12 (20,0%). Perilaku menyikat gigi kriteria baik sebanyak 16 (26,7%) kriteria sedang sebanyak 36 (60,0%), kriteria buruk sebanyak 8 (13,3%). Tabulasi Silang pengetahuan menyikat gigi dan perilaku menyikat gigi kriteria sedang yaitu 27 responden (87,1%)

**Kesimpulan :** Gambaran tingkat pengetahuan menyikat gigi dan perilaku menyikat gigi siswa SMP N 4 Pacitan sebagian besar dengan kriteria sedang

**Kata Kunci :** Pengetahuan, Perilaku, Menyikat Gigi, Siswa SMP

**DESCRIPTION OF THE LEVEL OF TOOTHBRUSHING KNOWLEDGE  
AND TOOTHBRUSHING BEHAVIOR OF PACITAN 4 SMP N 4  
STUDENTS**

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**ABSTRACT**

**Background:** (The results of the 2018 Basic Health Research show that the majority of the Indonesian population (94.7%) have good tooth brushing habits, namely the behavior of brushing their teeth every day. Only 2.8% brush their teeth at the correct time. Preliminary study results It is known that students already brush their teeth twice a day, but 89% still brush their teeth when bathing, and 83% have never received counseling about brushing their teeth properly and correctly.

**Research Objectives:** To determine the level of tooth brushing knowledge and tooth brushing behavior of students at SMP N 4 Pacitan.

**Research Method:** The research method used is descriptive, using a cross sectional method. The aspects studied were tooth brushing knowledge and tooth brushing behavior, the sampling technique used purposive sampling, the sample size was 60 respondents. The research instrument used a questionnaire, data analysis used frequency distribution and cross tabulation

**Research Results:** Students' knowledge about brushing teeth was 17 (28.3%) with good criteria, 31 (51.7%) with moderate criteria, 12 (20.0%) with poor criteria. Tooth brushing behavior had good criteria as many as 16 (26.7%), medium criteria as many as 36 (60.0%), bad criteria as many as 8 (13.3%). Cross Tabulation of tooth brushing knowledge and tooth brushing behavior with medium criteria, namely 27 respondents (87.1%)

**Conclusion:** The description of the level of tooth brushing knowledge and tooth brushing behavior of students at SMP N 4 Pacitan is mostly medium criteria

**Keywords:** Knowledge, Behavior, Teeth Brushing, Middle School Students