

GAMBARAN PERILAKU MENYIKAT GIGI DAN JUMLAH KARIES GIGI PADA PENGURUS BEM POLKESYO

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ABSTRAK

Latar Belakang : Berdasarkan hasil Riset Kesehatan Dasar Kemenkes RI tahun 2019 penduduk usia 15-24 tahun, prevalensi menyikat gigi mencapai 98,5%, namun hanya 2,1% penduduk yang menyikat gigi dengan benar. Berdasarkan studi pendahuluan yang dilakukan pada bulan Oktober tahun 2023 dengan melakukan wawancara secara tertutup tentang perilaku menyikat gigi dan pemeriksaan secara langsung untuk menghitung jumlah karies gigi,. Didapatkan data sebanyak 60% responden memiliki perilaku menyikat gigi dengan kriteria buruk dan jumlah karies sebanyak 70% dengan kriteria banyak.

Tujuan Penelitian : Diketuainya gambaran perilaku menyikat gigi dan jumlah karies gigi pada pengurus BEM di Poltekkes Kemenkes Yogyakarta.

Metode Penelitian : Jenis penelitian ini merupakan penelitian deskriptif dengan metode pendekatan *cross sectional*. Sampel penelitian sebanyak 41 orang di organisasi BEM Polkesyo. Pengambilan sampel menggunakan teknik *purposive sampling*. Instrumen penelitian menggunakan kuesioner perilaku menyikat gigi dan observasional pemeriksaan jumlah karies gigi, data yang didapat diolah dalam bentuk tabulasi silang dan distribusi Frekuensi.

Hasil Penelitian : Mahasiswa pengurus BEM Polkesyo yang memiliki perilaku menyikat gigi kriteria buruk sejumlah 9 responden (22%), kriteria sedang sejumlah 14 responden (34%), dan kriteria baik sejumlah 18 responden (44%), serta mahasiswa pengurus BEM yang memiliki jumlah karies gigi kategori sedikit sejumlah 24 responden (59%), kategori sedang sejumlah 8 responden (20%), dan kategori banyak sejumlah 9 responden (22%). Tabulasi silang antara perilaku menyikat gigi dan jumlah karies gigi ditunjukkan responden memiliki perilaku menyikat gigi baik dengan jumlah karies gigi kategori sedikit sebesar 12 responden dengan persentase 29,2%.

Kesimpulan : Perilaku menyikat gigi pada pengurus BEM Polkesyo memiliki kriteria baik dan jumlah karies gigi kategori sedikit.

Kata Kunci : Perilaku Menyikat Gigi, Karies Gigi, BEM Polkesyo

DESCRIPTION OF TOOTH BRUSHING BEHAVIOR AND TOTAL OF CARIES BY STUDENT EXECUTIVE BOARD MEMBERS IN POLKESYO

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ABSTRACT

Background : Based on result Riset Kesehatan Dasar Kemenkes RI in 2019 resident aged 15-24 years, the prevalence of brushing teeth reach 98,5%, but only 2,1% the people who brush their teeth properly. At this age, individuals begin to make decisions based on their own will, but still have influences from the surrounding environment, such as the habit of carrying out activities as a student for a long time, sometimes forgetting to brush their teeth properly before going to bed at night, thereby increasing the risk of dental caries.

Research Objective : Knowing the description of tooth brushing behavior and the amount of dental caries by student executive board members in Yogyakarta Ministry of Health Polytechnic.

Research Method : This type of research is descriptive research with a cross sectional approach method. The sample in this study was 41 college student in organization of BEM Polkesyo. Sampling using purposive sampling technique. This study used a questionnaire on brushing behavior and the results of the observational examination of the total of dental caries, the data obtained will be processed and presented in the form of tables and percentages.

Research Results : College student of BEM Polkesyo who had bad criteria brushing behavior were 9 respondents (22%), medium criteria were 14 respondents (34%), and good criteria were 18 respondents (44%), as well as student executive board who had a few total of caries categories were 24 respondents (59%), medium categories were 8 respondents (20%), and many categories were 9 respondents (22%).

Conclusion : The behavior of brushing teeth in college student of BEM Polkesyo generally have good criteria and the few total of dental caries categories.

Keywords : Tooth Brushing Behavior, Dental Caries, BEM Polkesyo