

## DESCRIPTION OF TEETH BRUSHING BEHAVIOR AND CARIES INDEX ON 8<sup>TH</sup> GRADE STUDENTS OF SMP NEGERI 5 WATES

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### ABSTRACT

**Background:** The results of Riskesdas 2018 showed the most prominent dental oral health problem in Indonesia is the problem of tooth loss due to dental caries. Dental caries is experienced by 93% of Indonesian people. The prevalence of dental caries in those with age more than 12 years old in Indonesia reaches 46,5%. From the prevalence we could see that the majority of student in Indonesia have dental caries. According to the results of a preliminary study obtained the following results, 60% have inappropriate behavior in brushing their teeth, while 40% have good behavior in brushing their teeth, because of that, this study is done to know the description of tooth brushing habit towards incidence of dental caries because tooth brushing is an important habit for dental caries prevention

**Research objective:** This study aimed to find out the description of teeth brushing behavior and caries index on the 8th grade students on SMP N 5 Wates.

**Research method:** This was descriptive research by using a cross-sectional approach as the data collecting method. There were 32 respondents as the samples, which were taken by using *purposive sampling* method with 32 students as the whole population.

**Research result:** The results showed that the majority of respondents who had teeth brushing behavior which is good and not good in moderate criteria those (53,1%). The total respondent who had moderate caries index where 52,5%.

**Conclusion:** In this research, the 8th grade students of SMP Negeri 5 Wates had the moderate criterion for the teeth brushing behavior which is good and not good and had moderate caries index

**Keywords:** teeth brushing behavior, caries index and, 8th student

## **GAMBARAN PERILAKU MENYIKAT GIGI DAN INDEKS KARIES PADA SISWA KELAS VIII SMP N 5 WATES**

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### **ABSTRAK**

**Latar Belakang :** Hasil Riskesdas 2018 menunjukkan masalah kesehatan gigi dan mulut yang paling menonjol di Indonesia adalah masalah kehilangan gigi akibat karies gigi. Penyakit karies gigi dialami oleh 93% masyarakat Indonesia. Prevalensi karies pada usia lebih dari 12 tahun di Indonesia mencapai 46,5%, dapat dilihat dari prevalensi tersebut mayoritas siswa sekolah di Indonesia mengalami karies. Berdasarkan studi pendahuluan didapatkan hasil sebagai berikut 60 % memiliki perilaku yang kurang tepat dalam menyikat gigi, sedangkan 40 % memiliki perilaku yang baik dalam menyikat gigi, oleh karena itu, penelitian ini ditunjukkan untuk mengetahui gambaran perilaku menyikat gigi terhadap kejadian karies karena menyikat gigi merupakan perilaku yang sangat penting dalam pencegahan karies gigi.

**Tujuan Penelitian :** diketahuinya gambaran perilaku menyikat gigi dan Indeks Karies pada siswa kelas VIII SMP Negeri 5 Wates.

**Metode Penelitian :** Jenis penelitian ini bersifat deskriptif dengan teknik pengumpulan data yang menggunakan pendekatan *cross sectional* dengan sampel sebanyak 32 responden, diambil dengan metode *purposive sampling* dengan keseluruhan populasi sebanyak 32 siswa.

**Hasil Penelitian :** Hasil penelitian menunjukkan bahwa mayoritas responden memiliki perilaku menyikat gigi yang tidak baik dan tidak benar dalam kriteria sedang (53,1%) dan mempunyai kriteria Indeks Karies sedang responden (50,0%)%.

**Kesimpulan :** pada penelitian ini siswa kelas VIII SMP Negeri 5 Wates memiliki kriteria perilaku menyikat gigi yang tidak baik dan tidak benar dalam kriteria sedang dengan kriteria Indeks Karies sedang

**Kata Kunci :** perilaku menyikat gigi, indeks karies, dan siswa kelas VIII