

Gambaran Frekuensi Menyikat Gigi dan Status Kebersihan Gigi dan Mulut pada Mahasiswa Universitas Ahmad Dahlan Kampus I

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ABSTRAK

Latar Belakang: Berdasarkan hasil Riset Kesehatan Dasar tahun 2018, kondisi kesehatan gigi dan mulut masyarakat Indonesia cenderung tidak baik. Penduduk berusia 3 tahun keatas, yang melakukan sikat gigi dengan frekuensi yang benar yaitu 2 kali sehari pada waktu pagi setelah makan dan malam sebelum tidur, jumlahnya sangat kecil yaitu 2,8%. **Tujuan:** Diketuinya gambaran frekuensi menyikat gigi dan status kebersihan gigi dan mulut pada mahasiswa Fakultas Psikologi semester II Universitas Ahmad Dahlan. **Metode:** Deskriptif observasional, dengan rancangan *cross sectional*. Penelitian dilaksanakan pada bulan Februari-Maret 2020. Populasi penelitian mahasiswa Fakultas Psikologi semester II Universitas Ahmad Dahlan Yogyakarta. Aspek penelitian meliputi frekuensi menyikat gigi dan status kebersihan gigi dan mulut, pengumpulan data menggunakan wawancara frekuensi menyikat gigi dan pemeriksaan kebersihan gigi dan mulut. Teknik pengambilan sampel menggunakan *simple random sampling*, jumlah sampel 64 responden. Data diolah menggunakan program komputer, disajikan dalam bentuk tabel distribusi frekuensi dan tabel tabulasi silang. **Hasil:** Frekuensi menyikat gigi 1 kali sehari sejumlah 26,6%, menyikat gigi 2 kali sehari sejumlah 56,2% dan menyikat gigi 3 kali sehari sejumlah 7,2%. Status kebersihan gigi dan mulut mahasiswa kriteria baik sejumlah 14,1%, kriteria sedang sejumlah 68,7% dan kriteria buruk sejumlah 17,2%. **Kesimpulan:** Frekuensi menyikat gigi mahasiswa terbanyak adalah 2 kali sehari, dan status kebersihan gigi dan mulut pada kriteria sedang.

Kata Kunci: frekuensi menyikat gigi, status kebersihan gigi dan mulut, mahasiswa

An Overview of Toothbrushing Frequency and Oral Hygiene Status in the Students of Ahmad Dahlan University Campus I

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ABSTRACT

Background: Based on 2018 Basic Health Research, it shows that the oral health conditions of Indonesian people are not good. Population more than 3 years old, who brush their teeth with the correct frequency of 2 times a day at breakfast and at night before going to sleep only 2.8%. **Objectives:** Know the description of overview of toothbrushing frequency and oral hygiene status in the second semester students of the Faculty of Psychology, Ahmad Dahlan University Campus I, Yogyakarta. **Methods:** Descriptive observational, with cross sectional design. The study was conducted in February-March 2020. The research population is the second semester students of the Faculty of Psychology, Ahmad Dahlan University, Yogyakarta. The research aspects include the frequency of toothbrushing and oral hygiene status, data collection techniques using interviews of the frequency of toothbrushing and oral hygiene check. The sampling technique uses simple random sampling taken by 64 respondents. Data processed using a computer program and presented in the form of frequency distribution and cross tabulation. **Results:** Base on the results of research, the frequency of brushing teeth once a day 26.6%, brushing teeth twice a day 56.2% and brushing three times a day 7.2%. Oral hygiene status of students, with good criteria 14.1%, fair criteria 68.7% and poor criteria 17.2%. **Conclusions:** The frequency of toothbrushing on students twice a day, and the status of oral hygiene in fair criteria.

Keywords: frequency of toothbrushing, oral hygiene status, students

