

## GAMBARAN KEBIASAAN MEROKOK DENGAN STAIN GIGI PADA BAPAK-BAPAK PEROKOK AKTIF DI RW 08 DESA PANDEYAN

Astika Kusuma Dewi<sup>1\*</sup>, Siti Sulastri<sup>1</sup>, Siti Hidayati<sup>1</sup>

<sup>1</sup>Jurusan Keperawatan Gigi Poltekkes Kemenkes Yogyakarta,  
Jl. Kyai Mojo No. 56 Pingit, Yogyakarta, 55243

[\\*astikakusuma3301@gmail.com](mailto:*astikakusuma3301@gmail.com)

### ABSTRAK

**Latar Belakang:** Stain adalah deposit berpigmen pada permukaan gigi, stain merupakan masalah estetika, biasanya terjadi karena perlekatan warna makanan, minuman, ataupun rokok yang meninggalkan tar berwarna pada gigi, yang terjadi perlahan dalam jangka waktu yang panjang. Saat menghisap rokok, nikotin menempel pada gigi sehingga sebagian gigi berwarna kecokelatan. Berdasarkan studi lapangan yang dilakukan dengan cara wawancara tentang kebiasaan merokok dan melihat sepiantas stain gigi pada 10 bapak-bapak perokok aktif di RW 08 Desa Pandeyan didapatkan hasil 9 dari 10 bapak-bapak perokok aktif mengalami stain gigi (90%).

**Tujuan Penelitian:** Mengetahui gambaran kebiasaan merokok dengan stain gigi pada bapak-bapak perokok aktif di RW 08 Desa Pandeyan.

**Metode Penelitian :** Menggunakan penelitian deskriptif dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah bapak-bapak perokok aktif di RW 08 Desa Pandeyan yang berjumlah 35 orang. Pengambilan sampel dilakukan menggunakan metode sampel jenuh. Aspek dalam penelitian ini adalah kebiasaan merokok dan stain gigi. Penelitian dilakukan bulan Februari - Maret 2021. Metode pengumpulan data menggunakan kuisioner tentang kebiasaan merokok dan stain gigi dalam bentuk *google form* dan disajikan dalam bentuk tabulasi silang.

**Hasil Penelitian:** kebiasaan merokok kriteria ringan (28.6%), kriteria sedang (51.4%), kriteria berat (20.0%); stain gigi kriteria tidak ada stain (25.7%), kriteria stain sedikit (31.4%), kriteria stain banyak (42.9%).

**Kesimpulan:** kebiasaan merokok bapak-bapak perokok aktif di RW 08 Desa Pandeyan dengan kriteria sedang dan mempunyai stain gigi dengan kriteria stain banyak sebanyak 9 responden (25.7%)

**Kata kunci:** Bapak-bapak, Kebiasaan merokok, stain gigi

# OVERVIEW OF SMOKING HABITS WITH DENTAL STAINS IN ADULT MALE ACTIVE SMOKERS AT NEIGHBORHOOD ASSOCIATION 08 IN PANDEYAN VILLAGE

Astika Kusuma Dewi<sup>1\*</sup>, Siti Sulastri<sup>1</sup>, Siti Hidayati<sup>1</sup>

<sup>1</sup>Department of Dental Nursing at POLTEKKES KEMENKES Yogyakarta (the Yogyakarta Health Polytechnic of the Ministry of Health of the Republic of Indonesia)

Jl. Kyai Mojo, No.56, Pingit, Yogyakarta 55243

[\\*astikakusuma3301@gmail.com](mailto:*astikakusuma3301@gmail.com)

## ABSTRACT

**Background:** Stains are pigmented deposits on teeth surface, usually due to the remnant of the color of food or drink, or even cigarettes that leave colored tar on teeth. When you smoke, the nicotine sticks to your teeth, causing some of your teeth to be brown. Based on this research study, which was by interviewing the adult men at Neighborhood Association 08 in Pandeyan Village who were active smokers regarding their smoking habits, as well as taking a quick look at their dental stains, it showed that 9 of 10 people had dental stains.

**Research Objective:** To examine the overview of the smoking habits with dental stains in the adult men at Neighborhood Association 08 in Pandeyan Village who were active smokers.

**Research Method:** This is a descriptive research with cross-sectional approach. The population in this research was all adult men as many as 35 people who were active smokers, living at Neighborhood Association 08 in Pandeyan Village. The samples collecting used the saturation sampling. The aspects in this research were smoking habit and dental stain. This research was conducted in April 2021, using questionnaires (by Google Form) about smoking habit and dental stain for collecting the data, and then presented in cross-tabulation.

**Research Results:** The results showed that the respondents' smoking habits were in the criteria of moderate (68.6%) and heavy (31.4%). They also had dental stains in the criteria of many (51.4%), few (25.7%), and zero (22.9%). Most of the smoking habits of the adult male active smokers were in moderation, and with many stains (31.4%).

**Conclusion:** Most of the smoking habits of the adult males, active smokers, living at Neighborhood Association 08 in Pandeyan Village, were in the criterion of *moderate*; their dental stains were in the criterion of *many*.

**Keywords:** Smoking habit, active smoker, dental stain, adult male.