

GAMBARAN FREKUENSI MENGONSUMSI MAKANAN KARIOGENIK DAN PERILAKU MENYIKAT GIGI DENGAN KEJADIAN KARIES PADA REMAJA

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ABSTRAK

Latar Belakang: Sebanyak 94,45% penduduk di Bantul mempunyai masalah terkait kesehatan gigi dan mulut. Salah satu penyebab karies gigi adalah makanan kariogenik. Sisa makanan dan plak yang menempel dapat dihilangkan dengan cara menggosok gigi sehingga dapat mencegah karies gigi.

Tujuan Penelitian: Diketuinya gambaran frekuensi mengonsumsi makanan kariogenik dan perilaku menyikat gigi dengan kejadian karies pada remaja.

Metode Penelitian: Jenis penelitian ini adalah penelitian deskriptif kuantitatif dengan desain penelitian *cross sectional*. Penelitian ini dilaksanakan pada bulan Februari-Maret 2024. Populasi penelitian ini adalah remaja RT 01 Pedukuhan Pelemsewu, Sewon, Bantul. Sampel berjumlah 34 responden. Pengambilan data menggunakan kuesioner dan lembar kejadian karies. Analisis data menggunakan tabulasi silang

Hasil Penelitian: Remaja memiliki frekuensi mengonsumsi makanan kariogenik kriteria baik dan sedang sama banyak (44,1%), perilaku menyikat gigi kriteria baik (44,1%), kejadian karies kriteria bebas karies sebanyak (44,1%). Tabulasi silang kejadian karies kriteria bebas karies dengan frekuensi mengonsumsi makanan kriteria baik (40%), sedang (46,7%), dan buruk (50%). Tabulasi silang kejadian karies kriteria bebas karies dengan perilaku menyikat gigi kriteria baik (40%), sedang (42,9%), dan buruk (60%).

Kesimpulan: Sebagian besar responden memiliki frekuensi mengonsumsi makanan kariogenik dengan kriteria baik dan sedang sama banyak, perilaku menyikat gigi dengan kriteria baik, kejadian karies dengan kriteria bebas karies, sebagian responden dengan frekuensi mengonsumsi makanan kariogenik buruk dengan bebas karies dan perilaku menyikat gigi buruk dengan bebas karies.

Kata Kunci: Makanan Kariogenik, Menyikat Gigi, Remaja, Karies Gigi.

DESCRIPTION OF THE FREQUENCY OF CONSUMING CARYOGENIC FOODS AND TEETH BRUSHING BEHAVIOR INCIDENT OF CARIES IN ADOLESCENTS

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ABSTRACT

Background: As many as 94.45% of the population in Bantul have problems related to dental and oral health. One of the causes of dental caries is cariogenic food. Leftover food and plaque can be removed by brushing your teeth to prevent dental caries.

Research Objective: To find out the description of the frequency of consuming cariogenic foods and tooth brushing behavior with the incidence of caries in adolescents.

Research Method: This type of research is quantitative descriptive research with a cross sectional research design. This research was carried out in February-March 2024. The population of this research was teenagers from RT 01 Pedukuhan Pelemsewu, Sewon, Bantul. The sample consisted of 34 respondents. Data were collected using questionnaires and caries incidence sheets. Data analysis using cross tabulation

Research Results: Adolescents had the same frequency of consuming cariogenic foods with good and moderate criteria (44.1%), good toothbrushing behavior (44.1%), caries incidence with caries-free criteria (44.1%). Cross tabulation of the incidence of caries for caries-free criteria with the frequency of consuming foods with good (40%), moderate (46.7%), and bad (50%) criteria. Cross-tabulation of the incidence of caries for caries-free criteria with good (40%), moderate (42.9%), and poor (60%) criteria for toothbrushing behavior.

Conclusion: The majority of respondents have the same frequency of consuming cariogenic foods with good and moderate criteria, tooth brushing behavior with good criteria, caries incidence with caries free criteria, some respondents with poor frequency of consuming cariogenic foods with caries free and bad tooth brushing behavior with free criteria caries.

Keywords: Cariogenic Foods, Teeth Brushing, Adolescents, Dental Cari