

GAMBARAN PENGETAHUAN IBU TENTANG RAMPAN KARIES DAN KEBIASAAN MENGONSUMSI MAKANAN KARIOGENIK PADA ANAK TK

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ABSTRAK

Latar Belakang : Rampan karies sering terjadi pada anak TK. Kurangnya pengetahuan ibu terkait kesehatan gigi menjadi dasar terbentuknya kebiasaan mengonsumsi makanan kariogenik pada anak, yang berkontribusi pada tingginya kasus karies.

Tujuan: Diketahui gambaran pengetahuan ibu tentang rampan karies dan kebiasaan mengonsumsi makanan kariogenik pada anak TK

Metode: Penelitian deskriptif dengan desain potong lintang dilaksanakan pada bulan Maret 2025. Sebanyak 48 ibu peserta didik TK dipilih menggunakan teknik total sampling. Data dikumpulkan melalui kuesioner mengenai pengetahuan ibu tentang rampan karies dan kebiasaan makan kariogenik anak TK.

Hasil: Hasil penelitian menunjukkan bahwa ibu peserta didik TK Dharma Wanita Plunturan yang memiliki pengetahuan tentang rampan karies kriteria baik sejumlah (72,9%), kriteria cukup sejumlah (20,8%), dan kriteria buruk sejumlah (6,3%), serta kebiasaan mengonsumsi makanan kariogenik pada anak TK Dharma Wanita Plunturan yang memiliki kebiasaan kriteria tidak pernah sejumlah (0%), kriteria jarang sejumlah (8,3%), kriteria kadang-kadang sejumlah (18,8%), kriteria sering sejumlah (41,7%), dan kriteria selalu sejumlah (31,3%). Hasil tabulasi silang antara pengetahuan ibu dengan kebiasaan mengonsumsi makanan kariogenik pada anak Tk menunjukkan bahwa ibu yang memiliki tingkat pengetahuan kriteria buruk memiliki anak dengan kebiasaan mengonsumsi makanan kariogenik selalu sejumlah (66,7%).

Kesimpulan: Tingkat pengetahuan ibu tentang rampan karies di TK Dharma Wanita Plunturan tergolong baik, namun kebiasaan mengonsumsi makanan kariogenik pada anak cenderung sering.

Kata Kunci: Pengetahuan, Rampan Karies, Kebiasaan Mengonsumsi Makanan Kariogenik, Makanan Kariogenik, Anak TK

OVERVIEW OF MATERNAL KNOWLEDGE ABOUT RAMPANT CARIES AND HABITS OF EATING CARIOGENIC FOODS IN KINDERGARTEN CHILDREN

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ABSTRACT

Background: Caries ramps often occur in kindergarten children. Lack of maternal knowledge related to dental health is the basis for the formation of habits of consuming cariogenic foods in children, which contributes to high caries cases.

Objective: To determine the mother's knowledge about caries rampant and cariogenic food consumption habits in kindergarten children.

Methods: A descriptive study with a cross-sectional design was conducted in March 2025. A total of 48 mothers of kindergarten students were selected using total sampling technique. Data were collected through questionnaires regarding mothers' knowledge about caries rampant and cariogenic eating habits of kindergarten children.

Results: The results showed that the mothers of Dharma Wanita Plunturan Kindergarten students who had knowledge about caries rampant had good criteria (72.9%), sufficient criteria (20.8%), and poor criteria (6.3%), and the habit of consuming cariogenic food in Dharma Wanita Plunturan Kindergarten children who had the habit of never criteria (0%), rarely criteria (8.3%), sometimes criteria (18.8%), often criteria (41.7%), and always criteria (31.3%). The result of cross tabulation between mother's knowledge and habit of consuming cariogenic food in Tk children showed that mothers with poor knowledge had children with habit of consuming cariogenic food always (66.7%).

Conclusion: The level of maternal knowledge about caries rampant in Dharma Wanita Plunturan Kindergarten is good, but the habit of consuming cariogenic foods in children tends to be frequent.

Keywords: Knowledge, Caries Rampant, Habit of Eating Cariogenic Foods, Cariogenic Foods, Kindergarten Children