

GAMBARAN KEBIASAAN MENGONSUMSI MAKANAN KARIOGENIK DAN STATUS KARIES GIGI PADA ANAK SEKOLAH DASAR

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ABSTRAK

Latar Belakang: Hasil Survei Kesehatan Indonesia (SKI) tahun 2023 menyebutkan bahwa prevalensi karies gigi pada anak usia 10-14 tahun mencapai 63,8%. Karies gigi dapat disebabkan beberapa faktor, salah satunya adalah kebiasaan mengonsumsi makanan kariogenik. Berdasarkan studi pendahuluan diperoleh hasil bahwa 70% anak memiliki kebiasaan mengonsumsi makanan kariogenik dan 80% anak memiliki masalah karies gigi.

Tujuan: Tujuan penelitian ini adalah diketahuinya gambaran kebiasaan mengonsumsi makanan kariogenik dan status karies gigi pada anak sekolah dasar.

Metode: Jenis penelitian ini adalah penelitian deskriptif dengan rancangan penelitian *cross sectional*. Teknik pengambilan sampel menggunakan teknik purposive sampling, dengan jumlah 42 responden. Penelitian dilakukan pada bulan Maret 2025 di SD N 2 Belang Wetan. Pengambilan data sampel mengenai kebiasaan mengonsumsi makanan kariogenik diperoleh dengan cara pengisian kuesioner dan status karies gigi diperoleh dengan pemeriksaan status karies gigi. Teknik analisis data dilakukan dengan tabulasi silang.

Hasil: Anak usia sekolah dasar memiliki kebiasaan mengonsumsi makanan kariogenik sedang sebanyak 54,8%. Anak usia sekolah dasar memiliki status karies gigi sedang sebanyak 61,9%.

Kesimpulan: Anak usia sekolah dasar memiliki kebiasaan mengonsumsi makanan kariogenik sedang dan status karies gigi sedang sebanyak 69,6%.

Kata Kunci: Makanan kariogenik, status karies gigi.

OVERVIEW OF CARIOGENIC FOOD CONSUMPTION HABITS AND DENTAL CARIES STATUS IN ELEMENTARY SCHOOL CHILDREN

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ABSTRACT

Research background: The result of the Indonesian Health Survey (IHS) in 2023 stated that prevalence of dental caries in children aged 10-14 years old reached 63,8%. Dental caries can be caused by several factors, one of which is the habit of eating cariogenic foods. According to preliminary studies, 70% of children have the habit of consuming cariogenic foods and 80% of children have dental caries problems.

Objective: The objective of this research was to find out the description of habit of consuming cariogenic foods and dental caries status in elementary school.

Method: This type of research is descriptive research with cross sectional research design. The sampling technique used purposive sampling, with a total of 42 respondents. This research was conducted in March 2025 at SD N 2 Belang Wetan. Sample data collection regarding the habit of consuming cariogenic foods was obtained by filling out a questionnaire and dental caries status was obtained by examination of dental caries status. Data analysis techniques were carried out by cross tabulation.

Result: Primary school aged children have moderate cariogenic food consumption habits as much as 54,8% and moderate dental caries status as much as 61,9%.

Conclusion: Primary school-aged children have moderate cariogenic food consumption habits and moderate dental caries status as much as 69,6%.

Keywords: *cariogenic foods, dental caries status*