

GAMBARAN TINGKAT PENGETAHUAN MENYIKAT GIGI PADA IBU PKK

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ABSTRAK

Latar Belakang : Berdasarkan Survei Kesehatan Indonesia mencatat prevalensi masalah kesehatan gigi dan mulut sebesar 56,9%. Meskipun 72% masyarakat menyikat gigi setiap hari, hanya 6,2% yang melakukannya dengan benar. Berdasarkan hasil studi pendahuluan yang dilakukan peneliti terhadap 10 Ibu PKK diketahui bahwa seluruh Ibu PKK sudah menyikat gigi sebanyak 2 kali sehari, 80% menyikat gigi pada saat mandi, 60% mengganti sikat gigi lebih dari 1 bulan.

Tujuan Penelitian : Diketuinya gambaran tingkat pengetahuan menyikat gigi pada Ibu PKK

Metode Penelitian : Penelitian deskriptif dengan pendekatan *cross sectional*. Aspek yang di teliti yaitu pengetahuan ibu tentang menyikat gigi. Teknik pengumpulan data menggunakan kuesioner. Sampel dalam penelitian ini adalah 73 responden. Pengambilan sampel menggunakan teknik *purposive sampling* dan analisis menggunakan tabulasi silang.

Hasil Penelitian : Tingkat pengetahuan responden tentang menyikat gigi memiliki tingkat pengetahuan yang baik tentang menyikat gigi sebanyak 55 responden (75.3%). Tingkat pengetahuan responden tentang menyikat gigi berdasarkan usia terbanyak berusia 25-30 memiliki pengetahuan menyikat gigi dalam bentuk kategori baik dengan jumlah 17 responden (89.5%). Tingkat pengetahuan responden tentang menyikat gigi berdasarkan pendidikan terakhir perguruan tinggi memiliki pengetahuan menyikat gigi dalam bentuk kategori baik dengan jumlah sebanyak 9 responden (100.0%). Tingkat pengetahuan responden tentang menyikat gigi berdasarkan pekerjaan Pegawai Negeri Sipil (PNS) memiliki pengetahuan menyikat gigi dalam bentuk kategori baik dengan jumlah sebanyak responden 2 (100.0%).

Kesimpulan : Gambaran pengetahuan menyikat gigi Ibu PKK di Dusun Sono Kulon Merdikorejo Tempel dengan kriteria baik.

Kata Kunci : Pengetahuan, Menyikat Gigi, Ibu PKK

OVERVIEW OF TOOTH BRUSHING KNOWLEDGE AMONG PKK MOTHERS

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ABSTRACT

Background: According to the Indonesian Health Survey, the prevalence of dental and oral health problems is 56.9%. Although 72% of the population brushes their teeth daily, only 6.2% do it correctly. Based on a preliminary study conducted by the researcher involving 10 members of the Family Welfare Movement (PKK), it was found that all respondents brushed their teeth twice a day, 80% did so while bathing, and 60% replaced their toothbrushes after more than one month. These findings suggest a possible gap between tooth brushing habits and proper tooth brushing knowledge.

Objective: To describe the level of knowledge about tooth brushing among PKK mothers.

Method: This study employed a descriptive design with a cross-sectional approach. The aspect studied was the mothers' knowledge about tooth brushing. Data collection was carried out using a questionnaire. The sample consisted of 73 respondents selected through purposive sampling. Data were analyzed using cross-tabulation.

Results: The level of respondents' knowledge about tooth brushing shows that 55 respondents (75.3%) have a good level of knowledge about tooth brushing. Based on age, the majority of respondents aged 25-30 have good knowledge about tooth brushing, with 17 respondents (89.5%) falling into the good category. Based on the highest education level, respondents with a college degree have good knowledge about tooth brushing, with all 9 respondents (100.0%) categorized as having good knowledge. Regarding occupation, respondents who work as Civil Servants (PNS) have good knowledge about tooth brushing, with all 2 respondents (100.0%) in this category.

Conclusion : Most PKK mothers in Dusun Sono Kulon, Merdikorejo, Tempel, have a good level of knowledge regarding tooth brushing.

Keywords: Knowledge, Tooth Brushing, PKK Mothers.