

DESCRIPTION OF PARENTS' KNOWLEDGE ABOUT FORMULA MILK CONSUMPTION HABITS AND DENTAL CARIES IN CHILDREN AGED 4–5 YEARS

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ABSTRACT

Background: Background: According to the 2023 Indonesian Health Survey (SKI) data, 56.9% of the Indonesian population experiences dental and oral health issues, with a prevalence of dental caries in Kulon Progo Regency at 51.99%. One of the causes of dental caries is the habit of consuming formula milk containing sugar, especially if not accompanied by proper dental care. Parents' knowledge plays a significant role in shaping children's habits related to oral health.

Objective: To describe parents' knowledge of formula milk consumption habits and dental caries in children aged 4–5 years

Method: This study used a descriptive cross-sectional design. The population consisted of parents and children aged 4-5 years, totaling 54. A total sampling technique was used, with a sample size of 54. The aspects studied were parents' knowledge about formula milk consumption habits and dental caries in children. The study was conducted in April 2025 at the Anggrek Kedungpring Health Post. The research instruments used were a questionnaire and a child dental examination form obtained through direct examination. Data analysis involved frequency distribution and cross-tabulation.

Results: Parents' knowledge about formula milk consumption habits was categorized as good (64.8%) and 79.9% of children had dental caries.

Conclusion: Parents' knowledge was categorized as good, with 40.7% of children meeting the criteria for having dental caries.

Keywords: Knowledge, Formula milk, Dental caries, Children aged 4–5 years

GAMBARAN PENGETAHUAN ORANG TUA TENTANG KEBIASAAN MINUM SUSU FORMULA DAN KARIES GIGI PADA ANAK USIA 4-5 TAHUN

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ABSTRAK

Latar Belakang : Berdasarkan Data Survei Kesehatan Indonesia (SKI) tahun 2023 menunjukkan bahwa 56,9% penduduk Indonesia mengalami masalah gigi dan mulut, dengan prevalensi karies di Kabupaten Kulon Progo sebesar 51,99%. Salah satu penyebab karies adalah kebiasaan mengonsumsi susu formula yang mengandung gula, terutama jika tidak diikuti dengan perawatan gigi yang baik. Pengetahuan orang tua sangat berperan dalam membentuk kebiasaan anak terkait kesehatan gigi dan mulut.

Tujuan Penelitian : Diketahui gambaran pengetahuan orang tua tentang kebiasaan minum susu formula dan karies gigi pada anak usia 4-5 tahun.

Metode : Penelitian ini menggunakan penelitian deskriptif dengan rancangan *Cross Sectional*. Populasi orang tua dan anak 4-5 tahun yaitu 54. Teknik pengambilan sampel dengan teknik total sampling dengan jumlah sebanyak 54. Aspek yang diteliti pengetahuan orang tua tentang kebiasaan minum susu formula dan karies gigi anak. Waktu penelitian bulan April 2025 di Posyandu Anggrek Kedungpring. Instrumen penelitian menggunakan lembar kuesioner dan lembar pemeriksaan gigi anak diperoleh melalui pemeriksaan langsung. Analisis data berupa distribusi frekuensi dan tabulasi silang.

Hasil : Pengetahuan orang tua tentang kebiasaan minum susu formula dikategorikan baik (64,8%) dan anak yang memiliki karies (79,9%).

Kesimpulan : Pengetahuan orang tua kategori baik dengan anak memiliki kriteria ada karies sejumlah 40,7%.

Kata Kunci : Pengetahuan, Susu formula, Karies gigi, Anak usia 4-5 tahun