

KEBIASAAN MENGONSUMSI MAKANAN KARIOGENIK DAN STATUS KEBERSIHAN GIGI DAN MULUT PADA REMAJA

Riska Diah Ekasari¹, Quroti A'yun², Dwi Suyatmi³
^{1,2,3}Jurusan Kesehatan Gigi Poltekkes Kemenkes Yogyakarta,
Jalan Kyai Mojo No. 56 Pingit, Yogyakarta, 55243
Email : diahekasari04@gmail.com

ABSTRAK

Latar Belakang : Masa remaja rentan terhadap masalah gigi dan mulut akibat kebiasaan buruk, termasuk konsumsi makanan kariogenik. Makanan manis dan lengket dapat berpengaruh terhadap nilai OHI-S. Hasil survei Kesehatan menunjukkan rata-rata 57% penduduk mengeluh mempunyai masalah gigi dan mulut terutama tingginya angka karies. Berdasarkan studi pendahuluan yang dilakukan pada 10 remaja di Dusun Badan didapatkan bahwa 70% diantaranya memiliki kebiasaan mengonsumsi makanan kariogenik.

Tujuan : Diketuinya kebiasaan mengonsumsi makanan kariogenik dan status kebersihan gigi dan mulut pada remaja di Padukuhan Badan.

Metode : Penelitian ini merupakan penelitian deskriptif dengan metode pendekatan *cross sectional*. Populasinya adalah 37 remaja dengan usia 12-15 tahun di Padukuhan Badan. Penelitian dilaksanakan pada bulan Mei 2025. Pengambilan sampel pada penelitian ini menggunakan cara sampling jenuh yaitu 37 populasi menjadi sampel. Instrumen yang digunakan yaitu kuesioner untuk mengetahui kebiasaan mengonsumsi makanan kariogenik dan format pemeriksaan OHI-S untuk mengetahui status kebersihan gigi dan mulut. Penelitian dianalisis dengan distribusi frekuensi dan tabulasi silang.

Hasil : Hasil penelitian menunjukkan bahwa kebiasaan mengonsumsi makanan kariogenik memiliki kriteria baik 64,9%. Berdasarkan jenis kelamin perempuan memiliki kebiasaan mengonsumsi makanan kariogenik paling banyak 68,2% dan berdasarkan usia 14 - 15 tahun sebanyak 75%. Indeks OHI-S pada kriteria sedang sebanyak 45,9%. Berdasarkan jenis kelamin dengan kriteria sedang yaitu laki-laki sebanyak 66,7%, sedangkan berdasarkan usia paling banyak usia 14 - 15 tahun 50%. Remaja memiliki kebiasaan mengonsumsi makanan kariogenik buruk dengan kriteria OHI-S sedang sebanyak 61,5%.

Kesimpulan : Remaja memiliki kebiasaan mengonsumsi makanan kariogenik buruk dengan kriteria OHI-S sedang

Kata Kunci : Kariogenik, OHI-S, Remaja

THE HABIT OF CONSUMING CARIOGENIC FOODS AND THE STATUS OF DENTAL AND ORAL HYGIENE IN ADOLESCENTS

Riska Diah Ekasari¹, Quroti A'yun², Dwi Suyatmi³

^{1,2,3}Department of Dental Health Poltekkes Kemenkes Yogyakarta,
Kyai Mojo Street No. 56 Pingit, Yogyakarta, 55243
Email: diahekasari04@gmail.com

ABSTRACT

Background: Adolescents are vulnerable to dental and oral problems due to poor habits, including the consumption of cariogenic foods. Sweet and sticky foods can affect OHI-S scores. Health survey results show that an average of 57% of the population complains of dental and oral problems, particularly high rates of caries. Based on a preliminary study conducted on 10 adolescents in Dusun Badan, it was found that 70% of them had the habit of consuming cariogenic foods.

Objective: To determine the habit of consuming cariogenic foods and the oral health status of adolescents in Padukuhan Badan.

Method: This study is a descriptive study using a cross-sectional approach. The population consisted of 37 adolescents aged 12–15 years in Padukuhan Badan. The study was conducted in May 2025. Sampling was performed using a saturated sampling method, with the entire population of 37 individuals serving as the sample. The instruments used were a questionnaire to assess the habit of consuming cariogenic foods and the OHI-S examination format to assess oral hygiene status. The data were analyzed using frequency distribution and cross-tabulation.

Results: The study results showed that 64.9% of participants had good habits regarding the consumption of cariogenic foods. Based on gender, females had the highest prevalence of consuming cariogenic foods at 68.2%, and based on age, those aged 14–15 years had the highest prevalence at 75%. The OHI-S index at the moderate level was 45.9%. Based on gender, males had the highest moderate level at 66.7%, while based on age, the highest was among those aged 14–15 years at 50%. Adolescents had poor habits of consuming cariogenic foods with a moderate OHI-S level at 61.5%.

Conclusion: Adolescents have the habit of consuming poor cariogenic foods with moderate OHI-S criteria.

Keywords: Cariogenic, OHI-S, Adolescents