

GAMBARAN KEBIASAAN MENYIKAT GIGI DAN STATUS OHI-S PADA ANAK USIA 13-15 TAHUN

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ABSTRAK

Latar Belakang: Hasil Survei Kesehatan Indonesia 2023 menunjukkan bahwa proporsi frekuensi menyikat gigi warga DIY yang menyikat gigi dengan waktu yang tepat yaitu hanya 10,0%. Dalam pemeliharaan kesehatan gigi dan mulut menyikat gigi menjadi indikator penting yang perlu diperhatikan, karena menyikat gigi merupakan tindakan pencegahan dasar yang dianjurkan untuk menjaga kesehatan gigi dan mulut.

Tujuan: Diketuinya gambaran kebiasaan menyikat gigi dan status OHI-S pada anak usia 13-15 tahun.

Metode: Metode penelitian deskriptif dengan desain *Cross Sectional*. Aspek yang diteliti kebiasaan menyikat gigi dan status OHI-S, populasi siswa SMP Ali Maksum Krapyak dengan jumlah sampel 70 responden dihitung menggunakan rumus *slovin* dengan kriteria inklusi eksklusi, teknik pengambilan sampel dengan menggunakan *proportionate stratified random sampling*. Instrumen penelitian menggunakan kuesioner dan lembar pemeriksaan, pengolahan data menggunakan distribusi frekuensi dan tabulasi silang. Penelitian dilakukan di SMP Ali Maksum Krapyak pada bulan April-Mei 2025.

Hasil: Responden memiliki kebiasaan menyikat gigi kriteria baik sebanyak (45,7%), sedang (44,3%) dan buruk (10%). Responden memiliki status OHI-S kriteria baik sebanyak (37,1%), sedang (47,14%) dan buruk (15,7%).

Kesimpulan: Kebiasaan menyikat gigi pada anak usia 13-15 tahun di SMP Ali Maksum Krapyak termasuk dalam kriteria baik, dan hasil status OHI-S termasuk dalam kriteria sedang.

Kata Kunci: Kebiasaan Menyikat Gigi, Status OHI-S

DESCRIPTION OF TEETH BRUSHING HABITS AND OHI-S STATUS IN CHILDREN AGED 13-15 YEARS

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ABSTRACT

Background: The results of the 2023 Indonesian Health Survey show that the proportion of DIY residents' tooth brushing frequency who brush their teeth at the right time is only 10.0%. In maintaining dental and oral health, brushing teeth is an important indicator that needs to be considered, because brushing teeth is a basic preventive measure recommended to maintain dental and oral health.

Objectives: To find out the description of tooth brushing habits and OHI-S status in children aged 13-15 years.

Method: Descriptive research method with Cross Sectional design. The aspects studied were tooth brushing habits and OHI-S status, the population of Ali Maksum Krapyak Middle School students with a sample size of 70 respondents calculated using the Slovin formula with inclusion and exclusion criteria, the sampling technique using proportionate stratified random sampling. The research instrument used a questionnaire and examination sheet, data processing used frequency distribution and cross tabulation. The study was conducted at Ali Maksum Krapyak Middle School in April-May 2025.

Results: Respondents had good (45.7%), moderate (44.3%) and poor (10%) tooth brushing habits. Respondents had good (37.1%), moderate (47.14%) and poor (15.7%) OHI-S status.

Conclusion: Tooth brushing habits in children aged 13-15 years at Ali Maksum Krapyak Middle School are included in the good criteria, and the OHI-S status results are included in the moderate criteria.

Keywords: Toothbrushing Habits, OHI-S Status