

GAMBARAN PERILAKU MENYIKAT GIGI DAN SKOR PLAK PADA IBU PKK

Rusdiana Puspita Sari^{1*}, Wiworo Haryani², Rizqi Amanullah³
¹²³Jurusan Kesehatan Gigi Poltekkes Kemenkes Yogyakarta,
Jl. Kyai Mojo No. 56, Bener, Tegalrejo, Kota Yogyakarta, 55243
*email: rusdiana.puspita17@gmail.com

ABSTRAK

Latar Belakang: Hasil Survei Kesehatan Indonesia (SKI) tahun 2023, menyebutkan bahwa prevalensi masalah kesehatan gigi dan mulut di Indonesia mencapai 56,9%. Di Indonesia proporsi perilaku menyikat gigi setiap hari sebesar 9,5% sedangkan, perilaku kebiasaan sikat gigi dengan waktu yang benar sebesar 6,2%. Kondisi ini dipengaruhi oleh perilaku menyikat gigi yang salah. Perilaku menyikat gigi yang salah dapat mengakibatkan penumpukan plak pada gigi. Hal ini dibuktikan bahwa di Daerah Istimewa Yogyakarta menempati posisi lima besar provinsi dengan masalah gigi dan mulut sebesar 65,6%.

Tujuan: Diketuainya gambaran perilaku menyikat gigi dan skor plak pada ibu PKK.

Metode: Jenis penelitian ini adalah penelitian deskriptif dengan pendekatan *cross sectional*. Aspek yang diteliti yaitu perilaku menyikat gigi dan skor plak. Populasi penelitian ini berjumlah 47 orang. Pengambilan sampel menggunakan teknik sampel jenuh. Penelitian dilakukan pada bulan Juni 2025 di Dusun Bulan, Banyurejo, Tempel, Sleman. Pengambilan data menggunakan instrumen kuesioner perilaku menyikat gigi dan format pemeriksaan skor plak. Penyajian data menggunakan tabulasi silang.

Hasil: Ibu PKK memiliki perilaku menyikat gigi kriteria baik (42,6%), kriteria sedang (46,8%), dan kriteria buruk (10,7%). Skor plak pada ibu PKK kriteria baik (36,2%), kriteria sedang (49%), dan kriteria buruk (14,8%). Tabulasi silang antara perilaku menyikat gigi dan skor plak menunjukkan bahwa responden dengan perilaku menyikat gigi baik memiliki skor plak kriteria sedang (60%).

Kesimpulan: Ibu PKK memiliki perilaku menyikat gigi baik dan skor plak masuk dalam kriteria sedang.

Kata Kunci: perilaku menyikat gigi, skor plak, dan ibu PKK.

DESCRIPTION OF TOOTHBRUSHING BEHAVIOR AND PLAQUE SCORES IN MOTHER

Rusdiana Puspita Sari^{1*}, Wiworo Haryani², Rizqi Amanullah³
¹²³Departement of Dental Health Poltekkes Kemenkes Yogyakarta,
Jl. Kyai Mojo No. 56, Bener, Tegalrejo, Kota Yogyakarta, 55243
*email: rusdiana.puspita17@gmail.com

ABSTRACT

Research background: The 2023 Indonesian Health Survey reported that the prevalence of dental and oral health problems in Indonesia reached 56.9%. The proportion of the population who brush their teeth daily is 9.5%, while the habit of brushing teeth with the correct timing is only 6.2%. Here is the English translation of your sentence. This is influenced by improper tooth brushing habits. Such mistakes lead to plaque accumulation, as evidenced by Yogyakarta being among the top five provinces with the highest prevalence of dental and oral health problems (65.6%).

Objective: To identify the description of tooth brushing behavior and plaque scores of mothers

Method: This research is a descriptive study with a cross-sectional approach. The aspects studied are tooth brushing behavior and plaque scores. The population of this study consists of 47 people. The sampling technique used is total sampling. The study was conducted in June 2025 in Bulan, Banyurejo, Tempel, Sleman. Data collection used a tooth brushing behavior questionnaire and a plaque score examination form as instruments. Data were presented using cross-tabulation.

Results: Mothers exhibited good toothbrushing behavior (42.6%), moderate behavior (46.8%), and poor behavior (10.7%). The plaque scores of mothers were classified as good (36.2%), moderate (49%), and poor (14.8%). Cross-tabulation between tooth brushing behavior and plaque scores showed that respondents with good tooth brushing behavior had plaque scores in the moderate category (60%).

Conclusion: Mothers have good tooth brushing behavior, but their plaque scores fall into the moderate category

Keywords: tooth brushing behavior, plaque score, and mother