

GAMBARAN KARIES DAN KEBIASAAN KONSUMSI PERMEN PADA ANAK PRASEKOLAH KELUARGA PEDESAAN DAN PERKOTAAN

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ABSTRAK

Latar Belakang: Survei Kesehatan Indonesia (SKI) tahun 2023 menunjukkan prevalensi karies pada anak usia 5-6 tahun mencapai 48,4%. Salah satu penyebab utama karies adalah kebiasaan konsumsi makanan manis seperti permen. Data Riskesdas tahun 2018 menunjukkan 50% anak usia 3-4 tahun di Indonesia mengonsumsi makanan manis lebih dari sekali per hari, dan 61,3% penduduk usia ≥ 3 tahun memiliki pola konsumsi serupa. Faktor lingkungan seperti perbedaan antara pedesaan dan perkotaan memengaruhi kebiasaan konsumsi permen serta tingkat kejadian karies gigi anak prasekolah.

Tujuan Penelitian: Diketuinya gambaran karies dan kebiasaan konsumsi permen pada anak prasekolah dalam keluarga pedesaan dan perkotaan.

Metode Penelitian: Penelitian deskriptif dengan pendekatan *cross sectional*. Populasi penelitian berjumlah 96 anak. Sampel terdiri dari 68 anak usia 3-6 tahun, yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan melalui wawancara dan pemeriksaan gigi menggunakan indeks def-t, def-s, dan kedalaman karies. Hasil penelitian disajikan dalam bentuk distribusi frekuensi dan tabulasi silang.

Hasil Penelitian: Di pedesaan 61,8% anak mengonsumsi permen ≥ 3 kali per hari, 47,1% memiliki decay def-t kategori banyak, 61,8% def-s kategori sedang, dan didominasi kedalaman karies lapisan dentin. Sebagian besar tidak diawasi saat konsumsi dan tidak menyikat gigi setelahnya. Di perkotaan 55,9% anak mengonsumsi permen < 3 kali per hari, 41,2% memiliki decay def-t kategori sedang, 52,9% def-s kategori sedang, dan sebagian besar kedalaman karies pada lapisan email. Orang tua cenderung memberi pengawasan dan membiasakan kebersihan mulut.

Kesimpulan: Anak prasekolah di pedesaan lebih sering mengonsumsi permen dan mengalami karies yang lebih parah dibandingkan di perkotaan.

Kata Kunci: Karies, Permen, Anak Prasekolah, Keluarga

Description of Caries and Candy Consumption Habits among Preschool Children in Rural and Urban Families

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ABSTRACT

Background: The 2023 Indonesian Health Survey (SKI) reported that the prevalence of dental caries among children aged 5–6 years reached 48.4%. One of the main causes of caries is the habitual consumption of sugary foods such as candy. Data from the 2018 Basic Health Research (Riskesdas) indicated that 50% of Indonesian children aged 3–4 years consumed sweet foods more than once per day, and 61.3% of individuals aged ≥ 3 years exhibited similar consumption patterns. Environmental factors, including differences between rural and urban areas, influence candy consumption habits and the incidence of caries in preschool children.

Research Objective: To describe the condition of dental caries and candy consumption habits among preschool children in rural and urban families.

Research Method: This descriptive study used a cross-sectional approach. The population consisted of 96 children, with a sample of 68 children aged 3–6 years selected through purposive sampling. Data were collected through interviews and dental examinations using the def-t, def-s indices, and caries depth classification. Results were presented in frequency distributions and cross-tabulations.

Research Results: In rural areas, 61.8% of children consumed candy ≥ 3 times daily, 47.1% had high def-t decay, 61.8% had moderate def-s scores, and caries were predominantly in the dentin layer. Most children were not supervised while consuming candy and did not brush their teeth afterward. In urban areas, 55.9% of children consumed candy < 3 times daily, 41.2% had moderate def-t scores, 52.9% had moderate def-s scores, and caries were mostly limited to the enamel layer. Parents in urban areas tended to supervise consumption and encourage oral hygiene.

Conclusion: Preschool children in rural areas consume candy more frequently and experience more severe caries compared to those in urban areas.

Keywords: Caries, Candy, Preschool Children, Family