

DESCRIPTION OF TOOTHBRUSHING BEHAVIOR AND ORAL HYGIENE STATUS (OHI- S) AMONG MOTHERS AGED 25–35 YEARS

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ABSTRACT

Background: Improper brushing behavior can lead to plaque and tartar buildup which can lead to poor dental hygiene. 3.5 billion people in the world have oral diseases, 2 billion adults have caries and 514 million children have dental caries.

Objective: To know the description of tooth brushing behavior, OHI-S status, tooth brushing behavior based on age, occupation, and education and OHI-S status based on age, occupation, and education.

Methods: This type of research is descriptive research with a cross sectional research design, the population of this study were 40 PKK mothers aged 25-35 years, sampling was done using saturated sampling, the aspects studied were tooth brushing behavior and OHI-S status. The research instruments included questionnaires and OHI-S examination. Data were analyzed through frequency distribution and cross tabulation.

Results: The mother's tooth brushing behavior is in the moderate category, the mother's OHI-S status is in the good category, the mother's tooth brushing behavior aged 29-31 years is in the moderate category, the mother's teacher's job is in the moderate category, and the mother's last education is in the moderate category. The OHI-S status of mothers aged 25-28 years is in the good category, mothers who work as teachers are in the medium category, and mothers with the last education of junior high school are in the medium category.

Conclusion: Mother's tooth brushing behavior is in the moderate category, with good OHI-S status.

Keywords: Tooth brushing behavior, OHI-S, mothers aged 25-35 years, oral health.

GAMBARAN PERILAKU MENYIKAT GIGI DAN STATUS OHI-S PADA IBU USIA 25–35 TAHUN

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ABSTRAK

Latar Belakang: Perilaku menyikat gigi yang tidak tepat dapat menyebabkan penumpukan plak dan karang gigi yang dapat menimbulkan kebersihan gigi buruk. 3,5 miliar orang di dunia memiliki penyakit mulut, 2 miliar orang dewasa mengalami karies dan 514 juta anak mengalami karies pada gigi.

Tujuan: Diketahui gambaran perilaku menyikat gigi, status OHI-S, perilaku menyikat gigi berdasarkan usia, pekerjaan, dan pendidikan dan Status OHI-S berdasarkan usia, pekerjaan, dan pendidikan.

Metode: Jenis penelitian ini adalah penelitian deskriptif dengan desain penelitian *cross sectional*, populasi dari penelitian ini adalah 40 ibu PKK usia 25-35 tahun, pengambilan sampelnya dilakukan dengan menggunakan *samplingi jenuh*, aspek yang diteliti adalah perilaku menyikat gigi dan status OHI-S. Instrumen penelitian meliputi kuesioner dan pemeriksaan OHI-S. Data dianalisis melalui distribusi frekuensi dan tabulasi silang.

Hasil: Perilaku menyikat gigi ibu kategori sedang, status OHI-S ibu kategori baik, perilaku menyikat gigi ibu usia 29-31 tahun dalam kategori sedang, ibu pekerjaan guru kategori sedang, dan ibu berpendidikan terakhir SMP berkategori sedang. Status OHI-S ibu usia 25–28 tahun dalam kategori baik, ibu pekerjaan guru kategori sedang, dan ibu berpendidikan terakhir SMP dalam kategori sedang.

Kesimpulan: Perilaku menyikat gigi ibu dalam kategori sedang, dengan status OHI-S baik.

Kata kunci: Perilaku menyikat gigi, OHI-S, ibu usia 25–35 tahun, kesehatan gigi dan mulut.