

GAMBARAN KEBIASAAN MAKAN IBU HAMIL DENGAN pH SALIVA DI POSYANDU PADUKUHAN GONJEN

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ABSTRAK

Latar Belakang: Kehamilan memicu perubahan fisiologis yang mempengaruhi kesehatan rongga mulut, termasuk perubahan pH saliva. Salah satu faktor yang berperan adalah kebiasaan makan ibu hamil. Studi pendahuluan di Posyandu Padukuhan Gonjen menunjukkan bahwa 60% ibu hamil mengeluhkan mulut terasa asam, sering mengonsumsi makanan manis untuk mengurangi rasa mual, dan hanya fokus pada pemeriksaan kehamilan.

Tujuan: Diketahui gambaran kebiasaan makan ibu hamil dengan pH saliva di Posyandu Padukuhan Gonjen.

Metode: Penelitian ini menggunakan desain survei deskriptif dengan pendekatan *cross-sectional*. Populasi penelitian adalah seluruh ibu hamil di Posyandu Padukuhan Gonjen sebanyak 42 orang, menggunakan teknik total sampling. Instrumen berupa kuesioner kebiasaan makan dan formulir pemeriksaan pH saliva. Analisis dilakukan dengan tabulasi silang.

Hasil: Sebagian besar responden memiliki kebiasaan makan buruk (81%) dan pH saliva asam (69%). Berdasarkan kelompok usia, usia 31 – 45 tahun memiliki kebiasaan makan buruk (90%) dan usia 21 – 30 tahun memiliki pH saliva dengan kriteria asam (77%). Berdasarkan usia kehamilan, trimester III memiliki kebiasaan makan buruk (100%) dan memiliki pH saliva kriteria asam (75%). Berdasarkan tingkat pendidikan, pendidikan menengah pertama (SMP) memiliki kebiasaan makan buruk (100%) dan pH saliva kriteria asam (100%). Berdasarkan pekerjaan, wiraswasta memiliki kebiasaan makan buruk (100%) sedangkan karyawan swasta memiliki pH saliva kriteria asam (100%).

Kesimpulan: Kebiasaan makan ibu hamil dengan kriteria buruk memiliki pH saliva kriteria asam.

Kata Kunci: Kebiasaan Makan, Ibu Hamil, Derajat Keasaman pH Saliva, Posyandu.

Overview of the Eating Habits of Pregnant Women with Salivary pH at the Gonjen Padukuhan Posyandu

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ABSTRACT

Background: *Pregnancy triggers physiological changes that affect oral health, including changes in salivary pH. One contributing factor is the pregnant woman's eating habits. A preliminary study at the Padukuhan Gonjen Integrated Health Post (Posyandu) showed that 60% of pregnant women complained of a sour taste in the mouth, frequently consumed sweet foods to reduce nausea, and focused solely on prenatal checkups.*

Objective: *To determine the dietary habits of pregnant women and their salivary pH at the Padukuhan Gonjen Integrated Health Post (Posyandu).*

Methods: *This study used a descriptive survey design with a cross-sectional approach. The study population was all 42 pregnant women at the Padukuhan Gonjen Integrated Health Post (Posyandu), using a total sampling technique. Instruments included a dietary habits questionnaire and a salivary pH test form. Analysis was performed using cross-tabulation.*

Results: *Most respondents had bad eating habits (81%) and acidic salivary pH (69%). Based on age group, 31-45 years old had bad eating habits (90%) and 21-30 years old had salivary pH with acid criteria (77%). Based on gestational age, third trimester had bad eating habits (100%) and had salivary pH with acid criteria (75%). Based on education level, junior high school (SMP) had bad eating habits (100%) and salivary pH with acid criteria (100%). Based on occupation, self-employed people had bad eating habits (100%) while private employees had salivary pH with acid criteria (100%).*

Conclusion: *Pregnant women with poor eating habits had salivary pH within the acidic criteria.*

Keywords: *Eating Habits, Pregnant Women, Salivary pH Acidity, Integrated Health Posts (Posyandu).*