

GAMBARAN KEBIASAAN KONSUMSI MAKANAN KARIOGENIK DAN JUMLAH KARIES GIGI PADA ANAK USIA SEKOLAH DASAR

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ABSTRAK

Latar Belakang : Hasil Survei Kesehatan Indonesia (SKI) 2023, didapatkan data sejumlah 84,8% penduduk Indonesia berumur 5 tahun ke atas memiliki masalah kesehatan gigi dan mulut yaitu karies gigi. Karies gigi merupakan salah satu masalah kesehatan gigi dan mulut yang paling umum dialami oleh anak-anak di Indonesia. Berdasarkan studi pendahuluan di Desa Depok, Bawang, Banjarnegara diketahui bahwa 100% responden yang mengkonsumsi makanan kariogenik mempunyai karies gigi.

Tujuan : Penelitian ini bertujuan untuk mengetahui gambaran kebiasaan konsumsi makanan kariogenik dan jumlah karies gigi pada anak usia sekolah dasar.

Metode Penelitian : Penelitian menggunakan metode deskriptif dengan pendekatan *cross-sectional*. Aspek-aspek yang diteliti kebiasaan konsumsi makanan kariogenik dan jumlah karies gigi. Populasi penelitian ini berjumlah 50 anak menggunakan teknik total sampling. Pengambilan data menggunakan kuesioner dan pemeriksaan gigi menggunakan indeks dmf-t dan DMF-T, serta penyajian data menggunakan tabulasi silang.

Hasil Penelitian : Hasil penelitian menunjukkan bahwa sebanyak 47,9% responden memiliki kebiasaan konsumsi makanan kariogenik yang cukup. Kategori karies terbanyak adalah kategori sedang (52,0%).

Kesimpulan : Kebiasaan konsumsi makanan kariogenik yang buruk dan tingginya jumlah karies gigi pada anak usia sekolah dasar

Kata Kunci : Makanan kariogenik, karies gigi, kebiasaan, anak usia sekolah dasar, kesehatan gigi dan mulut.

DESCRIPTION OF CARIOGENIC FOOD CONSUMPTION HABITS AND PREVALENCE OF DENTAL CARIES IN ELEMENTARY SCHOOL CHILDREN

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ABSTRACT

Background: The 2023 Indonesian Health Survey (SKI) found that 84.8% of Indonesians aged 5 years and older had dental and oral health problems, specifically dental caries. Dental caries is one of the most common oral health problems experienced by children in Indonesia. A preliminary study in Depok Village, Bawang, Banjarnegara, found that 100% of respondents who consumed cariogenic foods had dental caries.

Objective: This study aims to describe the consumption habits of cariogenic foods and the number of dental caries in elementary school children.

Research Method: The study used a descriptive method with a cross-sectional approach. The aspects studied were cariogenic food consumption habits and the number of dental caries. The study population consisted of 50 children using a total sampling technique. Data collection used a questionnaire and dental examination using the dmft-t and DMFT-T index, and data presentation used cross-tabulation.

Research Results: The results showed that 52% of the respondents had poor cariogenic food consumption habits. The most common category of caries was high, found in 38.8% of the children. All children with poor dietary habits experienced a high number of caries (78.8%).

Conclusion: The study results showed that 47.9% of respondents had moderate cariogenic food consumption habits. The highest caries prevalence was in the moderate category (52.0%).

Keywords: Cariogenic foods, dental caries, habits, elementary school children, dental and oral health.