

OVERVIEW OF KNOWLEDGE ON DENTAL HYGIENE MAINTENANCE AND OHI-S AMONG ELECTRONIC CIGARETTE SMOKERS

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ABSTRACT

Background: The use of electronic cigarettes has increased among adolescents. Although electronic cigarettes are considered safer than conventional cigarettes, they can still negatively affect oral hygiene. Knowledge of oral hygiene maintenance plays an important role in shaping behaviors that influence oral hygiene status as measured by the Oral Hygiene Index Simplified (OHI-S). Therefore, this study was conducted to describe the level of knowledge regarding oral hygiene maintenance and the OHI-S status among electronic cigarette users.

Objective: To describe the level of knowledge regarding dental hygiene maintenance and OHI-S among electronic cigarette users aged 20-24 years.

Methods: This descriptive study employed a cross-sectional design. The population consisted of 42 electronic cigarette users aged 20-24 years living in Kost X, RT 10 RW 04, Padukuhan Banyumeneng, Banyuraden, Gamping, Sleman. Samples were selected using a total sampling technique. Data were collected through a dental hygiene maintenance knowledge questionnaire (15 questions) and direct OHI-S examinations. Data were analyzed descriptively and presented in frequency distribution tables and cross-tabulations.

Results: The respondents' knowledge of oral hygiene maintenance was categorized as good and moderate in 16 respondents (38.1%), and poor in 10 respondents (23.8%). The respondents' OHI-S was categorized as good in 17 respondents (40.48%), moderate in 18 respondents (42.86%), and poor in 7 respondents (16.66%). Most respondents had a moderate level of knowledge and a moderate OHI-S score. All respondents with good knowledge had good oral hygiene status.

Conclusion: Respondents with good knowledge tended to have good oral hygiene status. Overall, electric cigarette users aged 20–24 years had a moderate level of knowledge regarding oral hygiene maintenance and a moderate OHI-S score.

Keywords: Knowledge, maintenance, OHI-S, electronic cigarette users

GAMBARAN PENGETAHUAN PEMELIHARAAN KEBERSIHAN GIGI DAN OHI-S PADA PEROKOK ELEKTRIK

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ABSTRAK

Latar Belakang: Pengguna rokok elektrik meningkat di kalangan remaja. Meski dianggap lebih aman daripada rokok konvensional, rokok elektrik tetap berdampak pada kebersihan gigi. Pengetahuan pemeliharaan kebersihan gigi berperan dalam membentuk perilaku yang memengaruhi status kebersihan gigi berdasarkan nilai OHI-S, sehingga diperlukan penelitian untuk mengetahui gambaran pengetahuan pemeliharaan kebersihan gigi dan OHI-S pada perokok elektrik.

Tujuan: Diketuainya gambaran pengetahuan pemeliharaan kebersihan gigi dan OHI-S pada perokok elektrik usia 20-24 tahun.

Metode: Penelitian deskriptif dengan desain *cross-sectional*. Variabel yang diteliti adalah pengetahuan pemeliharaan kebersihan gigi dan *Oral Hygiene Index Simplified* (OHI-S). Populasi terdiri dari 42 perokok elektrik usia 20-24 tahun di Kost X, RT 10 RW 04 Padukuhan Banyumeneng, Banyuraden, Gamping, Sleman. Sampel diambil dengan teknik total sampling. Data dikumpulkan menggunakan kuesioner pengetahuan pemeliharaan kebersihan gigi (15 pertanyaan) dan pemeriksaan OHI-S langsung. Analisis dilakukan secara deskriptif dan disajikan dalam tabel distribusi frekuensi serta tabulasi silang.

Hasil: Pengetahuan pemeliharaan kebersihan gigi responden pada kriteria baik dan cukup 16 responden (38,1%) dan buruk 10 (23,8%). Responden pada kriteria OHI-S baik 17 responden (40,48%), sedang 18 (42,86%), dan buruk 7 (16,66%). Mayoritas responden memiliki pengetahuan cukup dan OHI-S sedang. Seluruh responden dengan pengetahuan baik memiliki OHI-S baik.

Kesimpulan: Pengetahuan yang baik cenderung memiliki status kebersihan gigi yang baik. Perokok elektrik usia 20-24 tahun memiliki pengetahuan pemeliharaan kebersihan gigi kriteria cukup dengan OHI-S kriteria sedang.

Kata Kunci: Pengetahuan, pemeliharaan, OHI-S, perokok elektrik