

DESCRIPTION OF KNOWLEDGE AND TOOTH BRUSHING BEHAVIOR WITH CARIES STATUS IN HOUSEWIVES

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ABSTRACT

Background: Dental caries is one of the most common oral health problems. According to the World Health Organization (WHO) in 2022, approximately 3.5 billion people worldwide were affected by oral diseases. The 2023 Indonesian Health Survey (Survei Kesehatan Indonesia/SKI) reported that the prevalence of oral health problems was 43.6% in Indonesia and 41.7% in the Special Region of Yogyakarta. In addition, individuals aged 35–44 years had a Decayed, Missing, and Filled Teeth (DMF-T) index of 6.7, which is classified as very high.

Objective: To determine the description of toothbrushing knowledge and toothbrushing behavior in relation to dental caries status among housewives based on age, educational level, and occupation.

Methods: This study employed a descriptive research design with a cross-sectional approach. The study population consisted of 52 housewives living in Karang Tengah Hamlet, RT 01/RW 10, Nogotirto Village. The sample included 36 housewives aged 25–40 years selected using purposive sampling. Data were collected using questionnaires on toothbrushing knowledge and toothbrushing behavior, as well as a dental caries examination form based on the DMF-T index. Data were analyzed using frequency distribution and cross-tabulation.

Results: The housewives generally had good toothbrushing knowledge, poor toothbrushing behavior, and a high level of dental caries. Good toothbrushing knowledge was predominantly found among housewives aged 36–40 years, those with a senior high school/vocational high school education, and those employed as civil servants, entrepreneurs, or private-sector employees. Poor toothbrushing behavior and high dental caries status were predominantly found among housewives aged 36–40 years, those with a senior high school/vocational high school education, and those who were unemployed housewives.

Conclusion: The housewives demonstrated good toothbrushing knowledge, poor toothbrushing behavior, and a high level of dental caries.

Keywords: Knowledge, behavior, tooth brushing, dental caries status, housewives

GAMBARAN PENGETAHUAN DAN PERILAKU MENYIKAT GIGI DENGAN STATUS KARIES PADA IBU RUMAH TANGGA

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ABSTRAK

Latar Belakang: Karies gigi merupakan salah satu masalah kesehatan gigi dan mulut. Menurut *World Health Organization* (WHO) tahun 2022, sekitar 3,5 miliar penduduk dunia mengalami penyakit gigi dan mulut. Survei Kesehatan Indonesia (SKI) tahun 2023 menunjukkan prevalensi masalah kesehatan gigi dan mulut di Indonesia sebesar 43,6% dan di Daerah Istimewa Yogyakarta sebesar 41,7%. Selain itu, pada usia 35–44 tahun memiliki indeks DMF-T sebesar 6,7 yang termasuk kategori sangat tinggi.

Tujuan Penelitian: Diketuainya gambaran pengetahuan dan perilaku menyikat gigi dengan status karies pada ibu rumah tangga berdasarkan karakteristik usia, pendidikan dan pekerjaan.

Metode Penelitian: Jenis penelitian deskriptif dengan desain cross-sectional. Populasi penelitian adalah seluruh ibu rumah tangga di Dusun Karang Tengah RT 01/RW 10, Kelurahan Nogotirto, yang berjumlah 52 orang. Sampel penelitian sebanyak 36 ibu rumah tangga berusia 25–40 tahun yang dipilih menggunakan teknik purposive sampling. Data dikumpulkan menggunakan kuesioner pengetahuan dan perilaku menyikat gigi serta lembar pemeriksaan status karies menggunakan indeks DMF-T. Data dianalisis menggunakan distribusi frekuensi dan tabulasi silang.

Hasil Penelitian: Pengetahuan menyikat gigi ibu rumah tangga kategori baik. Perilaku menyikat gigi ibu rumah tangga kategori buruk. Status karies ibu rumah tangga kriteria tinggi. Pengetahuan menyikat gigi kategori baik pada ibu berusia 36 – 40 tahun, berpendidikan terakhir SMA/SMK, dan bekerja sebagai (PNS, Wiraswasta, Karyawan Swasta). Perilaku menyikat gigi kategori buruk dan status karies kriteria tinggi pada ibu berusia 36–40 tahun, berpendidikan terakhir SMA/SMK, dan tidak bekerja (IRT).

Kesimpulan: Ibu rumah tangga memiliki pengetahuan menyikat gigi kategori baik, perilaku menyikat gigi kategori buruk, dan status karies kriteria tinggi.

Kata Kunci: Pengetahuan, perilaku, menyikat gigi, status karies, ibu rumah tangga