

GAMBARAN KEBIASAAN MENGONSUMSI KOPI DAN ANGKA KEJADIAN STAIN PADA REMAJA USIA 18 – 25 TAHUN

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ABSTRAK

Latar Belakang: Masalah kesehatan gigi dan mulut masih tinggi di Indonesia, dengan 57% penduduk usia di atas tiga tahun dilaporkan mengalami masalah gigi dan mulut, tetapi hanya 11,2% yang mencari pengobatan ke fasilitas kesehatan. Salah satu masalah estetik yang dapat terjadi adalah stain gigi, terutama akibat kebiasaan mengonsumsi kopi yang mengandung tanin dan pigmen warna. Konsumsi kopi di Indonesia terus meningkat, dengan konsumsi domestik mencapai sekitar 288.000 ton pada periode 2024–2025, sehingga kebiasaan tersebut berpotensi meningkatkan risiko terjadinya stain gigi.

Tujuan: Diketuinya gambaran kebiasaan mengonsumsi kopi dan angka kejadian stain pada remaja usia 18 – 25 tahun.

Metode Penelitian: Penelitian ini menggunakan metode deskriptif dengan pendekatan *cross-sectional*. Populasi penelitian berjumlah 48 remaja di Dusun Sumberan yang mengonsumsi kopi. Seluruh populasi dijadikan sampel penelitian menggunakan teknik *total sampling*. Data dikumpulkan menggunakan kuesioner kebiasaan mengonsumsi kopi dan pemeriksaan terjadinya stain.

Hasil Penelitian: Hasil penelitian menunjukkan bahwa sebagian besar responden berusia 21–23 tahun (52,1%), berjenis kelamin laki-laki (62,5%), dan tidak merokok (66,7%). Sebanyak 24 responden (50,0%) sangat sering mengonsumsi kopi (>3 kali/minggu). Kejadian stain gigi terbanyak adalah kategori stain banyak, yaitu 22 responden (45,8%). Pada kelompok yang sangat sering mengonsumsi kopi, 15 responden (31,3%) mengalami stain banyak dan tidak ada yang bebas stain. Secara deskriptif, semakin sering konsumsi kopi, semakin tinggi kejadian stain gigi.

Kesimpulan: Berdasarkan penelitian pada 48 remaja usia 18–25 tahun di Dusun Sumberan, responden memiliki kebiasaan mengonsumsi kopi dalam kategori sangat sering dan mengalami stain gigi dalam kategori stain banyak.

Kata Kunci: Konsumsi kopi, stain gigi, remaja

DESCRIPTION OF COFFEE CONSUMPTION HABITS AND DENTAL SATIN OCCURRENCE AMONG ADOLESCENTS AGED 18 – 25 YEARS

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ABSTRACT

Background: Oral health problems remain prevalent in Indonesia, with 57% of the population aged over three years reported to experience dental and oral health problems; however, only 11.2% seek treatment at health facilities. One aesthetic problem that may occur is dental staining, particularly due to the habit of consuming coffee containing tannins and color pigments. Domestic coffee consumption in Indonesia has continued to increase, reaching approximately 288,000 tons during the 2024–2025 period. Therefore, coffee consumption may increase the risk of dental staining.

Objective: To describe coffee consumption habits and the occurrence of dental stains among adolescents aged 18–25 years.

Methods: This study used a descriptive cross-sectional design. The population comprised 48 coffee-consuming adolescents aged 18–25 years in Sumberan Hamlet. All population members were included as respondents using total sampling. Data were collected through a coffee consumption habit questionnaire and dental stain assessment.

Results: The findings showed that most respondents were aged 21–23 years (52.1%), were male (62.5%), and were non-smokers (66.7%). A total of 24 respondents (50.0%) consumed coffee very frequently (more than three times per week). The most common category of dental staining was severe staining, observed in 22 respondents (45.8%). Among respondents who consumed coffee very frequently, 15 (31.3%) experienced severe dental staining, while none were free from dental stains. Descriptively, a higher frequency of coffee consumption was associated with a greater occurrence of dental staining.

Conclusion: Among 48 adolescents aged 18–25 years in Sumberan Hamlet, respondents consumed coffee very frequently and experienced severe dental staining.

Keywords: coffee consumption, dental stain, adolescents.