

GAMBARAN KEBIASAAN *BOTTLE FEEDING* DAN KARIES GIGI PADA BALITA

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ABSTRAK

Latar Belakang: Kesehatan gigi dan mulut merupakan bagian penting dari kesehatan secara umum, terutama pada balita yang memiliki kebiasaan *bottle feeding* yang dapat berdampak pada kondisi kesehatan gigi anak. Berdasarkan hasil Survei Kesehatan Indonesia (SKI) tahun 2023, sebanyak 56,9% penduduk usia ≥ 3 tahun mengalami masalah gigi dan mulut. Hasil studi pendahuluan menunjukkan bahwa 67% balita mengalami karies gigi dan 73% balita masih memiliki kebiasaan mengonsumsi susu botol sebelum tidur.

Tujuan Penelitian: Diketuinya kebiasaan *bottle feeding* pada balita dan karies gigi pada balita.

Metode Penelitian: Jenis penelitian yang digunakan yaitu penelitian deskriptif. Teknik pengambilan sampel yaitu *purposive sampling* berjumlah 40 ibu dan balita. Penelitian ini dilakukan pada Bulan Januari-April 2026 di Posyandu Teratai Pedukuhan Dobalan. Aspek yang diteliti yaitu kebiasaan *bottle feeding* dan karies gigi pada balita. Data diambil menggunakan instrumen berupa kuesioner kebiasaan *bottle feeding* dan lembar observasi kejadian karies gigi yang diperoleh melalui observasi langsung kemudian dianalisis menggunakan distribusi frekuensi dan tabulasi silang.

Hasil Penelitian: Hasil penelitian menunjukkan bahwa sebagian besar kebiasaan *bottle feeding* pada balita termasuk dalam kategori buruk (62,5%) dan sebagian besar balita mengalami karies gigi kategori karies sedikit (47,5%).

Kesimpulan: Kebiasaan *bottle feeding* pada balita sebagian besar berada dalam kategori buruk dan sebagian besar balita mengalami karies gigi.

Kata Kunci: *Bottle Feeding*; Karies Gigi; Balita.

OVERVIEW OF BOTTLE FEEDING HABITS AND DENTAL CARIES IN TODDLERS

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ABSTRACT

Background: Oral health is an important part of overall health, especially for toddlers who are bottle-fed, as this can affect their dental health. According to the 2023 Indonesian Health Survey (SKI), 56.9% of the population aged 3 years and older experience dental and oral health problem. Preliminary study result indicate that 67% of toddlers have dental caries and 73% of toddlers still have the habit of drinking milk from a bottle before bedtime.

Objective: The association between bottle feeding and dental caries in toddlers.

Method: The study design used was descriptive research. The sampling technique employed was purposive sampling, involving 40 mothers and toddlers. This study was conducted from January-April 2026 at the Teratai Posyandu in Dobalan Hamlet. The aspects studied were bottle-feeding habits and dental caries in toddlers. Data were collected using instruments in the form of a bottle-feeding habits questionnaire and a dental caries observation sheet obtained through direct observation, the analyzed using frequency distributions and cross-tabulations.

Results: The study findings indicate that the majority of bottle-feeding practices among toddlers fall into the poor category (62,5%) and that most toddlers have mild dental caries (47,5%).

Conclusion: Bottle-feeding habits among toddlers are mostly considered poor and most toddlers suffer from tooth decay.

Keywords: Bottle Feeding; Tooth Decay; Toddlers.