

# **GAMBARAN STATUS KEBERSIHAN GIGI DAN MULUT DAN ATRISI MASYARAKAT YANG MENGONSUMSI LANTING DI WILAYAH KEBUMEN**

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## **ABSTRAK**

**Latar Belakang:** Perawatan gigi dan mulut secara keseluruhan diawali dari kebersihan gigi dan mulut pada setiap individu. Berdasarkan Riset Kesehatan Dasar (Riskesdas) 2018, sebanyak 57,6% orang Indonesia memiliki masalah gigi dan mulut. Indikator kebersihan gigi dan mulut didapatkan dari adanya sisa makanan dan karang gigi pada permukaan gigi. Masalah kebersihan gigi dan mulut sangat dipengaruhi oleh beberapa faktor antara lain faktor perilaku masyarakat yang dijadikan suatu budaya kebiasaan atau kebiasaan mengkonsumsi makanan khas didaerahnya.

**Tujuan:** Mengetahui gambaran status kebersihan gigi dan mulut masyarakat yang mengkonsumsi lanting di wilayah Kebumen.

**Metode:** Penelitian ini merupakan penelitian *deskriptif* dengan metode pendekatan *cross sectional*. Populasinya adalah home industri dan masyarakat disekitar home industri desa lemahduwur, Kebumen. Sampel dalam penelitian ini 25 masyarakat. Pengambilan sampel pada penelitian ini menggunakan *sampling purposive*. Penelitian ini dilaksanakan pada bulan November 2019.

**Hasil:** Hasil penelitian menunjukkan bahwa indeks OHI-S pada kriteria sedang sebanyak 60%. Berdasarkan jenis kelamin laki-laki 62,5%, sedangkan berdasarkan usia pada 35 – 44 tahun 71,42%. Kebiasaan mengkonsumsi lanting responden berada pada kriteria sering sebanyak 80%. Berdasarkan jenis kelamin perempuan memiliki kebiasaan mengkonsumsi lanting paling banyak 88,9% dan berdasarkan usia 35 – 44 tahun sebanyak 100%. Kebiasaan mengkonsumsi lanting sering dan indeks OHI-S kriteria sedang 70%. Kebiasaan mengkonsumsi lanting dengan kriteria sering dan mengalami atrisi gigi yaitu sebanyak 40%.

**Kesimpulan:** Responden memiliki kebiasaan mengkonsumsi lanting sering dengan kriteria indeks OHI-S sedang sebanyak 70%, dan mengalami atrisi gigi sebanyak 40%.

**Kata Kunci:** Kebiasaan Mengkonsumsi Lanting, Indeks OHI-S, Atrisi Gigi.

## DESCRIPTION OF THE ORAL HYGIENE STATUS AND ATTRITION OF PEOPLE CONSUMEING LANTING IN KEBUMEN

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### ABSTRACT

**Background:** Oral care as a whole begins with oral hygiene for each individual. Based on 2018 Basic Health Research (Riskesdas), as many as 57.6% of Indonesians have dental and mouth problems. Indicators of oral hygiene are obtained from the presence of food scraps and tartar on the surface of the teeth. The problem of dental and oral hygiene is strongly influenced by several factors, including factors in community behavior that are used as a cultural habit or a habit of consuming special foods in their area.

**Purpose:** To find out of studying oral hygiene status and attrition of people consume lanting in Kebumen.

**Research Method:** This research is descriptive research using cross-sectional approach. The population was home industry and community around the home industry. Sample in this research are 25 responden. The sample was gained by using purposive sampling method.

**Result:** The result of the research shows that OHI-S index was on medium criteria, which is 60%. Based on the gender, male respondent is on medium criteria, which is 62,5%. Meanwhile, based on age, the OHI-S index of respondents aged 35-44 years was 71.42%. The habit of consuming lanting in frequent criteria is 80%. Based on gender, female respondents have the habit of consuming lanting by 88,9%. Whereas based on age, respondents aged 35-44 years are 100%. Respondents who have the habit of eating lanting often and the OHI-S index with moderate criteria is 70%. Respondents who have the habit of eating lanting frequently and experience attrition of teeth as much as 40%.

**Conclusion:** Respondents who are the habit of eating lanting frequent and the OHI-S index with moderate criteria is 70%. Respondents who have the habit of eating lanting frequently and experience attrition of teeth as much as 40%.

**Keywords:** The habit of consuming Lanting, OHI-S Index, tooth attrition