

ABSTRAK

HUBUNGAN POLA KONSUMSI MAKANAN KARIOGENIK DAN KEBIASAAN MENGGOSOK GIGI DENGAN KARIES GIGI ANAK SD USIA 9-12 TAHUN DI KECAMATAN PURWOKERTO SELATAN

Syifa Larasati Kridaningtiyas

Latar belakang. Karies gigi merupakan salah satu masalah kesehatan gigi dan mulut yang paling sering dialami oleh anak usia sekolah. Faktor perilaku seperti pola konsumsi makanan kariogenik dan kebiasaan menggosok gigi memiliki peran penting dalam terbentuknya karies. **Tujuan.** Mengetahui hubungan antara pola konsumsi makanan kariogenik dan kebiasaan menggosok gigi dengan kejadian karies gigi pada anak sekolah dasar usia 9–12 tahun di Kecamatan Purwokerto Selatan. **Metode.** Jenis penelitian metode observasional analitik dengan pendekatan *cross-sectional*. Sampel penelitian merupakan anak usia 9-12 tahun di SD Kecamatan Purwokerto Selatan menggunakan teknik *simple random sampling*. Instrumen penelitian ini menggunakan kuesioner *Food Frequency Questionnaire* (FFQ) dan pemeriksaan karies menggunakan indeks dmft/DMFT. Analisis data menggunakan uji korelasi *rank spearman*. **Hasil.** Hasil penelitian menunjukkan bahwa terdapat hubungan antara pola konsumsi makanan kariogenik dengan karies gigi ($p < 0,05$) dengan *coefficient correlation* (cc) 0,415 dan -0,612 dan terdapat hubungan antara kebiasaan menggosok gigi dengan karies gigi ($p < 0,05$) dengan *coefficient correlation* (cc) -0,242 dan -0,441. **Simpulan.** Terdapat hubungan antara pola konsumsi makanan kariogenik dengan karies gigi, semakin tinggi konsumsi makanan kariogenik semakin tinggi pula karies gigi dan terdapat hubungan antara kebiasaan menggosok gigi dengan karies gigi, semakin buruk kebiasaan menggosok gigi, semakin tinggi karies gigi pada anak SD usia 9-12 tahun di Kecamatan Purwokerto Selatan.

Kata Kunci: Karies Gigi, Kebiasaan Menggosok Gigi, Makanan Kariogenik

ABSTRACT

RELATIONSHIP BETWEEN CARIOGENIC FOOD CONSUMPTION PATTERNS AND TOOTHBRUSHING HABITS WITH DENTAL CARIES IN CHILDREN AGED 9-12 YEARS IN SOUTH PURWOKERTO SUB-DISTRICT

Syifa Larasati Kridaningtiyas

Background. Dental caries is one of the most common oral health problems experienced by school-aged children. Behavioral factors such as cariogenic food consumption patterns and toothbrushing habits play an important role in the formation of caries. **Purpose.** To determine the relationship between cariogenic food consumption patterns and tooth brushing habits with the incidence of dental caries in elementary school children aged 9–12 years in South Purwokerto District. **Methods.** The type of research was analytical observational method with a cross-sectional approach. The study sample consisted of children aged 9–12 years in elementary schools in South Purwokerto District using simple random sampling. The research instruments used were the Food Frequency Questionnaire (FFQ) and caries examination using the dmft/DMFT index. Data analysis was performed using the Spearman's rank correlation test. **Result.** The results showed that there was a relationship between cariogenic food consumption patterns and dental caries ($p < 0.05$) with a correlation coefficient (cc) of 0,415 dan -0,612, and there was a relationship between tooth brushing habits and dental caries ($p < 0.05$) with a correlation coefficient (cc) of -0.242 and -0.441. **Conclusion.** There is a relationship between cariogenic food consumption patterns and dental caries; the higher the consumption of cariogenic foods, the higher the incidence of dental caries. There is also a relationship between toothbrushing habits and dental caries; the poorer the toothbrushing habits, the higher the incidence of dental caries.

Keywords: Dental Caries, Tooth Brushing Habits, Cariogenic Food