

# **GAMBARAN KEBIASAAN MENGGONSUMSI MINUMAN DINGIN DAN TINGKAT SENSITIVITAS GIGI PADA SISWA KELAS XI SMA PLUS AL-WAHID KABUPATEN TASIKMALAYA**

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## **ABSTRAK**

**Latar belakang:** Sensitivitas gigi merupakan kondisi umum yang ditandai dengan rasa ngilu tajam sebagai respons terhadap rangsangan termal, kimiawi, atau taktil akibat terbukanya tubulus dentin. Secara global, prevalensi hipersensitivitas dentin pada remaja usia 15–19 tahun mencapai 22,4%, sementara di Indonesia sebesar 42%. Kebiasaan mengonsumsi minuman dingin merupakan perilaku yang umum dilakukan remaja karena mudah diperoleh dan memberikan sensasi menyegarkan. **Tujuan:** Mengetahui gambaran kebiasaan mengonsumsi minuman dingin dan tingkat sensitivitas gigi pada siswa kelas XI. **Metode:** Menggunakan desain deskriptif kuantitatif. Populasi seluruh siswa kelas XI SMA PLUS Al-Wahid dengan teknik *purposive sampling*. **Hasil:** Hasil penelitian menunjukkan bahwa kebiasaan mengonsumsi minuman dingin pada siswa kelas XI SMA Plus Al-Wahid sebagian besar berada pada kategori sedang, yaitu sebanyak 26 responden (65%), sedangkan 14 responden (35%) berada pada kategori tinggi. Secara keseluruhan, rata-rata persentase skor kebiasaan mengonsumsi minuman dingin adalah sebesar 58,2%, yang menunjukkan bahwa kebiasaan responden cenderung berada pada kategori sedang dan mendekati batas atas kategori tersebut. **Kesimpulan:** Kebiasaan mengonsumsi minuman dingin pada siswa kelas XI SMA Plus Al-Wahid berada pada kategori sedang hingga tinggi, dan seluruh responden mengalami sensitivitas gigi pada tingkat ringan hingga sedang.

**Kata Kunci:** kebiasaan mengonsumsi minuman dingin, sensitivitas gigi, remaja, kesehatan gigi dan mulut.

**Referensi:** 45 (2015-2025)

**OVERVIEW OF COLD DRINK CONSUMPTION HABITS AND THE LEVEL  
OF TOOTH SENSITIVITY IN 11TH GRADE STUDENTS AT SMA PLUS  
AL-WAHID KABUPATEN TASIKMALAYA**

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**ABSTRACT**

**Background:** Tooth sensitivity is a common condition characterized by a sharp pain response to thermal, chemical, or tactile stimuli due to exposed dentinal tubules. Globally, the prevalence of dentin hypersensitivity among adolescents aged 15–19 years reaches 22.4%, while in Indonesia it is reported to be 42%. The habit of consuming cold beverages is common among adolescents because such drinks are easily accessible and provide a refreshing sensation. **Objective:** To describe the habits of consuming cold beverages and the level of tooth sensitivity among eleventh-grade students. **Methods:** This study employed a quantitative descriptive research design. The population consisted of all eleventh-grade students of SMA Plus Al-Wahid. Samples were selected using a purposive sampling technique. **Results:** The results showed that most eleventh-grade students of SMA Plus Al-Wahid had a moderate level of cold beverage consumption habits, accounting for 26 respondents (65%), while 14 respondents (35%) were categorized as having high consumption habits. Overall, the average percentage score for cold beverage consumption habits was 58.2%, indicating that the respondents' consumption habits tended to fall within the moderate category and were approaching the upper limit of that category. **Conclusion:** The majority of eleventh-grade students at SMA Plus Al-Wahid demonstrated moderate cold beverage consumption habits. The average score suggests that cold beverage consumption is a fairly common habit among students and may require attention in efforts to maintain oral and dental health.

**Keywords:** cold beverage consumption habits, tooth sensitivity, adolescents, oral and dental health.

**Reference:** 45 (2015-2025)