

IMAGE OF STUDENTS' TEETH AND MOUTH CLEANLINESS WITH ONE SIDE (*UNILATERAL*) CHEMICAL AT SMA NEGERI 8 TASIKMALAYA

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ABSTRACT

Background: The status of dental and oral hygiene is the beginning of the occurrence of dental health problems so that the status of dental and oral hygiene must be maintained and maintained so that it remains good. One-sided chewing is chewing using only one side, either the right or the left. Chewing food with one side of the mouth causes the muscles to become thick and strong on only one side. The purpose of this study was to determine the description of the dental and oral hygiene of students who chewed on one side (*unilateral*) at SMA Negeri 8 Tasikmalaya in 2022. **Methods:** The type of research conducted was quantitative descriptive. The population in this study were all students of class X SMA Negeri 8 Tasikmalaya. Sampling by *purposive sampling* and obtained the number of 30 respondents. The measuring instrument in this study was a questionnaire and the OHI-S format. **Results:** Based on the results of the study , it was found that the level of dental and oral hygiene in class X SMA Negeri 8 Tasikmalaya with poor criteria 2 respondents (6.6%), moderate criteria 22 respondents (73.3%), good criteria 6 respondents (20%). While those who have the habit of chewing on one side in class X SMA Negeri 8 Tasikmalaya there are 21 respondents (70%) chewing on the right, and 9 respondents (30%) chewing on the left. **Conclusion:** There is a majority of class X students of SMA Negeri 8 Tasikmalaya who have moderate OHI-S criteria who have the habit of chewing on one side. Students are expected to be able to prevent the emergence of dental and oral problems and should be able to maintain dental and oral hygiene to obtain optimal dental and oral health. Students who have the habit of chewing on one side can overcome it by repairing the tooth decay or restoring the shape and function of the tooth to its original state, by doing so, they can leave the bad habit of chewing on one side.

Keywords: oral hygiene, students, one-sided chewing