

ABSTRAK

GAMBARAN PENGETAHUAN TENTANG MAKANAN KARIOGENIK DAN PENGALAMAN KARIES GIGI PADA SISWA KELAS IV DAN V SDN SUKALAKSANA KECAMATAN BUNGURSARI KOTA TASIKMALAYA

Aziziah, I

Latar Belakang: Pengetahuan adalah segala sesuatu yang diketahui, namun belum disusun secara sistematis dan belum diuji kebenarannya menurut metode ilmiah, serta belum dinyatakan valid atau shahih. Menurut data Riskesdas (2018) karies gigi pada kelompok usia 10-14 tahun sebesar 73,4%. Karies gigi adalah hasil interaksi dari bakteri di permukaan gigi, plak atau biofilm, dan diet sehingga terjadi demineralisasi jaringan keras gigi. Faktor penyebab karies gigi diantaranya seperti konsumsi makanan kariogenik. Makanan kariogenik merupakan makanan dengan kandungan fermentasi karbohidrat sehingga menyebabkan penurunan pH plak menjadi kurang dan menstimulasi terjadinya karies gigi. **Tujuan Penelitian:** Mengetahui gambaran pengetahuan tentang makanan kariogenik dan pengalaman karies gigi. **Metode:** Penelitian deskriptif dengan metode survai dan mengambil teknik *total sampling*. **Hasil Penelitian:** Tingkat pengetahuan tentang makanan kariogenik sebagian besar termasuk kategori baik 53 orang (80,30%), pengalaman karies gigi sulung (def-t) sebagian besar termasuk kategori sangat rendah sebanyak 27 orang (40,91%), pengalaman karies gigi tetap (DMF-T) sebagian besar termasuk kategori sangat rendah sebanyak 32 orang (48,48%). **Kesimpulan:** Tingkat pengetahuan tentang makanan kariogenik termasuk dalam kategori baik dan masih terdapat karies gigi yang cukup tinggi, sehingga dibutuhkan bimbingan orang tua siswa untuk menjaga kesehatan gigi dan mulut.

Kata Kunci : Pengetahuan, Karies Gigi, Makanan Kariogenik, Siswa Sekolah Dasar

Daftar Pustaka : 34 (2013-2022)

ABSTRACT

DESCRIPTION OF KNOWLEDGE ABOUT KARIOGENIC DIET AND DENTAL CARIES EXPERIENCE IN CLASS IV AND V STUDENTS SUKALAKSANA SDN BUNGURSARI DISTRICT TASIKMALAYA CITY

Aziziah, I

Background: Knowledge is everything that is known, but has not been systematically compiled and has not been tested for truth according to the scientific method, and has not been declared valid or authentic. According to Riskesdas data (2018) dental caries in the 10-14 year age group is 73.4%. Dental caries is the result of the interaction of bacteria on the tooth surface, plaque or biofilm, and diet so that thard tissue demineralization occurs. Factors that cause dental caries include the consumption of cariogenic foods. Cariogenic foods are foods that contain fermented carbohydrates, which cause a decrease in plaque pH and stimulate the occurrence of dental caries. **Research Objectives:** To know the description of knowledge about cariogenic food and experience of dental caries. **Method:** Descriptive research using survey method and taking total sampling technique. **Results:** The level of knowledge about cariogenic food is mostly in the good category 53 people (80.30%), the experience of primary teeth caries (def-t) is mostly in the very low category of 27 people (40.91%), the experience of dental caries fixed (DMF-T) mostly included in the very low category as many as 32 people (48.48%). **Conclusion:** The level of knowledge about cariogenic foods is in the good category and there is still high dental caries, so parental guidance is needed to maintain healthy teeth and mouth.

Keyword : Knowledge, Dental Caries, Cariogenik Foods, Elementary School Student

Bibliography : 34 (2013-2022)