

**GAMBARAN KEBIASAAN MENGONSUMSI MAKANAN KARIOGENIK
SERTA GAMBARAN PENGALAMAN KARIES GIGI ANAK
KELAS VA SD NEGERI CISENGKOL
KOTA TASIKMALAYA**

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ABSTRAK

Latar Belakang: Karies gigi terjadi ketika plak terbentuk dipermukaan gigi dan seiring berjalannya waktu mengubah gula (dari makanan kariogenik yang dikonsumsi) menjadi asam dan merusak gigi. Asupan gula dari makanan kariogenik secara terus menerus ditambah kandungan fluoride yang kurang serta kurangnya pembersihan plak dengan menyikat gigi dapat menyebabkan karies gigi, nyeri, gigi tanggal serta infeksi. **Tujuan:** Untuk mengetahui gambaran kebiasaan mengonsumsi makanan kariogenik serta pengalaman karies gigi anak kelas VA SD Negeri Cisengkol Kota Tasikmalaya. **Metode:** *deskriptif observasional* yaitu peneliti yang hanya dilakukan untuk melihat adanya gambaran tentang variabel yang diteliti. Jumlah populasi sebanyak 32 orang dengan teknik pengambilan sampel yaitu *total sampling*. **Hasil:** Menunjukkan bahwa kebiasaan mengonsumsi makanan kariogenik anak kelas VA SD Negeri Cisengkol dari 32 anak 23 diantaranya berkategori buruk atau sebanyak 71,9%. Rata-rata pengalaman karies gigi sulung sebesar 0,96 dan gigi tetap sebanyak 4,25 **Kesimpulan:** Kebiasaan mengonsumsi makanan kariogenik anak kelas VA SD Negeri Cisengkol berkategori buruk dan pengalaman karies gigi tetapnya tinggi, ini menunjukkan adanya hubungan antara kebiasaan mengonsumsi makanan kariogenik dengan pengalaman karies. Anak disarankan untuk mengurangi konsumsi makanan kariogenik agar karies gigi tidak bertambah.

Kata kunci: Kebiasaan Mengonsumsi Makanan kariogenik, Pengalaman Karies, SD Negeri Cisengkol

Daftar Pustaka: 29 Sumber (2013-2023).

**DESCRIPTION OF THE HABITS OF CONSUMING CARYOGENIC
FOODS AND THE EXPERIENCE OF DENTAL CAREIES IN VA
CLASS CHILDREN OF CISENGKOL STATE PRIMARY
SCHOOL, TASIKMALAYA CITY**

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ABSTRACT

Background: Dental caries occurs when plaque forms on the surface of the teeth and over time converts sugar (from consumed cariogenic foods) into acid and damages teeth. Continuous intake of sugar from cariogenic foods plus a lack of fluoride content and a lack of plaque removal by brushing teeth can cause dental caries, pain, tooth loss and infection. **Objective:** To describe the consumption habits of cariogenic foods and the dental caries experience of VA class children at Cisengkol Public Elementary School, Tasikmalaya City. **Method:** The type of research used is descriptive observational research, namely research that is only carried out to see a picture of the variables studied. The total population was 32 people with a sampling technique, namely total sampling. **Results:** It can be seen that the habit of consuming cariogenic foods in the VA class of Cisengkol State Elementary School is 32 children, 23 of them are in the bad category or 71.9%. The average experience of caries in primary teeth is 0.96 and in permanent teeth is 4.25. **Conclusion:** The habit of consuming cariogenic food in class VA children at Cisengkol State Elementary School has poor criteria and the experience of caries in permanent teeth is high, this shows that there is a relationship between the habit of consuming cariogenic food and the experience of caries. Children are advised to reduce consumption of cariogenic foods so that dental caries does not increase.

Key words: habits of consuming cariogenic foods, experience of dental caries, Cisengkol state primary school

Bibliography : 29 Source, (2013-2023)