

HUBUNGAN POLA MAKAN DAN KEBIASAAN MENYIKAT GIGI DENGAN KEBERSIHAN GIGI DAN MULUT SERTA PENGALAMAN KARIES GIGI MURID KELAS 3 MADRASAH IBTIDAIYAH NEGERI 1 KOTA CILEGON

Guswini Indarti¹ Emma Kamelia² Winda Fratiwi³

¹)Mahasiswa Terapis Gigi Program Studi Sarjana Terapan Kesehatan

^{2,3})Dosen Pembimbing I Jurusan Keperawatan Gigi

ABSTRAK

Pola makan berpengaruh terhadap kesehatan gigi serta mulut, salah satu yang sering terjadi pada masyarakat ialah karies gigi. Menjaga kebersihan gigi dan mulut sehari-hari dilakukan melalui kebiasaan menyikat gigi. Hasil kegiatan Usaha Kesehatan Gigi Sekolah (UKGS) didapatkan informasi bahwa dari 15 siswa yang diperiksa 4 orang siswa melakukan kegiatan sikat gigi malam, 5 orang siswa jarang melakukansikat gigi malam dan sebanyak 6 siswa mengaku tidak pernah menyikat gigi malam, 2 dari 4 siswa yang menyikat gigi malam mengalami karies gigi, 2 dari 5 orang siswa yang jarang menyikat gigi malam mengalami karies dan 6siswa yang tidak pernah menyikat gigi malam seluruhnya mengalami karies gigi. Hasil pra penelitian tersebut menunjukkan bahwa hasil DMF-T yaitu sebesar 1,8 dengan kriteria rendah, angka tersebut lebih besar daripada target yang telah ditetapkan oleh WHO dan FDI dalam *GLOBAL GOALS FOR ORAL HEALTH 2020* yaitu <1 (Sakti, et al 2022).Tujuan penelitian: Mengetahui Hubungan pola makan dan kebiasaan menyikat gigi dengan kebersihan gigi dan mulut serta pengalaman karies gigi murid kelas 3 Madrasah Ibtidaiyah Negeri 1 Kota Cilegon.

Metode penelitian : merupakan penelitian *non experimental* yaitu dengan rancangan penelitian *cross sectional*, untuk mengetahui dinamika penelitian yaitu variabel bebas dan variabel terikat. Subjek penelitian akan diobservasi satu (1) kali yaitu pengisian kuesioner pola makan dan menyikat gigi serta pemeriksaan kebersihan gigi dan mulut dan dan pemeriksaan pengalaman karies gigi murid kelas 3 MIN 1. Teknik pengumpulan data yaitu sekaligus pada waktu bersamaan (*point time approach*).

Hasil: Penelitian menunjukkan pola makan kriteria baik 48,2 %,menyikat gigi 48,2 %, kebersihan gigi dan mulut dengan kriteria baik 58,9 %,dan pengalaman karies dengan kriteria sangat rendah 62,5 %. Kesimpulan: Ada hubungan antara pola makan dan kebiasaan menyikat gigi dengan kebersihan gigi dan mulut serta pengalaman karies gigi murid kelas 3 MIN 1 Cilegon Kota Cilegon.

Kata kunci : Pola makan, menyikat gigi, kebersihan gigi dan mulut serta pengalaman karies gigi.

Daftar Pustaka: 51(2014-2024)

THE RELATIONSHIP BETWEEN DIET AND BRUSHING HABITS WITH DENTAL AND ORAL HYGIENE AND DENTAL CARIES EXPERIENCE FOR GRADE 3 STUDENTS OF MADRASAH IBTIDAIYAH NEGERI 1 CILEGON CITY

Guswini Indarti¹ Emma Kamelia² Winda Fratiwi³

ABSTRACT

Diet has an influence on dental and oral health, one of the things that often occurs in society is dental caries. Maintaining daily dental and oral hygiene is done through the habit of brushing your teeth. As a result of the School Dental Health Business (UKGS) activity, information was obtained that of the 15 students examined, 4 students carried out night tooth brushing activities, 5 students rarely brushed their teeth at night and as many as 6 students admitted that they never brushed their teeth at night, 2 of the 4 students who brush their teeth at night experience dental caries, 2 out of 5 students who rarely brush their teeth at night experience caries and 6 students who never brush their teeth at night all experience dental caries. The pre-research results show that the DMF-T result is 1.8 with low criteria, this figure is greater than the target set by WHO and FDI in GLOBAL GOALS FOR ORAL HEALTH 2020, namely <1 (Sakti, et al 2022). Research objective: To determine the relationship between diet and tooth brushing habits with dental and oral hygiene and the experience of dental caries in grade 3 students of Madrasah Ibtidaiyah Negeri 1 Cilegon City.

Research method: this is non-experimental research, namely with a cross-sectional research design, to determine the dynamics of the research, namely the independent variable and the dependent variable. The research subjects will be observed one (1) time, namely filling out a questionnaire on eating patterns and brushing teeth as well as examining oral and dental hygiene and examining the dental caries experience of class 3 MIN 1 students. The data collection technique is all at the same time (point time approach).

Results: The research showed that eating patterns were good criteria 48.2%, brushing teeth 48.2%, dental and oral hygiene with good criteria 58.9%, and caries experience with very low criteria 62.5%. Conclusion: There is a relationship between diet and tooth brushing habits with dental and oral hygiene and the experience of dental caries in grade 3 students of MIN 1 Cilegon, Cilegon City.

Key words: Diet, brushing teeth, oral hygiene and experience of dental caries.

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