

**GAMBARAN PERSEPSI KESEHATAN GIGI DAN MULUT REMAJA
SERTA KEBERSIHAN GIGI DAN MULUT PADA SISWA KELAS 7C
SMP NEGERI 15 TASIKMALAYA**

ABSTRAK

Latar Belakang : 90% penduduk Indonesia mengalami karies gigi yang disebabkan oleh minimnya akses perawatan gigi dan kurangnya kesadaran akan pentingnya menjaga kesehatan gigi dan mulut (SKI, 2023). Remaja memiliki pandangan kompleks terhadap kesehatan gigi dan mulut yang berkaitan dengan konsep diri, interaksi sosial, dan kesuksesan masa depan. **Tujuan Penelitian :** Mengetahui gambaran persepsi kesehatan gigi dan mulut remaja serta kebersihan gigi dan mulut pada siswa kelas 7C SMP Negeri 15 Tasikmalaya. **Metode :** Penelitian deskriptif dengan teknik random sampling sebanyak 38 responden. Instrumen yang digunakan berupa kuesioner persepsi kesehatan gigi dan mulut serta lembar pemeriksaan *OHI-S (Oral Hygiene Index Simplified)*. Data disajikan dalam bentuk distribusi frekuensi. **Hasil :** Sebagian besar responden adalah laki-laki (55%) dan berusia 14 tahun (55%). Sebanyak 60% memiliki persepsi baik tentang kesehatan gigi dan mulut, sementara tidak ditemukan persepsi sangat baik dan sangat kurang (0%). Hasil *OHI-S* menunjukkan mayoritas responden (55%) dengan kriteria sedang, dan 16% kriteria buruk. **Kesimpulan :** Kebersihan gigi dan mulut tidak hanya dipengaruhi oleh persepsi, tetapi juga oleh kesadaran, sikap, dan perilaku sebagai wujud implementasi informasi yang diperoleh.

Kata Kunci : Persepsi, Remaja, Kebersihan Gigi dan Mulut

Daftar Pustaka : 64 sumber (2015–2025)

**PERCEPTION DESCRIPTION OF ADOLESCENTS' DENTAL
AND ORAL HEALTH AND DENTAL AND ORAL HYGIENE IN
STUDENTS OF CLASS 7C OF SMP NEGERI 15 TASIKMALAYA**

ABSTRACT

Background : 90% of the Indonesian population experiences dental caries caused by minimal access to dental care and lack of awareness of the importance of maintaining dental and oral health (SKI, 2023). Adolescents have complex views on dental and oral health related to self-concept, social interaction, and future success. **Research Objective :** To determine the description of adolescents' perceptions of dental and oral health and dental and oral hygiene in class 7C students of SMP Negeri 15 Tasikmalaya. **Method :** Descriptive research with random sampling technique of 38 respondents. The instruments used were a dental and oral health perception questionnaire and an *OHI-S (Oral Hygiene Index Simplified)* examination sheet. Data are presented in the form of a frequency distribution. **Results :** Most respondents were male (55%) and aged 14 years (55%). As many as 60% had a good perception of dental and oral health, while no very good and very poor (0%) perceptions were found. The *OHI-S* results showed that the majority of respondents (55%) had moderate criteria, and 16% had poor criteria. **Conclusion :** Dental and oral hygiene is not only influenced by perception, but also by awareness, attitude, and behavior as a form of implementation of the information obtained.

Keywords : Perception, Adolescents, Dental and Oral Hygiene

Bibliography : 64 sources (2015–2025)