

**GAMBARAN PERILAKU KONSUMSI MAKANAN PEMICU
KERUSAKAN GIGI DAN PENGALAMAN KARIES
KELAS X-5 DI SMA NEGERI 1 BANJAR**

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ABSTRAK

Latar Belakang : Karies gigi akibat dari adanya bakteri yang berkembang biak secara efektif di lingkungan yang kaya sukrosa seperti kelebihan sisa makanan manis diantara gigi, menghasilkan plak pada gigi serta menghasilkan asam yang dapat memineralisasi gigi dan akhirnya menyebabkan kerusakan pada gigi yaitu gigi berlubang. **Tujuan :** Untuk mengetahui perilaku konsumsi makanan pemicu kerusakan gigi dan pengalaman karies siswa kelas X-5 di SMA Negeri 1 Banjar. **Metode :** Jenis penelitian ini merupakan penelitian observasional analitik dengan menggunakan pendekatan observasional yang menganalisis data populasi pada satu titik tertentu. Jumlah populasi sebanyak 432 orang, setiap kelas berjumlah 36 orang. Penelitian dilakukan pada siswa kelas X-5 di SMA Negeri 1 Banjar sebanyak 36 orang. Teknik pengambilan sampel yaitu total sampling. **Hasil :** Menunjukkan bahwa perilaku konsumsi makanan pemicu kerusakan gigi kelas X-5 di SMA Negeri 1 Banjar dari 36 orang, 31 orang diantaranya $\geq 1x/hari$ mengkonsumsi permen sebesar 86,1%. Rata-rata pengalaman karies gigi tetap menunjukkan bahwa dari 36 orang, 18 orang diantaranya didominasi oleh penderita karies gigi tetap dengan kriteria sedang yaitu sebesar 50%. **Kesimpulan :** Perilaku konsumsi makanan pemicu kerusakan gigi pada siswa kelas X-5 di SMA Negeri 1 Banjar $\geq 1x/hari$ mengkonsumsi permen sebanyak 31 orang sebesar 86,1%. Pengalaman karies gigi tetap pada siswa kelas X-5 di SMA Negeri 1 Banjar dengan kriteria sedang yaitu sebanyak 18 orang sebesar 50%.

Kata Kunci : Konsumsi Makanan Pemicu Kerusakan Gigi, Pengalaman Karies Gigi

Daftar Pustaka : 56 Sumber, (2009-2023)

DESCRIPTION OF COSUMPTION BEHAVIOR OF FOODS THAT TRIGGER TOOTH DECAY AND CARIES EXPERIECE OF GRADE X-5 STUDENTS AT STASE SENIOR HIGH SCOOL

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ABSTRACT

Background : Dental caries is caused by bacteria that multiply effectively in an environment rich in sucrose such as excess sweet food residue between teeth, producing plaque on teeth and producing acids that can mineralize teeth and eventually cause damage to teeth, namely cavities. **Objective :** To determine the behavior of consuming foods that trigger tooth decay and the caries experience of class X-5 students at SMA Negeri 1 Banjar. **Method :** This type of research is an analytical observational study using an observational approach that analyzes population data at a certain point. The population is 432 people, each class consists of 36 people. The study was conducted on 36 class X-5 students at SMA Negeri 1 Banjar. The sampling technique is total sampling. **Results :** Shows that the behavior of consuming foods that trigger tooth decay in class X-5 at SMA Negeri 1 Banjar out of 36 people, 31 of them consume candy $\geq 1x/day$ by 86.1%. The average experience of permanent dental caries shows that out of 36 people, 18 of them are dominated by permanent dental caries sufferers with moderate criteria of 50%. **Conclusion :** The behavior of consuming foods that trigger tooth decay in class X-5 students at SMA Negeri 1 Banjar is $\geq 1x/day$ consuming candy as many as 31 people or 86.1%. The experience of permanent dental caries in class X-5 students at SMA Negeri 1 Banjar with moderate criteria is 18 people or 50%.

Keywords : Consumption of Foods That Trigger Tooth Decay, Caries Experience Teeth

Bibliography : 56 Sources, (2009-2023)