

HUBUNGAN TINGKAT PENGETAHUAN KESEHATAN GIGI DAN KEBIASAAN KONSUMSI MAKANAN KARIOGENIK DENGAN PENGALAMAN KARIES GIGI PADA SISWA KELAS IV SDN 3 CISARUNI KABUPATEN TASIKMALAYA

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ABSTRAK

Pendahuluan: Karies merupakan salah satu permasalahan kesehatan gigi dan mulut yang paling umum terjadi terutama pada anak-anak diperkirakan 60-90% anak sekolah diseluruh dunia terkena dampak karies gigi. Anak-anak merupakan kelompok yang paling rentan terjadinya karies gigi. Karies gigi dapat disebabkan oleh berbagai faktor diantaranya tingkat pengetahuan mengenai kesehatan gigi dan kebiasaan konsumsi makanan kariogenik. Konsumsi makanan dan minuman manis yang lengket tidak diimbangi dengan kebiasaan menjaga kesehatan gigi dan mulut dapat meningkatkan risiko terjadinya karies gigi. **Tujuan:** Menganalisis hubungan tingkat pengetahuan kesehatan gigi dan kebiasaan konsumsi makanan kariogenik dengan pengalaman karies gigi pada siswa. **Metode:** Penelitian ini menggunakan teknik *total sampling* dengan rancangan *cross-sectional*. Penelitian dilakukan di SDN 3 Cisaruni Kabupaten Tasikmalaya dengan total sampel berjumlah 31 responden pada murid kelas IV dengan alat pengukuran penelitian menggunakan kuesioner untuk mengetahui tingkat pengetahuan kesehatan gigi dan kebiasaan konsumsi makanan kariogenik serta pemeriksaan pengalaman karies gigi menggunakan indeks *def-t* dan *DMF-T*. **Hasil:** Berdasarkan hasil analisis diperoleh nilai signifikansi *p-value* sebesar $0,000 < 0,05$. Hasil uji *spearman rank* pengetahuan kesehatan gigi dengan pengalaman karies gigi didapatkan nilai *correlation coefficient* karies gigi sulung -0,666 dan karies gigi permanen -0,630. Kebiasaan konsumsi makanan kariogenik dengan pengalaman karies gigi didapatkan nilai *correlation coefficient* karies gigi sulung 0,625 dan karies gigi permanen 0,607. **Kesimpulan:** Terdapat hubungan tingkat pengetahuan kesehatan gigi dan kebiasaan konsumsi makanan kariogenik dengan pengalaman karies gigi pada siswa kelas IV SDN 3 Cisaruni Kabupaten Tasikmalaya.

Kata Kunci : Pengetahuan, Pengalaman Karies, Siswa

Daftar Pustaka : 52 Sumber (2009-2025)

**THE CORRELATION BETWEEN LEVEL OF KNOWLEDGE OF DENTAL
HEALTH AND HABITS OF CONSUMING CARIOGENIC FOODS
WITH THE EXPERIENCE OF DENTAL CARIES IN GRADE IV
STUDENTS AT SDN 3 CISARUNI TASIKMALAYA REGENCY**

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ABSTRACT

Introduction: Dental caries is one of the most prevalent oral health problems, particularly among children it is estimated that 60–90% of school-aged children worldwide are affected by dental caries. Children are considered the most vulnerable group to developing dental caries. The occurrence of dental caries can be influenced by several factors including the level of dental health knowledge and the habits of consuming cariogenic foods. The consumption of sticky sweet foods and beverages if not accompanied by proper oral hygiene habits can increase the risk of developing dental caries. **Purpose:** This study aims to analyze the relationship between the level of dental health knowledge and cariogenic food consumption habits with dental caries experience among students. **Methods:** This study employed a total sampling technique with a cross-sectional design. The research was conducted at SDN 3 Cisaruni, Tasikmalaya Regency with a total sample of 31 fourth-grade students. Data were collected using a questionnaire to assess the level of dental health knowledge and cariogenic food consumption habits, as well as a dental examination to determine caries experience using the def-t and DMF-T indices. **Results:** Based on the analysis results, a significance value (p-value) of $0.000 < 0.05$ was obtained. The Spearman rank test between dental health knowledge and dental caries experience showed a correlation coefficient of -0.666 for primary teeth caries and -0.630 for permanent teeth caries. The correlation between cariogenic food consumption habits and dental caries experience showed a correlation coefficient of 0.625 for primary teeth caries and 0.607 for permanent teeth caries. **Conclusion:** There is a significant relationship between the level of dental health knowledge and the habits of consuming cariogenic foods with the experience of dental caries in grade IV student at SDN 3 Cisaruni, Tasikmalaya Regency.

Keyword : Knowledge, Dental Caries Experience, Students

References : 52 Source (2009-2025)