

GAMBARAN POLA KONSUMSI MAKANAN KARIOGENIK DAN PENGALAMAN KARIES GIGI PADA SISWA KELAS 2 SDN BOJONGSARI KAWALU KOTA TASIKMALAYA TAHUN 2025

Amarylie Salsabila Bilqis

¹⁾Mahasiswa Jurusan Kesehatan Gigi Poltekkes Kemenkes Tasikmalaya
amaryliebilqis@gmail.com

ABSTRAK

Latar Belakang: Anak memasuki usia sekolah mempunyai resiko mengalami karies makin tinggi. Pada usia 6-12 tahun diperlukan perawatan lebih intensive karena pada usia tersebut terjadi pergantian gigi dan tumbuhnya gigi baru. Banyaknya jajanan di sekolah, dengan jenis makanan dan minuman yang manis, sehingga mengancam kesehatan gigi anak. Peningkatan frekuensi konsumsi makanan kariogenik menyebabkan keberadaan pH yang rendah di dalam mulut dipertahankan sehingga terjadi peningkatan demineralisasi dan penurunan remineralisasi. Membuktikan dalam Survei Kesehatan Rumah Tangga tahun 2001 terdapat 76,2 persen anak Indonesia pada kelompok usia 12 tahun (kira-kira 8 dari 10 anak) mengalami gigi berlubang **Tujuan Penelitian:** untuk mengetahui Gambaran Pola Konsumsi Makanan Kariogenik dan Pengalaman Karies Gigi pada Anak kelas 2 di SDN Bojongsari Kecamatan Kawalu Kota Tasikmalaya **Jenis Penelitian:** Menggunakan metode penelitian deskriptif kualitatif Pengumpulan data dilakukan dengan teknik pertanyaan/kuesioner dan lembar pemeriksaan gigi dengan jumlah sampel 23 orang. **Hasil Penelitian:** Memperlihatkan Frekuensi Makanan Kariogenik terbanyak tinggi mencapai 13 orang (56,5%), Memperlihatkan klasifikasi DMF-T terbanyak sangat rendah mencapai 10 orang (43,4%), Memperlihatkan klasifikasi def-t terbanyak rendah mencapai 13 orang (56,5%) **Kesimpulan:** Berdasarkan hasil penelitian dan pembahasan, dapat disimpulkan bahwa: Rata-rata DMF-T dan def-t pada siswa di SDN Bojongsari Kawalu Tasikmalaya yaitu 1,6% dan 1,8%. presentase siswa yang mengkonsumsi makanan kariogenik frekuensi rendah adalah 0 siswa (0%), Frekuensi sedang 10 siswa (43,4), Frekuensi tinggi 13 siswa (56,5%).

Kata Kunci : Frekuensi konsumsi makanan kariogenik, pengalam karies gigi, siswa kelas 2

**OVERVIEW OF CARIOGENIC FOOD CONSUMPTION AND DENTAL CARIES
EXPERIENCE AMONG SECOND-GRADE STUDENTS AT SDN BOJONGSARI
KAWALU ELEMENTARY SCHOOL
TASIKMALAYA CITY IN 2025**

Amarylie Salsabila Bilqis

¹⁾Student of the Department of Dental Health Poltekkes Kemenkes Tasikmalaya

amaryliebilqis@gmail.com

ABSTRACT

Background: Children entering school age have a higher risk of developing caries. Between the ages of 6 and 12, more intensive care is required because this is when tooth replacement and the growth of new teeth occur. The abundance of snacks at school, with their sweet foods and drinks, poses a threat to children's dental health. Increased consumption of cariogenic foods maintains low pH levels in the mouth, leading to increased demineralization and reduced remineralization. According to the 2001 Household Health Survey, 76.2 percent of Indonesian children aged 12 years (approximately 8 out of 10 children) have cavities. **Research Objective:** To determine the pattern of cariogenic food consumption and dental caries experience among second-grade students at SDN Bojongsari Elementary School in Kawalu District, Tasikmalaya City. **Type of Research:** Using a qualitative descriptive research method. Data collection was conducted using a questionnaire and dental examination forms, with a sample size of 23 participants. **Research Findings:** The highest frequency of cariogenic food consumption was observed in 13 children (56.5%), the highest DMF-T classification was very low in 10 children (43.4%), and the highest def-t classification was low in 13 children (56.5%). **Conclusion:** Based on the research results and discussion, it can be concluded that: The average DMF-T and def-t among students at SDN Bojongsari Kawalu Tasikmalaya is 1.6% and 1.8%. The percentage of students consuming cariogenic foods at a low frequency is 0 students (0%), moderate frequency 10 students (43.4%), and high frequency 13 students (56.5%).

Keywords: Frequency of consumption of cariogenic foods, experience of dental caries, second grade students