

**HUBUNGAN PERILAKU MENGGONSUMSI MINUMAN BERKAFEIN  
DENGAN PEWARNAAN GIGI ANTERIOR MAHASISWA  
KEPERAWATAN POLTEKKES TASIKMALAYA**

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**ABSTRAK**

**Latar Belakang :** Minuman berkafein mempunyai efek samping bagi kesehatan manusia salah satunya bagi kesehatan gigi yaitu, meminum kafein dapat menyebabkan gigi berlubang, menimbulkan karang gigi dan noda pada gigi. Noda pada gigi atau stain merupakan deposit berwarna pada permukaan gigi biasanya berwarna coklat menjadi ke kuning-kuningan sampai bisa menjadi berwarna hitam. Remaja pada usia 12 sampai dengan 21 tahun baik laki-laki atau perempuan menggunakan kafein untuk menghilangkan rasa kantuk. **Tujuan Penelitian :** Penelitian ini bertujuan untuk mengetahui hubungan perilaku mengkonsumsi minuman berkafein dengan pewarnaan gigi mahasiswa keperawatan Poltekkes Tasikmalaya. **Metode Penelitian :** Penelitian observasional analitik dengan pendekatan *cross sectional*. Sampel penelitian berjumlah 39 orang mahasiswa keperawatan. Jalan Penelitian dengan cara responden diberi lembar kuisioner untuk mengetahui perilaku mengkonsumsi minuman berkafein serta pemeriksaan objektif untuk melihat status pewarnaan gigi. Analisis data menggunakan distribusi frekuensi dan *spearman correlation*. **Hasil Penelitian :** Responden terbanyak yaitu responden dengan perilaku kategori sedang sebanyak 23 responden (59%), kemudian responden dengan kategori rendah sebanyak 10 responden (25,5%), kemudian responden dengan perilaku tinggi sebanyak 6 responden (15,4%), hasil distribusi frekuensi tentang pewarnaan gigi menunjukkan bahwa responden terbanyak yaitu responden yang memiliki pewarnaan gigi dengan kategori sedang sebanyak 22 responden (56,4%). Hal ini menunjukkan bahwa perilaku mengkonsumsi minuman berkafein merupakan salah satu faktor resiko terjadinya pewarnaan gigi (stain). **Kesimpulan :** Penelitian ini terdapat hubungan antara hubungan perilaku mengkonsumsi minuman berkafein dengan pewarnaan gigi anterior mahasiswa keperawatan Poltekkes Tasikmalaya.

**Kata Kunci** : Minuman Berkafein, Pewarnaan Gigi

**Sumber Pustaka** : 45 buah (2007-2021)

# RELATIONSHIP OF CONSUMING CAFFEINATED DRINKS BEHAVIOR WITH THE STAINING ANTERIOR TEETH OF NURSING STUDENTS IN POLYTECHNIC OF TASIKMALAYA

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## ABSTRACT

**Background :** Caffeinated drinks have side effests on human health, one of which is for dental health, namely, drinking caffeine can cause cavites, cause tartar and stain on teeth. Stain on teeth or stains are colored deposits on the surface of the teeth, usually brown to yellowish in color to black. Teenagers at the age of 12 to 21 years, both boys and girls use caffeine to relieve drowsiness. **Purpose :** This study was to determine the relationship between the behavior of consuming caffeinated beverages and the staining of teeth of nursing students at the Tasikmalaya Health Polytechnic. **Method :** Used is analytic observational with a ceoss sectional approach. The research sample was 39 nursing students. The way of research is by giving respondents a questionnaire sheet to determine the behavior of consuming caffeinated drinks as well an objective examination to see the status of tooth staining. Data analysis used frequency distribution and spearman correlation. **Result :** Showed that the majority of respondents were respondents with moderate category behavior as many as 23 respondents (59%), then respondents with low category were 10 respondents (25,5%), then respondents with high behavior werw 6 respondents (15,4%), the results of frequency distribution of teeth staining showed that the majority of respondents were respondents who had teeth staining in the moderate category as many as 22 respondents (56,4%). This showed that the behavior of consuming caffeinated drinks is one of risk factors for tooth staining. **Conclusion :** There is a relationship between the behavior of consuming caffeinated beverages with the staining of anterior teetg of nursing students at the Health Polytechnic Tasikmalaya.

**Keywords** : Caffeinated Drinks, Teeth Staining

**Library Source** : 45 items (2007-2021)