

**HUBUNGAN *PERSONAL HYGIENE* DENGAN *ORAL HYGIENE*
PADA SANTRI KELAS 1 DI SMP PLUS PESANTREN AMANAH
MUHAMMADIYAH KOTA TASIKMALAYA**

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ABSTRAK

Latar Belakang: *Personal Hygiene* adalah perawatan diri yang dilakukan oleh seseorang seperti mandi, toilet, kebersihan secara umum, dan grooming. Kebersihan mulut dapat dilakukan dengan menggosok gigi dengan menggunakan pasta gigi untuk membersihkan plak dan dapat mengurangi bakteri yang menyebabkan bau mulut. **Tujuan:** penelitian ini adalah untuk mengetahui hubungan perilaku *personal hygiene* dengan *oral hygiene* santri kelas 1 di SMP Plus Pesantren Amanah Muhammadiyah Kota Tasikmalaya. **Metode:** menggunakan rancangan deskriptif Analitik. Populasi seluruh anak sekolah dasar usia 14 – 15 tahun di SMP Plus Pesantren Amanah Muhammadiyah Kota Tasikmalaya sebanyak 40 orang dengan pengambilan sampel menggunakan *purposive sampling*. Alat ukur penelitian berupa kuesioner *personal Hygiene* dan format lembar pemeriksaan *hygiene index*. Teknik Analisa data menggunakan uji *chi square*. **Hasil:** pemeriksaan *hygiene index* pada santri usia 14-15 tahun sebagian besar dengan kriteria baik sebanyak 13 orang (32,5%), kriteria kurang sebanyak 27 orang (67,5%), dan hasil *personal hygiene* mendapatkan hasil kriteria baik sebanyak 19 (47,5%), kriteria kurang sebanyak 21 (52,5%). Hasil uji Statistik *chi square* untuk variabel perilaku *personal hygiene* terhadap pemeriksaan *hygiene index* didapat nilai *p-value*: $0,000 < \alpha 0,05$. **Kesimpulan:** terdapat hubungan antara *personal hygiene* dengan *hygiene index* di SMP Plus Pesantren Amanah Muhammadiyah Kota Tasikmalaya.

Kata Kunci :	perilaku <i>personal hygiene</i> , <i>hygiene index</i>
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Daftar pustaka : 32 Buah (2011 - 2021)

**PERSONAL HYGIENE BEHAVIOR DENGAN ORAL HYGIENE STUDENTS AT
SMP PLUS AMANAH MUHAMMADIYAH ISLAMIC BOARDING SCHOOL
TASIKMALAYA CITY**

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ABSTARCT

Background: Personal Hygiene is a person's self-care, such as bathing, toileting, general hygiene, and grooming. Oral hygiene can be done by brushing your teeth using toothpaste to clean plaque and can reduce bacteria that cause bad breath. **Purpose:** This study was to determine the relationship between personal hygiene behavior and oral hygiene of grade 1 students at SMP Plus Amanah Muhammadiyah Islamic Boarding School Tasikmalaya City. **Method:** using analytical descriptive design. The population of all elementary school children aged 14-15 years at SMP Plus Pesantren Amanah Muhammadiyah Tasikmalaya City was 40 people with purposive sampling using sampling. The measuring instrument of the study was a personal hygiene questionnaire and a hygiene index examination sheet format. Data analysis technique using chi square test. **Results:** examination of the hygiene index on students aged 14-15 years mostly with good criteria as many as 13 people (32.5%), poor criteria as many as 27 people (67.5%), and personal hygiene results get good criteria results as many as 19 (47.5%), the criteria are less than 21 (52.5%). The results of the chi square statistic test for the personal hygiene behavior variable on the hygiene index examination obtained p-value: $0.000 < 0.05$. **Conclusion:** there is a relationship between personal hygiene and the hygiene index at SMP Plus Amanah Muhammadiyah Islamic Boarding School Tasikmalaya City.

Keywords:	personal <i>hygiene behavior, hygiene index</i>
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