

HUBUNGAN POLA MAKAN MAKANAN KARIOGENIK SEHARI-HARI TERHADAP
KARIES GIGI ANAK PRA SEKOLAH (STUDI KASUS DI TK. ABA BODEH
GAMPING SLEMAN.)

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Oleh: SUGIHARTA RAHARJA -- E2A203047

Karies gigi merupakan salah satu penyakit gigi dan mulut yang paling sering ditemui dimasyarakat. Prevalensi karies gigi pada anak terutama pada anak (umur 48 bulan - 84 bulan).

Adanya anak suka mengkonsumsi makanan jajanan kariogenik akan meningkatkan resiko anak terkena karies gigi. Dengan demikian jenis makanan, waktu makan dan frekuensi makan makanan kariogenik diduga dapat meningkatkan kejadian karies penyakit gigi anak. Tujuan penelitian ini adalah untuk membuktikan hubungan antara jenis makanan, waktu makan dan frekuensi makan makanan kariogenik terhadap karies gigi anak. Penelitian ini merupakan penelitian penjelasan (*explanatory research*) dengan metode survei dan pendekatan *ccross sectional*. Populasi total (sensus) dengan jumlah populasi 100 anak. Analisa data dilakukan secara uji statistik *chi-square*. Hasil penelitian ini menunjukkan bahwa prevalensi karies gigi adalah 71% dengan def-2,11. Kriteria karies sangat rendah 18,3%, rendah 25,4%, sedang 45% dan tinggi 11%. Hasil penelitian jenis makanan kurang baik 58%, waktu makan sering 48% dan frekuensi makan sering 61%. Hasil uji chi-square menunjukkan ada hubungan bermakna antara jenis makanan dengan karies gigi ($p=0,0001$; $OR=30$). ada hubungan antara waktu makan dengan karies gigi ($p=0,03$; $OR=3$) dan ada hubungan frekuensi makan dengan karies gigi ($p=0,0001$; $OR=39$). Berdasarkan hasil penelitian, maka disarankan perlu adanya peningkatan upaya dalam pemeliharaan kesehatan gigi dan mulut secara promotif, preventif dan kuratif misalnya mengurangi kebiasaan anak makan makanan kariogenik di antara waktu makan dan melakukan gosok gigi atau kukur-kumur setelah makan.

Kata Kunci: kariogenik, karies gigi

THE RELATIONSHIP BETWEEN CARIOGENIC FOOD EATING DAILY PATTERN AND THE OCCURRENCE OF DENTAL CARIES IN CHILDREN ON PRE-SCHOOL CHILDREN (CASE STUDY IN PRE-ELEMENTARY SCHOOL ABA BODEH GAMPING SLEMAN)

Abstract

Dental caries is one of the oral diseases that commonly found in the community. Dental caries prevalence has been advanced particularly in kindergarten children (old age 48 months-84 months). Existence of child like to consume food of include cariogenic will improve child risk of tooth caries. Therefore food type, frequency and mealtime eat food of cariogenic anticipated can improve occurrence of disease of child tooth caries.

The purpose of this study was to prove relation between food type, frequency and mealtime eat food of cariogenic to child tooth caries.

This study was Explanatory Research with survey method and cross sectional design. Total population with populations amount 100 child. The process of data analysis was chi-square statistic.

The result of this study showed that the prevalence of dental caries in subject research was 71% with def-t 2,11. Criterion of caries very low 18,3%, lowering 25,4%, medium 45% and high 11%. Result research of food type is unfavourable 58%, mealtime often 48% and frequency eat often 61%. Result test chi-square yielded there is relation have a meaning of among food type with tooth caries ($p=0,0001$; $OR=30$), there is relation between mealtime with tooth caries ($p=0,03$; $OR=3$) and there is relation between frequency eat with tooth caries ($0,0001$; $OR=39$).

According to the result of the study there are some suggestions that there is necessary increase efforts oral health according to promotive, preventive and curative for example lessening habit of child eat food of cariogenic.

Keyword : *cariogenic, dental caries*