

KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIV KEPERAWATAN

SKRIPSI, APRIL 2020

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HUBUNGAN FREKUENSI KONSUMSI MAKANAN KARIOGENIK DAN
PERILAKU MENYIKAT GIGI DENGAN KEJADIAN KARIES GIGI DI SDN 085
PEKANBARU

xii + 46 Halaman + 13 Tabel + 1 Skema + 17 Lampiran

ABSTRAK

Karies gigi merupakan penyakit infeksi yang merusak struktur gigi, penyakit ini menyebabkan gigi berlubang. Frekuensi konsumsi makanan kariogenik adalah salah satu faktor penyebab terjadinya karies gigi. Selain konsumsi makanan kariogenik, faktor yang mempengaruhi karies gigi adalah perilaku menyikat gigi. Tujuan penelitian adalah untuk mengetahui hubungan frekuensi konsumsi makanan kariogenik dan perilaku menyikat gigi di SDN 085 Pekanbaru. Jenis penelitian kuantitatif dengan metode survei analitik dengan pendekatan *cross sectional*, yang melibatkan 79 responden dengan teknik purposive sampling. Data diperoleh dari kuesioner yang diisi oleh siswa yang memenuhi kriteria sampel. Subjek penelitian adalah siswa kelas V dan VI SDN 085 Pekanbaru. Hasil penelitian diketahui 42 responden kategori sering mengkonsumsi makanan kariogenik, 63 responden memiliki perilaku menyikat gigi kategori buruk dan 53 responden mengalami karies gigi. Ada hubungan secara signifikan frekuensi konsumsi makanan kariogenik ($p=0,01$), perilaku menyikat gigi ($p=0,01$) pada siswa. Kesimpulan bahwa frekuensi konsumsi makanan kariogenik dan perilaku menyikat gigi berhubungan secara signifikan terhadap karies gigi di SDN 085 Pekanbaru. Diharapkan kepada responden dapat mengurangi mengkonsumsi makanan kariogenik dan merubah perilaku menyikat gigi menjadi lebih baik.

Kata Kunci : Makanan Kariogenik, perilaku menyikat gigi, karies gigi
Daftar Pustaka : 23 referensi (2016-2020)

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STUDIES D IV NURSING
RESEARCH, APRIL 2020

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RELATIONSHIP FREQUENCY CONSUMPTION OF KARYOGENIC FOOD
AND BEHAVIOURAL BRUSHING WITH DENTAL CARIES IN SDN 085
PEKANBARU

xii + 46 Pages + 13 Tables + 1 Schemes + 17 Attachment

ABSTRAK

Dental caries is an infectious disease that damages the structure of the teeth, this disease causes cavities. The frequency of consumption of cariogenic foods is one of the factors causing dental caries. In addition to the consumption of cariogenic foods, a factor that influences dental caries is tooth brushing behavior. The purpose of the study was to determine the relationship between the frequency of cariogenic food consumption and toothbrushing behavior at SDN 085 Pekanbaru. This type of quantitative research is analytic survey method with cross sectional approach, which involves 79 respondents with purposive sampling technique. Data obtained from questionnaires filled out by students who meet the sample criteria. The subjects of the study were students in grades V and VI SDN 085 Pekanbaru. The results showed that 42 respondents frequently consumed cariogenic food, 63 respondents had bad brushing and 53 respondents had dental caries. There was a significant correlation between the frequency of cariogenic food consumption ($p = 0.01$), tooth brushing behavior ($p = 0.01$) in students. The conclusion is that the frequency of cariogenic food consumption and tooth brushing behavior is significantly related to dental caries in SDN 085 Pekanbaru. It is expected that respondents can reduce their consumption of cariogenic foods and change their brushing behavior for the better.

Keywords : *Cariogenic Food, Tooth Brushing, Dental Caries*
References : 23 references (2016-2020)