

Hubungan Tingkat Pengetahuan dan Perilaku Cara Menyikat Gigi Dengan Karies Pada Gigi Molar Pertama Permanen Anak Kelas 3 dan 4 di SD Negeri Palebon 3 Kota Semarang

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Abstrak

Pendahuluan: Sekitar 80% penduduk Indonesia mengalami karies, tingginya prevalensi tersebut termasuk diderita oleh anak-anak. Anak usia 6 tahun dapat mengalami karies karena pada usia tersebut gigi molar pertama permanen sudah mulai erupsi sehingga lebih rentan terkena karies. Gigi molar pertama permanen merupakan kunci oklusi dari gigi geligi. Pengetahuan dan perilaku adalah faktor penting dalam pemeliharaan kesehatan gigi dan mulut. Pengetahuan kesehatan gigi dan mulut perlu diajarkan sejak dini untuk melatih dalam pemeliharaan kesehatan gigi dan mulut. Mayoritas perilaku anak sudah menyikat gigi dua kali sehari tetapi waktu dan caranya yang belum tepat. **Tujuan Penelitian:** Menjelaskan hubungan tingkat pengetahuan dan perilaku cara menyikat gigi dengan karies pada gigi molar pertama permanen anak kelas 3 dan 4 di SD Negeri Palebon 3 Kota Semarang. **Metode Penelitian:** Observasional analitik menggunakan desain *cross sectional*. Teknik sampling dengan *total sampling* didapatkan 122 anak yang memenuhi kriteria inklusi dan eksklusi. Pengumpulan data dilakukan melalui kuesioner tingkat pengetahuan dan perilaku serta pemeriksaan langsung pada gigi molar permanen dan dianalisis dengan korelasi *chi-square* dengan nilai signifikansi sebesar 95%. **Hasil Penelitian:** Hasil didapatkan siswa yang mengalami karies pada gigi molar sebanyak 58,2%. Tingkat pengetahuan dikategorikan cukup baik sebanyak 51,6%, dan perilaku cara menyikat gigi dikategorikan sangat baik sebanyak 66,4%. Mayoritas mengalami karies pada 1 gigi molar sebanyak 38,0% dan mayoritas mengalami karies pada elemen gigi 4.6 sebanyak 30%. **Kesimpulan:** Tidak terdapat adanya hubungan yang bermakna antara tingkat pengetahuan dan perilaku cara menyikat gigi dengan kejadian karies gigi molar pertama permanen dikarenakan nilai ($P > 0,05$).

Kata kunci: Tingkat pengetahuan, perilaku menyikat gigi, karies molar

The Correlation between the Knowledge Level, Brushing Practice and the Carries of the first Permanent Molars of the Three and Four Graders of Elementary School Palebon 3, Semarang

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Abstract

Introduction: About 80% of Indonesia's population experience caries, the high prevalence is included suffered by children. Children aged 6 years can experience caries because at that age the first permanent molars have begun to erupt so that it is more susceptible to caries. The first permanent molars are the occlusion key of the teeth. Knowledge and behavior are important factors in maintaining the dental and oral health. Dental and oral health knowledge needs to be taught early for training the children to maintain their dental and oral health. Most of the children are brushing their teeth twice. However, their brushing practice is still inappropriate. **Research Objective:** This study discloses the correlation between knowledge level, brushing practice and the carries of the first permanent molars of the three and four graders of elementary school Palebon 3, Semarang. **Research Method:** This study is an observational analysis using a cross-sectional design. Sampling technique used is a total sampling which employed 122 children who met the inclusion and exclusion criteria. Data collection was carried out through questionnaires investigating the level of knowledge and brushing practice. Besides, it also examined the first permanent molars. The data analyzed by chi-square correlation with a significance value of 95%. **Results:** The study reveals that there are 58.2% students experience caries for their molars. The level of knowledge is categorized as good enough (51.6%), and the brushing practice is categorized as very good (66.4%). Most of the students have caries in 1 molar (38.0%) and 30% experience caries in tooth element (4.6). **Conclusion:** There is no significant correlation between the Knowledge Level, Brushing Practice and the Carries of the first Permanent Molars due to values ($P > 0.05$).

Keywords: Level of knowledge, brushing practice, molar caries