

Abstrak

Hubungan Peran Orangtua Dalam Perawatan Gigi Dan Kebiasaan Konsumsi Makanan Kariogenik Terhadap Kejadian Karies Gigi Anak Di Taman Kanak – Kanak Islam Madina Semarang

*Tri Ariastuty¹, Agus Sartono², Hapsari Sulistya Kusuma³
1,2,3Program Studi SI Gizi Fakultas Ilmu Keperawatan dan Kesehatan
Universitas Muhammadiyah Semarang*

Karies gigi adalah penyakit kronik yang merupakan proses demineralisasi progresif di jaringan keras permukaan gigi oleh asam organik yang berasal dari makanan yang mengandung gula. Data di Semarang tahun 2015 menunjukkan sebanyak 85,9% memiliki karies lebih dari 4 gigi, dengan DMF-T 6, 8 gigi. Hasil survey puskesmas klipang tahun 2014 tingkat kejadian karies gigi usia 4 – 6 tahun sekitar 80% anak mengalami karies gigi. Hasil observasi di Taman Kanak – Kanak Islam madina didapatkan banyak penjual makanan kariogenik.

Penelitian analitik observasional dengan pendekatan cross sectional. Teknik sampling yang digunakan adalah sample jenuh dengan jumlah sample adalah 88 orang. Hasil pemeriksaan gigi diambil dari catatan hasil pemeriksaan dokter gigi sekolah. Peran orang tua didapat dengan metode wawancara. Banyak konsumsi makanan kariogenik didapat dengan metode recall 3x24 jam

Hasil penelitian ini menunjukkan sebagian besar orang tua (68,2%) tidak memiliki peran yang baik dalam pencegahan gigi karies. Rata – rata konsumsi gula kariogenik adalah 145,779 gram per hari, jauh lebih tinggi dari rekomendasi WHO 50 – 80 gram perhari. Hampir seluruh anak menderita karies gigi (90,9%). Ada hubungan antara peran orangtua dengan kejadian karies gigi. Terdapat hubungan antara banyaknya konsumsi makanan kariogenik dengan kejadian karies gigi.

Kata kunci : Karies gigi, Peran Orangtua, Makanan Kariogenik

ABSTRACT

Relationship Role Of Parents In The Care Of Teeth and Cariogenic Food Consumption Habits On Dental Caries Of Children In Kindergarten Madina Islamic Semarang

Tri Ariastuty¹, Agus Sartono², Hapsari Sulistya Kusuma³

*^{1,2,3}Nutrition Science Study Program The Faculty Of Nursing and Health
University Of Muhammadiyah Semarang*

Dental caries is a disease which is chronic progressive demineralisasi process in hard tissues of tooth surface by the organists acid comes from foods that contain sugar. Data in Semarang year 2015 shows as much as 85.9% have more than 4 dental caries, with DMF-T 6, 8 teeth. The results of a survey of public health care klipang 2014 years dental caries incidence rate age of 4 – 6 years about 80% of children experienced dental caries. Observasi results in the kindergarten – madina Islamic Childhood obtained many cariogenic food.

Analytic observational research with cross sectional approach. The sampling technique used is the sample number of samples and respondents are saturated with 88 people. The results of the examination are taken from the records of the results of the examination of dentist school. The role of the elderly got by the method of interview. Many food consumption cariogenic obtained 3x24 hour recall method

The results of this research show the half of the parents (68.2%) did not have a good role in the prevention of dental caries. Sugar consumption cariogenic averaged is 145.779 grams per day, far higher than the WHO recommendations 50 – 80 grams per day. Nearly all the children suffering dental caries (90.9%). There is a connection between parental role with dental caries. There is a relationship between the abundance of food consumption cariogenic with dental caries.

Keywords: *Dental Caries, Role of Parents, Cariogenic Food*