

## TINGKAT PENGETAHUAN DAN KONSUMSI MAKANAN KARIOGENIK SISWA SD NEGERI PALEBON 3 KOTA SEMARANG

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Makanan kariogenik merupakan makanan yang dapat memicu terjadinya karies gigi terutama bila dikonsumsi dalam jumlah banyak. Karies gigi merupakan salah satu penyakit gigi yang paling sering dijumpai dikalangan siswa sekolah dasar. Konsumsi makanan kariogenik dipengaruhi oleh berbagai faktor diantaranya pengetahuan siswa tentang makanan kariogenik dan pola asuh yang dilakukan oleh ibu. Tujuan penelitian yaitu untuk menganalisis tingkat pengetahuan dan konsumsi makanan kariogenik siswa SD Negeri Palebon 3 kota Semarang.

Penelitian ini adalah penelitian deskriptif. Jumlah sampel 74 siswa yang diambil dengan metode *Proporsional Random Sampling*. Data tingkat pengetahuan kariogenik diperoleh melalui wawancara dengan menggunakan kuesioner. Data konsumsi makanan kariogenik diukur dengan metode *semi quantitative food frequency*.

Hasil penelitian mengungkapkan sebagian besar (71,6 %) siswa kelas 3, 4, dan 5 SD Negeri Palebon 3 kota Semarang berusia 9-10 tahun. Jumlah siswa laki-laki lebih banyak dibandingkan siswa perempuan. Rata-rata skor pengetahuan siswa  $80,9 \pm 12,6$  % dengan skor terendah 35 % dan tertinggi 100 %. 50,0 % siswa berpengetahuan baik. Siswa paling rendah pengetahuannya dalam hal makanan yang mengandung kariogenik zat tinggi serta akibatnya terhadap kesehatan gigi. Rata-rata siswa mengkonsumsi makanan kariogenik  $15,63 \pm 11,79$  gram/hari dengan konsumsi terendah 0,60 gram/hari dan tertinggi 63,26 gram/hari. 52,71 % siswa mengkonsumsi makanan kariogenik lebih. Makanan kariogenik yang paling sering dikonsumsi siswa berturut-turut adalah biskuit, permen, dan coklat.

**Kata Kunci** : Tingkat Pengetahuan Kariogenik, Konsumsi Makanan Kariogenik, Karies gigi, Siswa Sekolah Dasar.

## LEVEL OF KNOWLEDGE AND CONSUMPTION OF CARIOGENIC FOODS OF PALEBON 3 STATE ELEMENTARY SCHOOL STUDENTS, SEMARANG CITY

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Cariogenic foods are foods that can trigger dental caries, especially if consumed in large quantities. Dental caries is one of the most common dental diseases among elementary school students. The consumption of cariogenic foods is influenced by various factors including students' knowledge about cariogenic foods and parenting practices carried out by mothers. The purpose of the study was to analyze the level of knowledge and consumption of cariogenic foods in Palebon Elementary School 3 students in Semarang city.

This research is descriptive research. The number of samples is 74 students taken by the Proportional Random Sampling method. Data on the level of cariogenic knowledge was obtained through interviews using a questionnaire. Data on cariogenic food consumption was measured using the semi quantitative food frequency method.

The results revealed that most (71.6%) students in grades 3, 4 and 5 of Palebon 3 Elementary School in Semarang City were 9-10 years old. There are more male students than female students. The average score of student knowledge is  $80.9 \pm 12.6\%$  with the lowest score of 35% and the highest 100%. 50.0% of students are well-informed. Students have the lowest knowledge in terms of foods containing high cariogenic substances as well as the consequences for dental health. On average students consume cariogenic food  $15.63 \pm 11.79$  grams / day with the lowest consumption of 0.60 grams / day and the highest is 63.26 grams / day. 52.71% of students consume more cariogenic foods. The cariogenic foods most frequently consumed by students are biscuits, sweets, and chocolate.

**Keywords :** Level of Cariogenic Knowledge, Consumption of Cariogenic Foods, Dental Caries, Elementary School Students.