

GAMBARAN KEBERSIHAN GIGI DAN MULUT PADA IBU HAMIL

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Abstrak

Latar Belakang: Berdasarkan data dari Riskesdas, presentase kasus gigi dan mulut terdapat pada ibu hamil dengan kasus terbanyak adalah gingivitis. Hal ini disebabkan karena peningkatan hormon saat ibu hamil, faktor stress, dan juga faktor tingkat pengetahuan mengenai cara menjaga kebersihan gigi dan mulut dikala hamil. **Tujuan:** Untuk mengetahui gambaran umum kebersihan gigi dan mulut pada trimester kehamilan ibu hamil berdasarkan hasil penelusuran artikel penelitian. **Metode Penelitian:** Tinjauan pustaka dengan menelaah artikel penelitian yang didapatkan dari Science Direct dan Google Scholar dengan menggunakan kata kunci “ibu hamil dan gingivitis”. **Hasil:** Didapatkan total 23 artikel yang digunakan dalam analisa penelitian ini. **Kesimpulan:** Status kebersihan gigi dan mulut ibu hamil pada trimester 1 lebih baik daripada trimester 2 dan 3. Status kebersihan gigi dan mulut ibu hamil pada trimester 1 lebih buruh daripada trimester 2 dan 3. Terdapat sejumlah faktor yang mempengaruhi status kebersihan gigi dan mulut pada ibu hamil seperti tingkat kesadaran, pola makan, kebiasaan mengosok gigi secara benar dan teratur, kebiasaan berkumur, tingkat pengetahuan, dan lain sebagainya.

Kata kunci: *Ibu Hamil, OHI-S,, Dental Hygiene.*

OVERVIEW OF DENTAL AND MOUTH CLEANLINESS IN PREGNANT WOMEN

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Abstract

Background: Based on data from Riskesdas, the percentage of cases of teeth and mouth was found in pregnant women with the most cases being gingivitis. This is due to the increase in hormones during pregnancy, stress factors, and also the level of knowledge about how to maintain oral hygiene during pregnancy. **Purpose:** To find an overview of oral hygiene during the pregnancy trimester of pregnant women based on the results of research articles. **Research Methods:** Literature review by examining research articles obtained from Science Direct and Google Scholar using the keyword "pregnant women and gingivitis". **Results:** There were 23 articles used in the analysis of this study. **Conclusion:** The dental and oral hygiene status of pregnant women in the 1st trimester is better than the 2nd and 3rd trimesters. The dental and oral hygiene status of pregnant women in the 1st trimester is more difficult than the 2nd and 3rd trimesters. There are a number of factors that influence the oral hygiene status of the mother. pregnancy, such as level of consciousness, diet, habit of brushing teeth properly and regularly, gargling habits, level of knowledge, and so on.

Keywords: *Pregnant Women, OHI-S, Dental Hygien*

