

**HUBUNGAN POLA PEMBERIAN MAKAN DAN KEBERSIHAN MULUT
DENGAN INDEKS KEPARAHAN KARIES ANAK PAUD YANG POSITIF
KARIES (Studi dilakukan di 4 PAUD Kelurahan Lakarsantri)**

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ABSTRACT

The current incidence of dental caries is still quite high. One is dental caries of children in early childhood education. The severity of dental caries is caused by incorrect feeding patterns and poor oral hygiene. This study aimed to analyze the relationship between feeding patterns and oral hygiene and the dental caries severity index of children in early childhood education in Kelurahan Lakarsantri. This research was categorized as an observational analytic study using a cross-sectional designs whose sample is children in early childhood education, while the interviews were conducted on 83 mothers of children in early childhood education. Samples were taken by using simple random sampling. Data were analyzed by using Chi-square, Fisher's and Spearman test. The independent variables in this study were sex, age, feeding patterns (types of staple foods, timing, feeding habits of snacks between meals, types of snacks, snack frequency, quality, nutritional balance, the habit of holding food in the mouth, the pattern of drinking milk / dairy formula, the habit of consuming fruits and vegetables), tooth-brushing habits, and oral hygiene. Meanwhile, the dependent variable was the dental caries severity index. The dental caries severity index in children in early childhood education in Lakarsantri during 2010-2011 was very high with def-t 6.9. The results showed that there was significant relationship between the variables of sugar added in milk ($p = 0.000$), holding the pacifier while sleeping ($p = 0.002$) and frequency of eating fruit ($p = 0.007$), frequency of consuming hard candy (0.000), frequency of consuming soft drink ($p = 0.028$), and oral hygiene (0.003). Meanwhile, the variables of the way of giving staple food ($p = 0.777$), frequency of consuming soft sweets ($p = 0.290$), chocolate ($p = 0.762$), cakes ($p = 0.348$), cookies ($p = 0.651$), wafer ($p = 0.448$), sweetened beverages ($p = 0.097$), and bread ($p = 0.172$) showed no significant relationship with dental caries

severity index. The conclusion was that the pattern of feeding (addition of sugar to the milk, holding the pacifier while sleeping, frequency of eating fruit, frequency of consuming candy and soft drink) and oral hygiene were associated with the severity index of dental caries. It is suggested that children in early childhood education be limited to consume sucrose, reduce the habit of holding pacifier while sleeping, and maintain oral hygiene as a way of reducing the risk of dental caries severity.

Key words: the incidence of dental caries, dental caries severity index, children in early childhood education



ABSTRAK

Saat ini kejadian karies masih cukup tinggi. Salah satunya adalah karies pada anak PAUD. Keparahan karies disebabkan oleh pola pemberian makan yang salah dan kebersihan mulut yang kurang baik. Penelitian ini bertujuan untuk menganalisis hubungan antara pola pemberian makan dan kebersihan mulut dengan indeks keparahan karies anak PAUD di Kelurahan Lakarsantri. Jenis penelitian ini adalah observasional analitik dengan rancangan *cross sectional* dengan sampel adalah anak PAUD, sedangkan wawancara dilakukan pada 83 ibu anak PAUD. Pengambilan sampel dengan *simple random*. Analisis data dengan uji *Chi-Square*, *Fisher's* dan *Spearman*. Variabel bebas penelitian adalah jenis kelamin, umur, pola pemberian makan (jenis makanan pokok, pengaturan waktu pemberian makan, kebiasaan jajanan diantara waktu makan, jenis jajanan, frekuensi jajan, mutu keseimbangan gizi, kebiasaan menahan makanan dalam mulut, pola meminum ASI/ susu formula, kebiasaan mengkonsumsi buah dan sayuran), kebiasaan menyikat gigi serta kebersihan mulut. Sedangkan variabel terikat penelitian adalah indeks keparahan karies. Indeks keparahan karies anak PAUD Lakarsantri tahun 2010-2011 sangat tinggi dengan def-t 6,9. Hasil penelitian menunjukkan ada hubungan bermakna antara variabel penambahan gula pada susu ($p=0,000$), menahan dot ketika tidur ($p=0,002$) dan frekuensi makan buah ($p=0,007$), frekuensi konsumsi permen keras ($p=0,000$), frekuensi konsumsi *soft drink* ($p=0,028$), dan kebersihan mulut ($0,003$). Sedangkan variabel cara pemberian makanan pokok ($p=0,777$), frekuensi konsumsi permen lunak ($p=0,290$), coklat ($p=0,762$), kue basah ($p=0,348$), kue kering ($p=0,651$), wafer ($p=0,448$), minuman manis ($p=0,097$), dan roti ($p=0,172$) tidak ada hubungan bermakna dengan indeks keparahan karies. Kesimpulan adalah pola pemberian makan (penambahan gula pada susu, menahan dot ketika tidur, frekuensi makan buah, frekuensi konsumsi permen dan *soft drink*) dan kebersihan mulut berhubungan dengan indeks keparahan karies. Disarankan anak PAUD untuk membatasi konsumsi sukrosa, menghilangkan kebiasaan menahan dot ketika tidur, dan menjaga kebersihan mulut merupakan cara mengurangi risiko keparahan karies.

Kata kunci : kejadian karies, indeks keparahan karies, anak PAUD

