

Measurement of tooth brushing frequency, time of day and duration of adults and children in Jakarta, Indonesia

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Abstrak

Pengukuran frekuensi, waktu dan lamanya sikat gigi pada populasi dewasa dan anak di Jakarta, Indonesia. Studi Epidemiologi sangatlah penting untuk mengevaluasi kesehatan gigi dan mulut suatu negara.

Tujuan: Mendapatkan data frekuensi, waktu, dan lamanya menyikat gigi orang dewasa dan anak-anak di Jakarta, Indonesia.

Metode: Sikat gigi yang telah berisi pencatat data digital disebar secara acak pada 120 keluarga di Jakarta untuk mendapatkan data menyikat gigi dalam keluarga tersebut. Keluarga yang dianalisis adalah bapak, ibu dan dua orang anak yang berusia antara 6 ? 15 tahun.

Hasil: Rerata frekuensi sikat gigi populasi penelitian adalah 1.27 kali per hari. Sebagian besar individu (46%) menyikat gigi pada pagi hari. Rerata waktu lamanya menyikat gigi adalah 57.29 detik. Frekuensi menyikat gigi ibu cenderung lebih tinggi daripada anggota keluarga yang lain, sementara bapak cenderung menyikat gigi lebih lama.

Simpulan: Pendidikan efektif yang bertujuan untuk meningkatkan lamanya dan frekuensi menyikat gigi dari satu kali menjadi dua kali masih sangat penting dilakukan di Indonesia.

<hr><i>Epidemiological study of tooth brushing is essential to evaluate dental health of a country.

Objective: To obtain data on tooth brushing frequency, time of day and duration from adults and children in Jakarta, Indonesia.

Methods: Toothbrushes containing data loggers were distributed to 120 random families in Jakarta to record how many times a day, when and for how long subjects brushed their teeth. The families were each composed of a mother, father and two children aged between 6 and 15 years.

Results: The mean brushing frequency of the population was 1.27 times per day. The majority of the tooth brushing (46%) was performed in the morning. The mean tooth brushing duration of this population was 57.29 seconds. The mothers' tooth brushing frequencies tended to be higher than that of the other family members, and the fathers tended to brush their teeth longer.

Conclusion: Effective education aimed at increasing both the duration and frequency of tooth brushing from once to twice per day is urgently required in Indonesia.</i>