

## Hubungan Frekuensi Konsumsi Makanan Kariogenik dengan Status Karies Gigi pada Anak Usia 15-16 Tahun di DKI Jakarta = Food Consumption Frequency Relationship Status With Dental Caries In Teens Aged 15-16 Years In Jakarta

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### Abstrak

Tujuan: Penelitian ini bertujuan untuk menguji reliabilitas kuesioner frekuensi konsumsi makanan kariogenik, mengetahui status karies gigi, dan hubungan frekuensi konsumsi makanan kariogenik dengan status karies gigi pada anak usia 15-16 tahun di DKI Jakarta. Metode: Survei epidemiologi dilakukan dengan desain penelitian cross sectional. Pemeriksaan karies gigi dilakukan oleh satu pemeriksa, menggunakan indeks DMFT. Indeks DMFT digunakan untuk mencatat prevalensi karies gigi berdasarkan kriteria WHO. Selain itu juga memberikan FFQ/ Food Frequency Questionare yang dijawab oleh subjek untuk mendapatkan informasi mengenai frekuensi konsumsi makanan kariogenik, karakteristik anak, dan keadaan sosiodemografi. Data kemudian dianalisis dengan analitik komparatif. Hasil: Total sampel sebanyak 471 anak, dengan prevalensi yang mengalami karies gigi sebesar 75,4% dengan rata-rata 2,72. Kesimpulan: Status karies gigi pada anak usia 15-16 tahun di DKI Jakarta tergolong moderate, dengan rata-rata 2,72. Kedua kuesioner yang digunakan dalam penelitian ini adalah reliabel. Karies gigi berhubungan signifikan dengan jenis kelamin, pendidikan ibu dan item makanan yogurt, perment mint, kripik, dan minuman bersoda.

.....Objective: This study aimed to examine the reliability of the questionnaire frequency of cariogenic food consumption, determine the dental caries status, and the relationship between the frequency of cariogenic food consumption and dental caries status in children aged 15-16 years in DKI Jakarta. Method: Epidemiology surveys were conducted with cross sectional study design. Dental caries was examined by one examiner, using DMFT index. DMFT index is used to record the prevalence of dental caries based on WHO criteria. FFQ / Food Frequency Questionare answered by the subject to get information about the frequency of consumption of cariogenic foods, children's characteristics, and sociodemographic conditions. Data were analyzed with comparative analytic. Results: A total sample of 471 children, with a prevalence of dental caries of 75.4% with an average of 2.72. Conclusion: Dental caries status in children aged 15-16 years in DKI Jakarta is classified as moderate, with an average of 2.72. Both of questionnaires used in this study are reliable. Dental caries is significantly associated with gender, maternal education and food items such as yogurt, mint, mint, and carbonated drinks.