

Hubungan Kejadian Stunting dengan Karies Gigi pada Anak di Kecamatan Juwiring Kabupaten Klaten = The Relationship between Stunting and Dental Caries in Children in the Juwiring Sub - District, Klaten District

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Abstrak

Latar Belakang: Stunting adalah kondisi malnutrisi kronis yang memengaruhi jutaan anak di seluruh dunia, terutama di negara-negara berkembang. Kondisi ini tidak hanya berdampak pada pertumbuhan fisik tetapi juga perkembangan kognitif anak. Anak dengan stunting memiliki laju air liur yang rendah sehingga meningkatkan risiko terjadinya karies. Karies merupakan salah satu penyakit kronis yang paling umum terjadi pada anak-anak dan dapat memengaruhi kualitas hidup mereka secara keseluruhan. Meskipun dampak sistemik stunting telah banyak diteliti, hubungannya dengan kejadian karies gigi masih jarang dibahas, terutama di daerah pedesaan seperti Kecamatan Juwiring, Kabupaten Klaten.

Tujuan: Mengetahui hubungan kejadian stunting dengan penyakit karies gigi pada anak usia 0-3 tahun di Kecamatan Juwiring Kabupaten Klaten

Metode: Penelitian ini menggunakan desain studi cross sectional dengan data sekunder mengenai stunting yang diperoleh dari program JUWITA 1000 HARTA yang dikelola Puskesmas Juwiring. Jumlah subjek sebanyak 264 orang dengan menggunakan teknik sampling total sampling untuk stunting dan consecutive sampling untuk pemeriksaan karies.

Stunting ditentukan menggunakan Z-score berdasarkan standar WHO, dan dikategorikan

menjadi tingkat ringan dan berat. Status karies gigi dinilai menggunakan menggunakan bantuan alat intraoral kamera dan dikategorikan menjadi karies dan bebas karies. Analisis statistik dilakukan menggunakan uji chi-square untuk menguji hubungan antara stunting dan karies gigi.

Hasil: Didapatkan 248 dari total 264 subjek yang menjadi subjek penelitian. Dari 248 subjek, sebesar 31,5% mengalami stunting ringan dan 68,5% mengalami stunting berat. Prevalensi karies gigi secara signifikan lebih tinggi pada anak-anak dengan stunting berat dibandingkan dengan mereka yang mengalami stunting ringan atau tidak stunting ($p < 0,05$).

Kesimpulan: Penelitian ini menunjukkan adanya hubungan yang signifikan antara stunting dan prevalensi karies gigi. Anak-anak dengan stunting yang lebih parah berisiko lebih tinggi untuk mengalami karies gigi, yang menekankan pentingnya mengatasi tantangan terkait gizi dan kesehatan gigi untuk meningkatkan kesejahteraan anak secara keseluruhan.

Kata Kunci: Stunting, karies gigi, status gizi, kesehatan gigi, anak-anak.

Background: Stunting is a chronic malnutrition condition affecting millions of children worldwide, particularly in developing countries. This condition not only impacts physical growth but also cognitive development in children. Children with stunting tend to have reduced salivary flow rates, increasing their risk of developing dental caries. Dental caries is one of the most common chronic diseases among children, significantly affecting their overall quality of life. Although the systemic effects of stunting have been widely studied, its relationship with dental caries remains underexplored, particularly in rural areas such as Juwiring Subdistrict, Klaten Regency.

Objective: To determine the relationship between stunting and dental caries in children aged 0–3 years in Juwiring Subdistrict, Klaten Regency.

Method: This research method is cross sectional design using secondary data on stunting obtained from the JUWITA 1000 HARTA program managed by Juwiring Public Health Center. A total of 264 subjects were included, using total sampling for stunting and consecutive sampling for caries examination. Stunting was assessed using Z-score based on WHO standards and categorized into mild and severe levels. Dental

caries status was assessed using intraoral cameras and categorized as caries or caries-free. Statistical analysis was performed using the chi-square test to examine the relationship between stunting and dental caries.

Results: Out of 264 subjects, 248 were included in the study. Of these, 31.5% were mildly stunted, and 68.5% were severely stunted. The prevalence of dental caries was significantly higher among children with severe stunting compared to those with mild stunting or no stunting ($p < 0.05$).

Conclusion: The study shows a significant relationship between stunting and dental caries prevalence. Children with more severe stunting are at a greater risk of developing dental caries, underscoring the importance of addressing both nutritional and oral health challenges to improve overall child well-being.

Keywords: Stunting, dental caries, nutritional status, oral health, children.