

POLITEKNIK KESEHATAN TANJUNGKARANG
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Gambaran Frekuensi Menyikat Gigi Terhadap Prevalensi Karies Gigi Pada Anak Kelas V SDN 1 Totokaton Lampung Tengah
XIV + 35 Halaman, 5 Tabel, 7 Gambar, 13 Lampiran

RINGKASAN

Karies gigi merupakan salah satu masalah kesehatan gigi dan mulut yang umum terjadi pada anak usia sekolah. Frekuensi menyikat gigi menjadi salah satu faktor penting dalam upaya pencegahan karies. Meskipun mayoritas anak menyikat gigi dua kali sehari, namun pemahaman tentang waktu dan teknik yang tepat masih kurang optimal. Penelitian ini bertujuan untuk mengetahui gambaran frekuensi menyikat gigi terhadap prevalensi karies gigi pada siswa kelas V di SDN 1 Totokaton, Lampung Tengah.

Desain penelitian ini bersifat deskriptif kuantitatif dengan pendekatan *cross-sectional*. Berdasarkan hasil penelitian yang dilakukan peneliti, mayoritas responden (85,1%) menyikat gigi lebih dari dua kali sehari. Namun, prevalensi karies masih tinggi yaitu sebesar 68,1%. Hasil uji Chi-Square menunjukkan nilai signifikansi sebesar 0,215 ($p > 0,05$), yang berarti tidak terdapat hubungan yang signifikan antara frekuensi menyikat gigi dan prevalensi karies gigi.

Sehingga dapat disimpulkan bahwa frekuensi menyikat gigi yang tinggi tidak menjamin rendahnya kejadian karies gigi. Faktor lain seperti teknik menyikat gigi, waktu menyikat, penggunaan pasta gigi berfluoride, dan pola konsumsi makanan turut memengaruhi terjadinya karies. Edukasi menyeluruh tentang kebersihan gigi diperlukan agar pencegahan karies lebih efektif.

Kata Kunci : Frekuensi Menyikat Gigi, Karies Gigi, Anak Sekolah Dasar
Daftar Bacaan : 18 (2018-2024)

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**Overview of Tooth Brushing Frequency in Relation to Dental Caries
Prevalence Among Fifth Grade Students at SDN 1 Totokaton, Central
Lampung**

XIV + 35 Pages, 5 Tables, 7 Figures, 13 Appendices

ABSTRACT

Dental caries is one of the most common oral health problems among school-aged children. Tooth brushing frequency is an important factor in caries prevention efforts. Although the majority of children brush their teeth twice a day, their understanding of the proper timing and technique is still suboptimal. This study aims to describe the relationship between tooth brushing frequency and the prevalence of dental caries among fifth grade students at SDN 1 Totokaton, Central Lampung.

This research uses a quantitative descriptive design with a *cross-sectional* approach. Based on the results obtained by the researcher, the majority of respondents (85.1%) brush their teeth more than twice a day. However, the prevalence of caries remains high at 68.1%. The Chi-Square test result shows a significance value of 0.215 ($p > 0.05$), indicating that there is no significant relationship between tooth brushing frequency and the prevalence of dental caries.

It can be concluded that a high frequency of tooth brushing does not guarantee a lower incidence of dental caries. Other factors such as brushing technique, timing, the use of fluoride toothpaste, and dietary patterns also influence the occurrence of caries. Comprehensive education on dental hygiene is necessary to ensure more effective caries prevention.

Keywords: Tooth Brushing Frequency, Dental Caries, Elementary School Children

References: 18 (2018–2024)