

HUBUNGAN ANTARA KONSUMSI MAKANAN SELINGAN KARIOGENIK DENGAN TERJADINYA *ECC* (*EARLY CHILDHOOD CARIES*) PADA ANAK USIA 2-5 TAHUN DI TK N 2 SLEMAN

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INTISARI

Pembentukan *ECC* memerlukan proses waktu yang lama, selain itu *ECC* merupakan jenis penyakit multifaktorial sehingga dalam kurun waktu tersebut banyak faktor risiko yang dapat mempengaruhi perkembangannya salah satunya adalah pola makan anak. Tujuan dilakukannya penelitian ini untuk mengetahui apakah terdapat hubungan antara frekuensi konsumsi makanan selingan dan tingkat kariogenitas makanan yang dikonsumsi terhadap terjadinya *ECC*.

Penelitian dilakukan menggunakan desain potong lintang dengan total subjek 50 anak prasekolah di TK Negeri 2 Sleman yang berusia 2-5 tahun beserta orang tuanya. Teknik yang digunakan dengan total sampling, penilaian skor variabel frekuensi konsumsi dan tingkat kariogenitas didapatkan melalui pengisian kuesioner *FFQ*. *ECC* diukur dengan indeks *dmft* yang diperoleh melalui pemeriksaan klinis pada seluruh gigi susu anak.

Hasil analisis bivariat *pearson correlation* antara frekuensi konsumsi makanan selingan dan tingkat kariogenitas makanan menunjukkan hubungan dengan skor *dmft* ($p=0,026$ dan $p<0,001$). Dalam analisis multivariat regresi linier berganda hanya variabel kariogenitas yang berpengaruh dengan skor *dmft* ($p<0,001$).

Kesimpulan dari penelitian ini adalah semakin tinggi frekuensi konsumsi dan tingkat kariogenitas makanan maka semakin tinggi kejadian *ECC*. Analisis multivariat menunjukkan semakin tinggi kariogenitas makanan maka semakin tinggi kejadian *ECC*, variabel frekuensi konsumsi tidak memiliki pengaruh terhadap terjadinya *ECC*.

Kata Kunci: anak prasekolah, *ECC*, frekuensi konsumsi makanan selingan, makanan kariogenik.

**THE RELATIONSHIP BETWEEN THE CONSUMPTION OF
CARYOGENIC STUFFED FOODS AND THE OCCURRENCE OF ECC
(EARLY CHILDHOOD CARIES) IN CHILDREN AGED 2-5 YEARS
AT TK N 2 SLEMAN**

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ABSTRACT

The formation of ECC requires a long process, beside that ECC is a type of multifactorial disease so during this period there are many risk factors that could influence its development, one of which is the child's diet. The aim of this research was to determine whether there was a relationship between the frequency of consumption of snack foods and the level of cariogenicity of the food consumed on the occurrence of ECC.

The research was conducted using a cross-sectional design with a total of 50 predicted children at TK Negeri 2 Sleman aged 2-5 years and their parents. The technique used was total sampling, scoring variable scores for frequency of consumption and cariogenicity levels obtained by filling in the FFQ questionnaire. ECC is measured by the dmft index obtained through clinical examination of all children's milk teeth.

The results of the bivariate analysis of the Pearson correlation between the frequency of consumption of snack foods and the cariogenicity level of the food showed a relationship with the dmft score ($p=0.026$ and $p<0.001$). In the multiple multivariate linear regression analysis, only the cariogenicity variable had an influence on the dmft score ($p<0.001$).

The conclusion of this research is that the higher the frequency of consumption and the level of cariogenicity of food, the higher the incidence of ECC. Multivariate analysis shows that the higher the cariogenicity of the food, the higher the incidence of ECC. The consumption frequency variable has no influence on the occurrence of ECC.

Keywords: pregnant children, ECC, frequency of consumption of snack foods, cariogenic foods.