

FAKTOR – FAKTOR YANG MEMPENGARUHI PERILAKU PEMELIHARAAN KEBERSIHAN GIGI DAN MULUT IBU HAMIL DI PUSKESMAS KABUPATEN KUPANG

(Kajian di Puskesmas Baumata Kabupaten Kupang)

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INTISARI

Latar belakang : Pada masa kehamilan, rongga mulut ibu mudah mengalami peradangan karena adanya perubahan hormonal, sehingga menyebabkan gingiva menjadi sensitif bila kesehatan mulut tidak terjaga. Penelitian ini bertujuan untuk mengetahui faktor – faktor yang mempengaruhi perilaku pemeliharaan kebersihan gigi dan mulut ibu hamil di Puskesmas Kabupaten Kupang.

Metode penelitian : Penelitian observasional analitik dengan rancangan *cross sectional* dilakukan dengan mengambil subyek penelitian 97 ibu hamil. Variabel bebas yaitu : tingkat pendidikan, status sosial ekonomi, pengetahuan, sikap, kebiasaan menginang, sarana dan prasarana pelayanan kesehatan gigi, pelayanan petugas puskesmas dan variabel terikat yaitu : perilaku pemeliharaan kebersihan gigi dan mulut ibu hamil. Alat ukur penelitian ini menggunakan kuesioner yang disusun dengan metode Likert untuk mengukur variabel sikap, sarana dan prasarana pelayanan kesehatan gigi dan perilaku pemeliharaan kebersihan gigi dan mulut ibu hamil. Kuesioner dengan dua pilihan (benar atau tidak benar) untuk mengukur variabel pengetahuan dan pelayanan petugas puskesmas serta kuesioner pilihan ganda untuk mengukur variabel kebiasaan menginang. Kuesioner tersebut telah diuji validitas dan reliabilitasnya. Untuk mengukur tingkat pendidikan dan status sosial ekonomi dengan mengisi daftar isian. Pemeriksaan status kebersihan gigi dan mulut dilakukan untuk mengetahui perilaku pemeliharaan kebersihan gigi dan mulut ibu hamil. Analisis data dengan menggunakan analisis : korelasi dan regresi berganda pada tingkat signifikan $\alpha < 0,05$.

Hasil penelitian : Hasil analisis regresi berganda menunjukkan tingkat pendidikan, sarana dan prasarana pelayanan kesehatan gigi tidak berpengaruh secara signifikan terhadap perilaku ($\alpha > 0,05$). Variabel status sosial ekonomi, pengetahuan, sikap, kebiasaan menginang, pelayanan petugas puskesmas berkorelasi sangat signifikan dengan perilaku pemeliharaan kebersihan gigi dan mulut ($F = 21,206$ $p = 0,000$) kelima variabel tersebut secara bersama – sama memberikan kontribusi sebesar 53,8%. Pengetahuan memberikan pengaruh paling besar yaitu 20,0% terhadap perilaku pemeliharaan kebersihan gigi dan mulut.

Kesimpulan : 1). Semakin baik status sosial ekonomi, pengetahuan, sikap, pelayanan petugas puskesmas dan semakin jarang kebiasaan menginang akan berakibat semakin baik perilaku pemeliharaan kebersihan gigi dan mulut 2). Tingkat pendidikan, sarana dan prasarana pelayanan kesehatan gigi tidak memberikan pengaruh yang signifikan terhadap perilaku pemeliharaan kebersihan gigi dan mulut.

Kata kunci : Perilaku, Kebiasaan menginang, Ibu hamil

FACTORS AFFECTING ORAL AND DENTAL HYGIENE MAINTAINING BEHAVIOUR OF THE PREGNANT WOMEN IN PUBLIC HEALTH CENTRE KUPANG REGENCY

(A study in Baumata Public Health Center Kupang Regency)

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ABSTRACT

Background: During pregnancy, woman's oral cavity becomes inflamed easily due to hormonal changes so that gingiva become sensitive if the oral hygiene is not well maintained. The purpose of this study was to examine factors affecting of oral and dental hygiene maintenance behavior of pregnant woman at Public Health Centre of Kupang Regency.

Research Method: An observational analytical research with cross sectional design was conducted on 97 pregnant women as the subject research. Independent variables were Education level, socio-economic status, knowledge, attitude and betel chewing habit, facilities and infrastructures of dental health service and service of the public health centre staff, where dependant variables was oral and dental hygiene maintaining behavior of pregnant women. Variables of attitude, facilities and infrastructures of dental health service, oral and dental hygiene maintaining behavior of the pregnant women was assed using questionnaire with Likert Scale method. Questionnaire with two options (true and false) was used to measure knowledge variable, and the service of the Public Health Service staff, and multiple choice questionnaires were used to measure betel chewing habit variable, while a form that should be completed to measure education level and socio-economic status. The examination of oral and dental hygiene status was conducted by identifying the behavior of oral and dental hygiene maintenance of the pregnant women. Questionnaire was tested its validity and reliability. The data were analyzed using the multiple regression analysis at the significant rate $\alpha < 0,05$.

Research Result: The result of multiple regression analysis indicated that the variables of facilities and infrastructure of the dental health service did not affect significantly on the behavior ($\alpha > 0,05$). The variables of education, socio-economy, knowledge, attitude, betel chewing habit, service of the public health centre staff correlated significantly the behavior of oral and dental hygiene maintenance ($F = 21,206$, $p = 0.000$). Those five variables collectively contributed 53,8%. Knowledge gave the highest contribution of 20,0% to the behavior of oral and dental hygiene.

Conclusion: 1) The better socio-economic status, knowledge, attitude, service of the public health centre staff and the less frequent betel chewing habit were, the better the oral and dental maintenance will be. 2) Education level, facilities and infrastructures of oral and dental maintenance do not give significant effect on the behavior of oral and dental health maintenance.

Key words: behavior, betel chewing habit, pregnant woman