

## INTISARI

Teh merupakan minuman yang banyak dikonsumsi di seluruh dunia. Teh memiliki kandungan yang dapat mencegah terjadinya karies gigi antara lain fluoride, polifenol dan katekin. Tahap kelima *dental age* merupakan tahap yang kritis dalam perkembangan lesi karies. Tujuan penelitian ini untuk mengetahui pengaruh frekuensi minum teh terhadap angka karies pada anak dengan dental age tahap kelima di desa Tambi, Kabupaten Wonosobo.

Jenis penelitian adalah *cross sectional*. Subjek berjumlah 35 anak dengan *dental age* tahap kelima. Perhitungan frekuensi minum teh dilakukan selama satu minggu menggunakan kuesioner *Semi Quantitative-Food Frequency Questionnaire* (SQ-FFQ). Frekuensi minum teh dikategorikan sesuai kategori modifikasi Feng yaitu frekuensi kelompok jarang adalah <1-6 gelas/minggu, frekuensi kelompok sedang adalah 7-14 gelas/minggu dan frekuensi kelompok sering adalah > 14 gelas/minggu. Data di uji menggunakan Uji *Kruskal-Wallis*.

Hasil penelitian menunjukkan angka karies kelompok frekuensi minum teh jarang  $2,47 \pm 1,76$ , sedang  $1,60 \pm 1,58$  dan sering  $1,50 \pm 1,24$ . Hasil uji analisis *Kruskal-Wallis* menunjukkan bahwa tidak terdapat perbedaan angka karies yang bermakna antara kelompok frekuensi minum teh jarang, sedang dan sering ( $p > 0,05$ ). Kesimpulan dari hasil penelitian adalah frekuensi minum teh tidak berpengaruh terhadap angka karies pada anak dengan *dental age* tahap kelima di Desa Tambi Kabupaten Wonosobo.

Kata kunci: Teh, frekuensi minum teh, angka karies, *dental age*

### ***ABSTRACT***

Tea is a beverage that is widely consumed in the world. Tea has ingredients that can prevent dental caries including fluoride, polyphenols and catechins. The fifth stage of dental age is a critical stage in the development of carious lesions. The purpose of this study was to determine the effect of tea drinking frequency on caries rates in children with fifth stage dental age in Tambi village, Wonosobo Regency.

This research used cross-sectional method. Subjects are 35 children with fifth stage of dental age. Frequency of drinking tea calculate in one week using the Semi Quantitative - Food Frequency Quitionareare (SQ-FFQ). The frequency of drinking tea is categorized according to Feng's modification category, there are frequency of the rare group is <1-6 cups / week, the frequency of the moderate group is 7-14 cups / week and the frequency of the group often is > 14 cups / week. Data were tested using the Kruskal-Wallis Test.

The results showed the caries rates in the frequency of drinking tea in rarely group is  $2.47 \pm 1.76$ , moderate  $1.60 \pm 1.58$  and often  $1.50 \pm 1.24$ . Kruskal-Wallis analysis test results showed that there were no significant differences in caries rates between the groups of frequency of drinking tea rarely, moderately and frequently ( $p > 0.05$ ). The conclusion from the results of the study is the frequency of drinking tea has no effect on the caries rates in children with fifth stage dental age in Tambi Village, Wonosobo Regency.

**Keywords:** Tea, frequency of drinking tea, caries rate, dental age