

ABSTRAK

Wiwiek Berutu: Hubungan Frekuensi Konsumsi Makanan Kariogenik dengan Karies Gigi pada Anak SD di Kerajaan Pakpak Bharat. Skripsi. Program Studi Gizi. Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan, 2025.

Karies gigi merupakan suatu penyakit yang menyebabkan gigi berlubang, serta kerusakan dan pembusukan pada bagian luar maupun dalam gigi. Penelitian ini bertujuan untuk mengetahui: (1) Karakteristik responden yaitu jenis kelamin, pendidikan ayah, pendidikan ibu, pekerjaan ayah, pekerjaan ibu, pendapatan ayah, pendapatan ibu, uang saku anak sekolah, dan jumlah besar keluarga; (2) Frekuensi konsumsi makanan kariogenik pada anak SD; (3) Karies gigi pada anak SD; (4) Hubungan frekuensi konsumsi makanan kariogenik dengan karies gigi pada anak SD. Lokasi penelitian di SDN 030435 Kerajaan yang terletak di Desa Pardomuan, Kecamatan Kerajaan, Kabupaten Pakpak Bharat, Provinsi Sumatera Utara 22271, saat penelitian dilaksanakan pada bulan Juli-September 2024. Populasi penelitian adalah siswa kelas II dan III dengan jumlah responden sebanyak 47 orang. Desain penelitian yang digunakan adalah cross sectional. Penentuan sampel dilakukan secara total sampling. Teknik pengumpulan data menggunakan kuesioner FFQ dan lembar pemeriksaan karies gigi. Teknik analisis data menggunakan uji korelasi *rank Spearman*.

Berdasarkan hasil penelitian ini, Frekuensi konsumsi makanan kariogenik termasuk kategori sering sebesar 78,70 persen dan karies gigi termasuk kategori karies sebesar 93,60 persen. Hasil analisis korelasi Rank Spearman, terdapat hubungan yang positif dan signifikan antara frekuensi konsumsi makanan kariogenik dengan karies gigi pada anak sekolah dasar. Nilai koefisien korelasi sebesar 0,306 ($p = 0,036$) pada taraf signifikansi 0,05. Artinya semakin sering mengonsumsi makanan kariogenik maka semakin besar kemungkinan terjadinya karies gigi.

ABSTRACT

Wiwiek Berutu: *Relationship between Frequency of Cariogenic Food Consumption and Dental Caries in Elementary School Children in Pakpak Bharat Kingdom. Thesis. Nutrition Study Program. Family Welfare Education. Faculty of Engineering. State University of Medan, 2025.*

Dental caries is a disease that causes cavities, as well as damage and decay to the outside and inside of the teeth. This research aims to determine: (1) Characteristics of respondents, namely gender, father's education, mother's education, father's occupation, mother's occupation, father's income, mother's income, school children's pocket money, and family size; (2) Frequency of consumption of cariogenic foods in elementary school children; (3) Dental caries in elementary school children; (4) The relationship between frequency of consumption of cariogenic foods and dental caries in elementary school children. The research location was at SDN 030435 Kingdom which was located in Pardomuan Village, Kingdom District, Pakpak Bharat Regency, North Sumatra Province 22271, when the research was carried out in July-September 2024. The research population was class II and III students with a total of 47 respondents. The research design used was cross sectional. Sample determination was carried out by total sampling. Data collection techniques used FFQ questionnaires and dental caries examination sheets. The data analysis technique uses the Spearman rank correlation test.

Based on the results of this research, the frequency of consumption of cariogenic foods is in the frequent category at 78.70 percent and dental caries is in the caries category at 93.60 percent. The results of the Spearman Rank correlation analysis showed that there was a positive and significant relationship between the frequency of consumption of cariogenic foods and dental caries in elementary school children. The correlation coefficient value is 0.306 ($p = 0.036$) at a significance level of 0.05. This means that the more frequently you consume cariogenic foods, the greater the chance of dental caries occurring.