

# Sociodemographic, oral health behaviour, and physical activity: factors in caries experience among 19-59 years old adults in a Malaysian population / Dhivyalosini Maykanathan, Satvinder Kaur

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## Abstrak

Dental caries is one of the common diseases which are attributed by many factors. Many from the adult population are afflicted with dental caries. This study aimed to determine the predictors of developing dental caries among adults.

Three hundred and thirty four adults participated in this study. Information gathered were their socio-demographic backgrounds, oral health behaviour, physical activity level, body mass index, body fat percentages, visceral fat level, and dental missing filled extracted teeth (DMFX) index. All standard protocols were observed and DMFX was

examined using the World Health Organization (WHO) criteria. Prevalence of dental caries was 87.4%, inclusive of

61.3% of female respondents with caries experience. Most of the study participants were overweight. Only consumption of high sugar food ( $p=0.03$ ) were found between dental caries and oral health behaviours. Regression analysis

( $p<0.001$ ) showed that older age ( $p<0.001$ ), regular visits to dental clinic per year ( $p=0.012$ ), lower education level

( $p=0.025$ ), and lower physical activity ( $p=0.008$ ) were significant factors in developing dental caries among in this

study population. Older aged adults, frequent appointment with the dentist, lower education in oral health and lower

physical activity were possible factors for dental caries presence.

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Sosiodemografi, Perilaku Kesehatan Gigi dan Mulut, dan Aktivitas Fisik: Berbagai Faktor Penyebab Karies. Karies gigi adalah salah satu penyakit umum disebabkan oleh banyak faktor. Banyak orang dewasa menderita karies

gigi. Penelitian ini bertujuan untuk menentukan prediktor karies gigi pada orang dewasa. Tiga ratus tiga puluh empat

orang dewasa ikut berpartisipasi dalam penelitian ini. Informasi yang dikumpulkan adalah latar belakang sosiodemografis,

perilaku kesehatan gigi dan mulut, tingkat aktivitas fisik, indeks massa tubuh, persentase lemak tubuh, tingkat lemak visceral, dan indeks gigi yang hilang, ditambal, dan diekstraksi (DMFX). Semua protokol

standar diamati

dan DMFX diperiksa mengikuti kriteria Organisasi Kesehatan Dunia (WHO). Prevalensi karies gigi adalah 87,4%,

termasuk 61,3% responden perempuan dengan pengalaman karies. Sebagian besar peserta penelitian kelebihan berat

badan. Hanya konsumsi makanan tinggi gula ( $p=0,03$ ) yang dapat dikaitkan dengan karies gigi dan perilaku kesehatan

mulut dan gigi. Analisis regresi ( $p<0,001$ ) menunjukkan bahwa usia yang lebih tua ( $p<0,001$ ), kunjungan rutin ke klinik

gigi per tahun ( $p=0,012$ ), tingkat pendidikan yang lebih rendah ( $p=0,025$ ), dan aktivitas fisik yang lebih rendah

( $p=0,008$ ) merupakan faktor signifikan yang menyebabkan karies gigi pada populasi penelitian ini. Orang dewasa

berusia lanjut, rendahnya frekuensi kunjungan ke dokter gigi, kurangnya pendidikan mengenai kesehatan mulut dan

gigi, dan aktivitas fisik yang lebih rendah merupakan faktor yang memungkinkan kehadiran karies gigi.