

## Hubungan frekuensi konsumsi sayur dan buah dengan karies gigi molar satu permanen (Kajian pada anak usia 8-9 tahun di Jakarta Pusat) = The correlation between fruit and vegetable consumption frequency and first primary molar caries (Study on children aged 8 to 9 years old in Central Jakarta)

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### Abstrak

Latar Belakang: Asupan makanan merupakan salah satu faktor penyebab karies gigi dengan prevalensi yang sangat tinggi di Indonesia terutama pada anak usia sekolah. Tingkat konsumsi sayur dan buah pada anak di Indonesia masih cukup rendah, padahal jenis makanan ini dikenal dapat merangsang aliran dan meningkatkan kemampuan makan anak. self-cleansing saliva yang penting dalam pencegahan karies.

Tujuan: Menganalisis hubungan antara frekuensi konsumsi sayur dan buah dengan kejadian karies pada gigi geraham pertama permanen pada anak usia 8 sampai 9 tahun di Jakarta Pusat. Metode: Penelitian ini merupakan penelitian potong lintang dengan menggunakan kuesioner frekuensi makanan dan pemeriksaan klinis anak usia 8 sampai 9 tahun di Jakarta Pusat. 109 anak di Jakarta Pusat diperiksa karies dengan klasifikasi ICDAS. Hasil: Penelitian ini menemukan nilai median frekuensi konsumsi sayur per hari pada anak adalah 1,6 (0-8,14) dan 1,4 (0-5). Sebanyak 98,2% anak mengalami karies gigi dan 63,3% anak mengalami karies terbatas pada email. Hubungan antara frekuensi konsumsi sayur dan buah dengan karies ditemukan sangat lemah dan tidak signifikan. Kesimpulan: Tingkat frekuensi konsumsi sayur dan buah pada anak di Jakarta Pusat masih rendah, dan prevalensi karies cukup tinggi. Hubungan yang lemah dan tidak signifikan antara frekuensi konsumsi sayur dan buah dengan karies menunjukkan bahwa ada faktor lain penyebab karies yang harus dikendalikan.

.....Background: Food intake is one of the factors causing dental caries with a very high prevalence in Indonesia, especially in school-age children. The level of consumption of vegetables and fruit in children in Indonesia is still quite low, even though this type of food is known to stimulate flow and improve children's eating abilities. self-cleansing saliva which is important in caries prevention. Objective: To analyze the relationship between the frequency of consumption of vegetables and fruit with the incidence of caries in the permanent first molars in children aged 8 to 9 years in Central Jakarta. Methods: This study was a cross-sectional study using a food frequency questionnaire and clinical examination of children aged 8 to 9 years in Central Jakarta. 109 children in Central Jakarta were examined for caries with the ICDAS classification. Results: This study found the median frequency of vegetable consumption per day in children was 1.6 (0-8.14) and 1.4 (0-5). A total of 98.2% of children had dental caries and 63.3% of children had caries limited to enamel. The relationship between the frequency of consumption of vegetables and fruits with caries was found to be very weak and insignificant. Conclusion: The frequency of consumption of vegetables and fruit in children in Central Jakarta is still low, and the prevalence of caries is quite high. The weak and insignificant relationship between the frequency of consumption of vegetables and fruits with caries indicates that there are other factors that cause caries that must be controlled.