

# Hubungan Tingkat Konsumsi Protein Nabati Dengan Kedalaman Karies Gigi Molar Satu Permanen (Kajian pada ana usia 8-9 tahun di Jakarta Pusat) = Correlation Between Plant Protein Consumption Frequency and First Permanent Molar Caries Depth (Study on Children Aged 8-9 Years in Central Jakarta)

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## Abstrak

Background: Protein is one of the nutrients that teeth need during growth, maturation and, after eruption. Protein consists of plantprotein and animal protein. Plantprotein has the highest average percentage of daily protein consumption inIndonesia.Plantprotein is found in nuts, tofu, and tempeh. The content of food sources of plantprotein has many benefits that are good for oral health.At the age of 8-9 years permanent first molar teeth have erupted they can experience caries within 1-2 years after eruption because of their morphological and functional characteristics. In children, dental caries is one of the most frequent chronic infectious diseases occur and have close links with nutrition.While snacks may also contribute to oral health problems.Aim: To determine the relationship between the level of consumption of plant protein and cariogenic food with the occurrence of permanent dental first molar teeth in children aged 8-9 years in Central Jakarta. Methods: This study isa cross-sectional observational analytic study. The subjects of the study were 109 children aged 8-9 years who were studying State Primary School in Central Jakarta. Teeth examined for permanent first molar teeth that have been erupted. The measuring instrument used was a questionnaire and caries assessment using classification (ICDAS). Result:.The results of the study showed the frequency distribution of caries as follows; 1.8% caries free, 63.3% enamel caries, and 34.9% dentin-pulp caries. Meanwhile, consumption of vegetable protein with caries depth and consumption of snack foods with depth of caries both showed very weak correlation results ( $r = 0.00-0.199$ ) and there was no statistically significant difference ( $P > 0.05$ ).Conclusion: There is a very weak correlation between consumption of vegetable protein and snack food with the depth of caries in permanent first molars in children aged 8-9 years in Central Jakarta, and there is no statistically significant difference