

**HUBUNGAN KONSUMSI MAKANAN KARIOGENIK
DENGAN *EARLY CHILDHOOD CARIES* (ECC) PADA ANAK
FUSSY EATING DI PAUD KECAMATAN PADANG TIMUR**



SKRIPSI

**Sebagai salah satu syarat
untuk memperoleh gelar sarjana pada
Fakultas Kedokteran Gigi Universitas Andalas**

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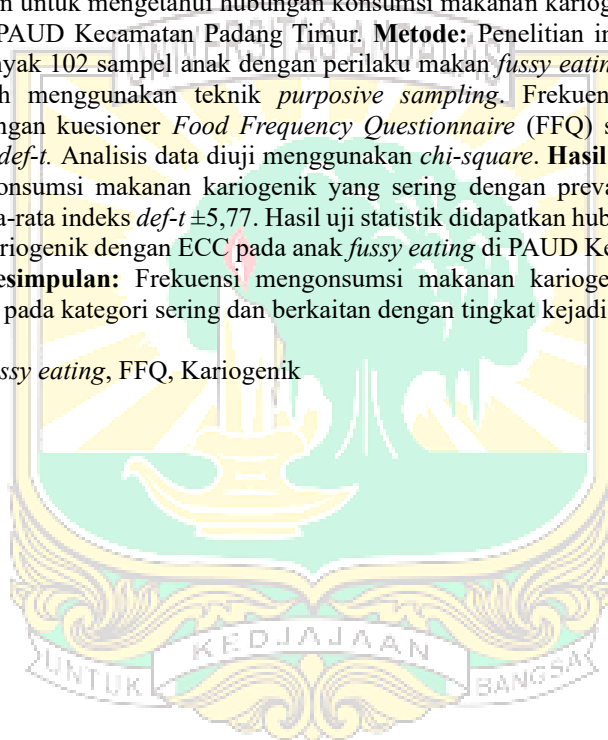
HUBUNGAN KONSUMSI MAKANAN KARIOGENIK DENGAN *EARLY CHILDHOOD CARIES* (ECC) PADA ANAK *FUSSY EATING* DI PAUD KECAMATAN PADANG TIMUR

Oleh: Nazla Ludfika Urlan Simatupang

ABSTRAK

Latar Belakang: *Early Childhood Caries* (ECC) merupakan permasalahan kesehatan gigi dan mulut yang paling banyak terjadi di dunia. Berdasarkan WHO terdapat estimasi 514 juta anak mengalami ECC di seluruh dunia. Faktor risiko penyebab ECC salah satunya adalah frekuensi mengonsumsi makanan kariogenik yang tinggi. Makanan kariogenik yang dikonsumsi terlalu sering menyebabkan penurunan pH saliva sehingga mempercepat proses demineralisasi. Anak *fussy eating* cenderung mengonsumsi asupan makanan kariogenik yang tinggi, sehingga dapat meningkatkan risiko terjadinya ECC. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan konsumsi makanan kariogenik dengan ECC pada anak *fussy eating* di PAUD Kecamatan Padang Timur. **Metode:** Penelitian ini menggunakan desain *cross sectional*. Sebanyak 102 sampel anak dengan perilaku makan *fussy eating* di PAUD Kecamatan Padang Timur dipilih menggunakan teknik *purposive sampling*. Frekuensi konsumsi makanan kariogenik diukur dengan kuesioner *Food Frequency Questionnaire* (FFQ) sedangkan ECC diukur menggunakan indeks *def-t*. Analisis data diuji menggunakan *chi-square*. **Hasil:** Sebanyak 65,7% anak memiliki frekuensi konsumsi makanan kariogenik yang sering dengan prevalensi mengalami ECC sebesar 81,4% dan rata-rata indeks *def-t* $\pm 5,77$. Hasil uji statistik didapatkan hubungan signifikan antara konsumsi makanan kariogenik dengan ECC pada anak *fussy eating* di PAUD Kecamatan Padang Timur (*p-value* <0,001). **Kesimpulan:** Frekuensi mengonsumsi makanan kariogenik anak *fussy eating* sebagian besar berada pada kategori sering dan berkaitan dengan tingkat kejadian ECC.

Kata kunci: ECC, *Fussy eating*, FFQ, Kariogenik



THE RELATIONSHIP OF CARIOGENIC FOOD CONSUMPTION AND EARLY CHILDHOOD CARIES (ECC) AMONG FUSSY EATING CHILDREN AT PRESCHOOLS IN EAST PADANG DISTRICT

By: Nazla Ludfika Urlan Simatupang

ABSTRACT

Background: Early Childhood Caries (ECC) is the most common oral health problems worldwide. According to the WHO, an estimated 514 million children are affected by ECC globally. One of the risk factors for ECC is a high frequency consumption of cariogenic foods. Frequent consumption of cariogenic foods leads to decrease in salivary pH, thereby accelerating the demineralization process. Children with fussy eating behaviours tend to prefer cariogenic food intake as a part of daily consumption, thereby increasing the risk factors of ECC. **Objective:** This study aim to determine the relationship between cariogenic foods consumption and ECC among fussy eating children at preschool in East Padang District. **Methods:** This study used a cross-sectional design. A total of 102 with fussy eating behavior enrolled in preschools at East Padang District were selected using purposive sampling. The frequency of cariogenic food consumption was measured using Food Frequency Questionnaire (FFQ), ECC was assessed using the def-t index. Data was analysed using the chi-square test. **Results:** A total of 65,7% of the children had a high frequency of cariogenic food consumption and 81,4% of the children experienced ECC, with an average def-t index was 5,77. The statistical test resulted obtained a value of $p = 0,01$, states that there was a significant relationship between cariogenic food consumption and ECC among fussy eating children at preschools in East Padang District. **Conclusion:** The frequency of cariogenic food consumption among fussy eating children was mostly in the frequent category and was associated with the incidence of Early Childhood Caries (ECC).

Keywords: ECC, Fussy eating, FFQ, Cariogenic

