

SYSTEMATIC LITERATURE REVIEW : PENGARUH POLA MAKAN KARIOGENIK PADA ANAK SEKOLAH TERHADAP STATUS KESEHATAN GIGI DAN MULUT

ABSTRAK

Pemeliharaan kesehatan gigi pada anak usia sekolah sangat penting karena kondisi gigi mereka akan berpengaruh pada kesehatan gigi di masa dewasa. Kebiasaan konsumsi makanan kariogenik seperti gula dapat meningkatkan risiko karies gigi. Oleh karena itu, pengaturan pola makan yang menghindari konsumsi berlebihan gula penting untuk mengurangi risiko tersebut.

Tujuan penelitian ini adalah menjelaskan pola makan kariogenik pada anak sekolah terhadap status kesehatan gigi dan mulut melalui review artikel.

Strategi penelitian yang dilakukan adalah *literature review* yang didapatkan dari academic database yaitu: Google Scholar, ProQuest, dan Science Direct yang diterbitkan dalam 5 tahun terakhir. Kata kunci yang digunakan adalah “Cariogenic food”, “Carigoenic”, “School Children”, dan “Oral Hygiene” yang dicari dengan metode Boolean dan didapatkan 10 artikel untuk dikaji.

Ditemukan dua jurnal yang membahas perilaku menjaga kesehatan gigi dan mulut, satu jurnal fokus pada waktu menyikat gigi, lima jurnal mengulas pola jajan kariogenik, satu jurnal membahas kunjungan ke dokter gigi atau puskesmas, dan dua jurnal membahas karies gigi serta frekuensi menyikat gigi. Mayoritas jurnal menggunakan *cross-sectional study design*, dengan satu jurnal menggunakan *descriptive analytics study design*. Ukuran sampel penelitian bervariasi dari 40 hingga 550 responden.

Kesimpulan dalam penelitian ini adalah: 1) Sebanyak 52 % remaja dan anak-anak jajan kariogenik di lingkungan sekolah tanpa pengawasan guru dan orang tua; 2) Di era digital saat ini, akses mudah terhadap informasi melalui platform seperti YouTube dan internet telah mendorong sekolah-sekolah untuk aktif melaksanakan kegiatan UKGS setiap 6 bulan yang berdampak signifikan pada pola perawatan kesehatan gigi dan mulut siswa.

Kata kunci: karies, anak, makanan kariogenik

SYSTEMATIC LITERATURE REVIEW: THE EFFECT OF CARIOGENIC DIETARY PATTERNS ON SCHOOL-AGED CHILDREN'S ORAL HEALTH STATUS

ABSTRACT

The maintenance of dental health in school-aged children is crucial as their dental condition will impact their oral health in adulthood. Consumption habits of cariogenic foods such as sugar can increase the risk of dental caries. Therefore, regulating dietary patterns to avoid excessive sugar consumption is important in reducing this risk.

The aim of this study is to elucidate the cariogenic dietary patterns in school children concerning the status of dental and oral health through article reviews. The research strategy employed was a literature review obtained from academic databases including Google Scholar, ProQuest, and Science Direct, focusing on publications within the last 5 years. Keywords used were "Cariogenic food," "Cariogenic," "School Children," and "Oral Hygiene," searched using Boolean method, yielding 10 articles for analysis.

Two journals were found addressing oral health maintenance behaviors, one focusing on brushing time, five discussing cariogenic snacking patterns, one examining dental visits, and two exploring dental caries and brushing frequency. The majority of journals utilized a cross-sectional study design, with one employing descriptive analytics study design. The sample sizes varied from 40 to 550 respondents.

The conclusions drawn from this study are: 1) Approximately 52% of teenagers and children consume cariogenic snacks in school environments without supervision from teachers or parents; 2) In the current digital era, easy access to information through platforms like YouTube and the internet has prompted schools to actively implement oral health promotion activities every 6 months, significantly impacting students' dental and oral health care patterns.

Keywords: dental caries, children, cariogenic food