

ABSTRAK

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PENGARUH DISPEPSIA DAN *ORAL HYGIENE PRACTICES* TERHADAP RISIKO KEAUSAN GIGI PADA REMAJA

(xvi+ 43 Halaman,6 tabel,1 Gambar, dan 8 Lampiran)

Dispepsia merupakan gejala umum yang sering ditemukan pada remaja akibat gangguan pencernaan dan dapat memengaruhi pola makan serta kebiasaan hidup. Disisi lain, *oral hygiene Practices* yang tidak memadai berpotensi meningkatkan risiko keausan gigi. Meskipun keausan gigi adalah proses fisiologis yang normal, hal ini dianggap patologis jika terjadi secara cepat dan berlebihan. Penelitian ini bertujuan untuk menganalisis pengaruh dispepsia dan oral hygiene practices terhadap risiko keausan gigi pada remaja.

Penelitian ini bersifat *deskriptif analitik* dengan desain *cross sectional survey*. Pengumpulan data dilakukan pada tanggal 15-16 Juli 2024 di SMA Negeri 1 Kluet Tengah Kabupaten Aceh Selatan Provinsi Aceh dengan penyebaran angket kuesioner dispepsia dan *oral hygiene practices* dan pemeriksaan klinis keausan gigi menggunakan diagnosa set. Populasi dalam penelitian ini diambil dari total jumlah siswa/i kelas X-XI berjumlah 128 responden. Sampel dalam penelitian ini diambil secara keseluruhan dari total populasi, namun dalam pelaksanaan penelitian sampel yang bersedia dan memenuhi syarat penelitian berjumlah 117 responden. Analisis data menggunakan uji regresi logistik dan regresi logistik berganda.

Hasil penelitian menunjukkan bahwa ada pengaruh protektif dispepsia p value = 0,00 (OR:1,10;95% CI=0,05-0,20), *oral hygiene practices* dengan p value = 0,01(OR:0,02;95% CI=0,00-0,44). Faktor protektif yang paling berpengaruh terhadap keausan gigi pada remaja adalah *oral hygiene practices* nilai OR=0,03, R²=0,0138.

Bagi siswa/i yang mempunyai riwayat dispepsia diharapkan dapat secara rutin melakukan pemeriksaan kesehatan gigi dan mulut minimal 6 bulan sekali dengan intervensi preventif dan monitoring terhadap risiko keausan pada gigi.

Kata Kunci : Dispepsia, *Oral Hygiene Practice*, Keausan Gigi

Daftar Pustaka : 37 buah (2013-2024)

ABSTRACT

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THE IMPACT OF DYSPEPSIA AND ORAL HYGIENE PRACTICES ON THE RISK OF TOOTH WEAR IN ADOLESCENTS

(xvi + 43 Pages, 6 Tables, 1 Figure, and 8 Appendices)

Dyspepsia is a common symptom often found in adolescents due to digestive disorders and can affect eating patterns and lifestyle habits. On the other hand, inadequate oral hygiene practices have the potential to increase the risk of tooth wear. Although tooth wear is a normal physiological process, it is considered pathological if it occurs rapidly and excessively. This study aims to analyze the effect of dyspepsia and oral hygiene practices on the risk of tooth wear in adolescents.

This study is descriptive analytical with a cross-sectional survey design. Data collection was carried out on July 15-16, 2024 at SMA Negeri 1 Kluet Tengah, South Aceh Regency, Aceh Province by distributing dyspepsia and oral hygiene practices questionnaires and clinical examination of tooth wear using a diagnostic set. The population in this study was taken from the total number of students in grades X-XI totaling 128 respondents. The sample in this study was taken as a whole from the total population, but in the implementation of the study, the sample that was willing and met the research requirements was 117 respondents. Data analysis used logistic regression tests and multiple logistic regression.

The results of the study showed that there was a protective effect of dyspepsia p value = 0.00 (OR: 1.10; 95% CI = 0.05-0.20), oral hygiene practices with p value = 0.01 (OR: 0.02; 95% CI = 0.00-0.44). The most influential protective factor against tooth wear in adolescents is oral hygiene practices with an OR value of 0.03, R^2 = 0.0138.

For students who have a history of dyspepsia, it is expected that they can routinely carry out dental and oral health checks at least once every 6 months with preventive interventions and monitoring of the risk of tooth wear.

Keywords: Dyspepsia, Oral Hygiene Practice, Tooth Wear

References: 37 items (2013-2024)