ABSTRAK

Nama : Nisrina Divani
Program Studi : Kedokteran Gigi
Judul : Hubungan Pola Konsumsi *Sugar Sweetened Beverages* (SSB) terhadap Kejadian Karies Gigi pada Pasien di RSGM YARSI

Latar Belakang: Karies gigi merupakan penyakit tidak menular dengan prevalensi tertinggi di seluruh dunia berdasarkan *Global Burden of Disease Study* 2015. Gula terlibat dalam berbagai penyakit tidak menular, salah satu sumber utama gula terdapat dalam kandungan *Sugar Sweetened Beverages*. Rumah Sakit Gigi dan Mulut YARSI merupakan layanan kesehatan gigi dan mulut yang terletak di Jakarta Pusat. Gaya hidup perkotaan Jakarta yang cenderung konsumtif, serta RSGM YARSI yang secara rutin menangani pasien dengan karies gigi menjadikan penelitian ini relevan untuk diteliti. Tujuan: Mengetahui hubungan antara pola konsumsi SSB dengan kejadian karies gigi pada pasien di RSGM YARSI, serta faktor sosiodemografi yang mungkin mempengaruhi. Metode: Analitik observasional dengan desain *cross-sectional*. Sampel penelitian terdiri atas 95 responden yang dipilih menggunakan teknik *purposive sampling*. Data pola konsumsi SSB dikumpulkan menggunakan kuesioner BEV-Q 15 dan data riwayat karies serta data sosiodemografi diperoleh melalui data rekam medis. Analisis hubungan pola konsumsi SSB dengan karies gigi menggunakan uji *Independent T-Test* serta analisis hubungan jenis kelamin, usia, tingkat pendidikan dan status sosial ekonomi dengan pola konsumsi SSB diuji menggunakan uji Chi-square dan Kendall-tau b. Hasil: Terdapat perbedaan yang signifikan antara jumlah karies pada kelompok konsumsi SSB rendah dan tinggi ($p = 0,05$). Kelompok dengan tingkat konsumsi SSB tinggi ($\bar{x}=6,78 \pm 3,97$) memiliki rata-rata jumlah karies yang lebih tinggi dibandingkan kelompok dengan tingkat konsumsi SSB rendah ($\bar{x}=6,64 \pm 3,74$). Tidak terdapat hubungan bermakna antara faktor usia, jenis kelamin, tingkat pendidikan dan status sosial ekonomi dengan pola konsumsi SSB ($p = > 0,05$). Kesimpulan: Terdapat hubungan antara pola konsumsi SSB yang tinggi dengan kejadian karies yang tinggi pada pasien di RSGM YARSI, serta pola konsumsi SSB tidak dapat dinilai berdasarkan karakteristik demografis pada populasi penelitian. Penerapan pola konsumsi SSB yang seimbang dan tidak berlebihan (*israf*) merupakan salah satu upaya pemeliharaan kesehatan jiwa (*hifz al-nafs*) melalui pencegahan karies gigi dan pemeliharaan harta (*hifz-al mal*) sesuai dengan tujuan syariat Islam.

Kata Kunci: Karies gigi, *Sugar Sweetened Beverages*, pola konsumsi minuman.

ABSTRACT

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Study Program : *Dentistry*
Title : *The Relationship Between Sugar Sweetened Beverages (SSB) Consumption Patterns and the Incidence of Dental Caries in Patients at RSGM YARSI*

Background: Dental caries is a non-communicable disease with the highest prevalence worldwide, according to the 2015 Global Burden of Disease Study. Sugar is implicated in various non-communicable diseases, with one of the main sources of sugar being found in Sugar Sweetened Beverages. YARSI Dental and Oral Hospital (RSGM YARSI) provides dental and oral health services located in Central Jakarta. Jakarta's urban lifestyle leads to consumptive a life-style, while RSGM YARSI routinely provides dental care for patients with dental caries, makes this study relevant. Objective: To determine the relationship between sugar-sweetened beverage (SSB) consumption patterns and the incidence of dental caries in patients at RSGM YARSI, as well as the sociodemographic factors that may influence them. Method: An observational analytical study with a cross-sectional design. The study sample consisted of 95 respondents selected using a purposive sampling technique. Data on sugar-sweetened beverage (SSB) consumption patterns were collected using the BEV-Q 15 questionnaire, while caries history and sociodemographic data were obtained from medical records. The analysis of the relationship between SSB consumption patterns and dental caries was conducted using the Independent T-Test. The analysis of the relationship between gender, age, education level, and socioeconomic status with SSB consumption patterns was conducted using the Chi-square and Kendall-tau b tests. Results: There is a significant difference between the number of caries in the low and high SSB consumption groups (p = 0.05). The group with a high SSB consumption level ($\bar{x}$=6,78 ± 3,97) had a higher average number of caries than the group with a low SSB consumption level ($\bar{x}$=6,64 ± 3,74). There was no significant relationship between age, gender, education level, and socioeconomic status with SSB consumption patterns (p = > 0.05). Conclusion: There is a relationship between high SSB consumption patterns and high caries in patients at RSGM YARSI, and SSB consumption patterns cannot be assessed based on demographic characteristics of the study population. Implementing a balanced SSB consumption and avoiding overconsumption (israf) may contribute to the perseveration of health (hifz al-nafs) by preventing dental caries and perservation of wealth (hifz-al mal) within the goals of Islamic law.

Keywords: Dental caries, Sugar Sweetened Beverages, beverage consumption patterns.