

## ABSTRAK

Jihan Syaakirah Aulia Salsabilah

PENGETAHUAN TENTANG POLA MAKAN KARIOGENIK  
MENGUNAKAN MEDIA BUKU BERGAMBAR PADA SISWA KELAS IV  
SDN SIMOLAWANG KIP 156 SURABAYA

xv + 80 Halaman + 7 Tabel + 9 Lampiran

Masalah utama pada kesehatan gigi dan mulut anak adalah karies gigi yang paling rentan menyerang gigi molar pertama permanen disebabkan oleh makanan kariogenik serta erupsi gigi tersebut sekitar usia 6 hingga 7 tahun sehingga pengetahuan kesehatan gigi dan mulut pada anak masih terbatas. Tujuan penelitian ini mengetahui pengetahuan tentang pola makan kariogenik pada siswa kelas IV SD menggunakan media buku bergambar.

Metode penelitian ini dirancang secara deskriptif dengan sasaran 42 siswa kelas IV SDN Simolawang KIP 156 Surabaya. Instrumen berupa kuesioner yang telah didesain khusus. Pengolahan dan analisis data dengan menghitung rata – rata, transformasi ke persentase dan diklasifikasi berdasarkan kriteria tertentu.

Temuan penelitian mengungkapkan bahwa pengetahuan tentang jenis makanan kariogenik sebelum maupun sesudah media buku bergambar termasuk kategori baik. Pengetahuan tentang frekuensi makanan kariogenik sebelum menggunakan media buku bergambar termasuk kategori kurang dan setelah media tersebut menjadi kategori baik. Pengetahuan tentang akibat konsumsi makanan kariogenik berlebihan sebelum menggunakan media buku bergambar termasuk kategori kurang dan setelah media tersebut menjadi kategori baik. Pengetahuan tentang pola makan kariogenik pada siswa kelas IV SD menggunakan media buku bergambar termasuk kategori baik.

Kata kunci : pengetahuan, pola makan, kariogenik, media buku bergambar, siswa  
Daftar bacaan : 16 buku (2016 – 2023)

## ABSTRACT

Jihan Syaakirah Aulia Salsabilah

*KNOWLEDGE ABOUT CARIOGENIC DIETARY PATTERNS USING PICTURE BOOKS AMONG FOURTH-GRADE STUDENTS AT SIMOLAWANG KIP 156 ELEMENTARY SCHOOL SURABAYA*

*xv + 80 Pages + 7 Tables + 9 Appendices*

*The primary issue in children's dental and oral health is dental caries, which most commonly affects the first permanent molars caused by cariogenic foods and These teeth erupt around the age of 6 to 7 years so children's knowledge of dental and oral health still limited. The purpose of this study was to determine knowledge about cariogenic dietary patterns in fourth-grade elementary school students using picture books as a media.*

*This research method was designed descriptively, targeting 42 fourth-grade students at Simolawang KIP 156 Elementary School Surabaya. The instrument is a specially designed questionnaire. Data processing and analysis were conducted by calculating the mean, transforming the results into percentages, and classifying them based on specific criteria.*

*The research findings revealed that knowledge regarding the types of cariogenic foods was in the good category, both before and after the intervention of the picture book media. Knowledge concerning the frequency of cariogenic food consumption was in the poor category prior to using the picture book media and improved to the good category afterward. Similarly, knowledge about the effects of excessive consumption of cariogenic foods was rated as poor before the intervention and improved to the good category following the use of the media. Overall, knowledge of cariogenic dietary patterns among the fourth-grade elementary school students, assessed using the picture book media, was categorized as good.*

*Keywords: knowledge, dietary patterns, cariogenic, picture book, student*

*References: 16 books (2016 – 2023)*