



Description of Mother's Knowledge about Influence Foods that Contain Sucrose the Occurrence of Dental Caries in Pampang Health Center Makassar City

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Abstract

Food is something that affects the condition in the mouth locally during mastication and after being swallowed will affect the growth and development of the pre and post tooth eruption. Dental disease that is often encountered is caries. The process of caries is caused by food debris attached to the surface of the teeth and if leftovers are not cleaned, acids will form so that bacteria will take place quickly and cause dental caries. The sample used in the study was 30 respondents who came for treatment at the Pampang Health Center, Makassar City. This research was conducted at the Pampang Health Center, Makassar City. The sample method used in this research was purposive sampling, which was taken using criteria, and the data taken for analysis was primary data obtained by giving questionnaires and dental examinations using observation sheets to patients who had come for treatment at the puskesmas. This research was a descriptive study, namely to describe the mother's knowledge about the effect of sucrose-containing foods on the occurrence of dental caries at the Pampang Health Center, Makassar City.

Keywords: Mother's Knowledge, Influence of Food, Sucrose, Dental Caries

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1. Introduction

Dental caries in humans is one of the most widespread diseases, estimated to affect more than 90% of the adult and elderly population. It is generally accepted that dental caries occurs as a result of wrong eating habits, especially due to too frequent





ingestion of foods containing sucrose. Health problems, especially dental health, are still a global problem even though there has been a significant increase in several countries in the world. This problem occurs in both developed and developing countries. Dental and oral health problems such as cavities, periodontal disease, tooth loss, oral cancer and dental trauma are major health problems worldwide. About 60-90% of school children and almost 100% of adults have cavities which often cause pain and discomfort. Severe periodontal disease which can result in tooth loss is found in 15-20% at the age of 35-44 years (WHO, 2012).

Dental caries is a tissue disease characterized by tissue damage, starting from the tooth surface and extending towards the pulp. Everyone can experience dental caries and can arise on one or more tooth surfaces, and can extend to deeper parts of the tooth, for example from the enamel to the dentin or to the pulp. (Tarigan, 2012). Cariogenic foods are foods that can cause dental caries. The nature of cariogenic food is that it contains lots of carbohydrates, is sticky and easily disintegrates in the mouth (Winarto, 2014).

According to Tomasowo, food is something that is needed by the body for exchanging substances, growing and maintaining all the functions of our limbs, while according to Altono, food is something that will affect the condition in the mouth locally during mastication and after being swallowed will affect the growth and development of the pre and after the eruption of the teeth and also according to Frostel said that the degree of acidity depends on the carbohydrates eaten and the highest degree of acidity will be achieved when the food contains sucrose. Foods that contain sucrose include:

- a) French fries and donuts Fried potatoes and donuts are sugar that is fried before being heated. Potatoes and this sugar are simple sugars. The frying process worsens the nutritional content. One French fries has 12 worse health effects than a cigarette. So it's good to reconsider before ordering large portions. the average size donut contains 200-300 calories, almost all of it from sugar, and little other nutrients.
- b) Cakes and sweets Basically, these foods only contain empty calories, are rich in sugar and bring little benefit. Most are even rich in fat. One hundred grams of cake or candy contains 37-66.6 grams of sugar. Therefore, it is better to choose healthier snacks such as dried fruit or nuts.

2. Research Method

The type of research used was descriptive research to describe the mother's knowledge about the effect of sucrose-containing foods on the occurrence of caries at the Pampang Health Center, Makassar City. The place of this research was carried out at the Pampang Health Center, Makassar City. The population that will be used as research is





mothers who visit the Pampang Health Center in Makassar City, totaling 73 people. Sample In this collection the author uses a purposive sampling technique. The sample that will be used by researchers has conditions, mothers who visit the Pampang Health Center, Makassar City, totaling 30 people.

3. Results And Discussions

a. Result

Based on research that was carried out starting in June 2018 on mothers at the Pampang Health Center, Makassar City, on mother's knowledge about the effect of foods containing sucrose on the occurrence of dental caries. The results are presented in the table as follows.

Table 1
Distribution of mother's knowledge about sucrose-containing foods at the Pampang Health Center, Makassar City

Knowledge	Frequency	Percentage
Good	5	16,7
Enough	11	36,7
Not enough	14	46,6
Amount	30	100,0

Based on table 1, it shows that out of 30 mothers at the Pampang Health Center, Makassar City, 16.7% had good knowledge. Mothers who have sufficient knowledge are 36.7%. Meanwhile, mothers with less knowledge were 44.6%. So that in this case the mother's knowledge about sucrose-containing foods on the occurrence of dental caries is still lacking.

Table 2
Distribution of respondents based on knowledge and dental caries on mother at the Pampang Health Center, Makassar City

Pengetahuan	Status of Dental Caries									
	Very low		low		Moderate		High		Very High	
	N	%	N	%	N	%	N	%	N	%
Good	2	6,7	3	10	0	0	0	0	0	0
Enough										





	3	10	5	16,7	3	10	0	0	0	0
Not enough	5	16,7	5	16,7	4	13,3	0	0	0	0
Total	10	33,2	13	43,4	7	23,3	0	0	0	0

Based on the table above, it can be seen from the 30 mothers with sufficient knowledge with low dental caries status as many as 5 people (16.7%) and mothers who lack knowledge with moderate dental caries status as many as 4 people (13.3%).

b. Discussion

Based on research that has been conducted at the Pampang Health Center, Makassar City regarding mother's knowledge about the effect of sucrose-containing foods on the occurrence of dental caries. In addition, research is also beneficial for mothers so that mothers can maintain healthy teeth and avoid foods that contain sucrose which causes dental caries. It can be seen from the results of research on the mother's knowledge of sucrose-containing foods on the occurrence of dental caries at the Pampang Health Center, Makassar City, which is still lacking, namely as many as 14 people (44.6%). This is due to several factors including lack of self-awareness, lack of self-awareness, lack of knowledge about foods that can damage teeth, especially foods containing sucrose, and those with sufficient knowledge, namely 11 people (36.7%) while those with good knowledge, namely as many as 5 people (16.7%). This is supported by research conducted by Sintawati et al (2016) regarding parental knowledge about foods that cause tooth decay, based on a total of 155 respondents and most of the respondents were aged 30-39 years. This shows that most of the respondents' mothers know the types of food that can damage teeth is still low.

Based on the results of the study, it can be seen from the 30 mothers who had good knowledge as many as 2 people and experienced caries in the very low category 10 people (33.3%) and who had sufficient knowledge as many as 5 people and experienced dental caries in the low category as many as 13 people (43.3%) while those with less knowledge were 4 people and experiencing caries in the moderate category were 7 people (23.3%).

4. Conclusion

From the results of the research that has been done, the conclusions obtained regarding the description of mother's knowledge about the effect of foods containing sucrose on the occurrence of dental caries at the Pampang Health Center, Makassar City in 2018 can be concluded as follows:





- 1) The level of knowledge of mothers at the Pampang Health Center, Makassar City about foods containing sucrose on the occurrence of dental caries is still lacking (46.7%).
- 2) The status of maternal dental caries at the Pampang Health Center, Makassar City, is in the low category. (43.4%).

5. Compliance with ethical standards

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Disclosure of conflict of interest

This research collaboration is a positive thing for all researchers so that conflicts, problems and others are absolutely no problem for all writers.

Statement of informed consent

Every action we take as authors is a mutual agreement or consent.

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