

**RELATIONSHIP OF DIETARY HABIT AND PERSONAL HYGIENE WITH
THE INCIDENCE OF DENTAL CARIES IN ELEMENTARY SCHOOL
CHILDREN AT MI AL ISLAM MRANGGEN POLOKARTO**

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ABSTRACT

Background: The high rate of dental caries in elementary school children is caused by several factors including age, dietary habit, and personal hygiene. Dental caries in children by 45.3% has an impact on children's health. Dental caries can be overcome by avoiding eating cariogenic foods and always brushing your teeth at least 2x a day. **Objectives:** This study aims to determine the relationship between diet and the incidence of dental caries in elementary school children at Mi Al Islam Mranggen Polokarto and to determine the relationship between personal hygiene and the incidence of dental caries in elementary school children at Mi Al Islam Mranggen Polokarto. **Methods:** This study uses quantitative research with the correlation method with a cross sectional approach. A total of 52 respondents used a stratified random sampling technique. The instrument used is a questionnaire. **Results:** The results of this study using the Spearman Rho test obtained the frequency distribution of the relationship between diet and the incidence of dental caries showing a Sig value of 0.034 ($p < 0.05$) and the distribution of the frequency of personal hygiene with the incidence of dental caries showing a Sig value of 0.052 ($p < 0.05$). **Conclusion:** There is a relationship between dietary habit and the incident of dental caries in elementary school children at Mi Al Islam Mranggen Polokarto and There is a relationship between personal hygiene and the incidence of dental caries in elementary school children at Mi Al Islam Mranggen Polokarto.

Keywords: Elementary school children, dental caries, dietary habit, personal hygiene