
Actions Of Parents In Keeping Children's Tooth And Mouth Cleanliness At The State Of Elementary School Of Mns Peureulak, Mutiara District, Pidie Regency

^{1*}Rahmil Izzati, ²Wirza

^{1,2}Department of Dental Health Aceh Health Polytechnic

*Authors Correspondence: rahmilizzati231101@gmail.com /082260014627

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ABSTRACT

At the age of school children, the actions of parents are things that will be role models and imitated by their children. Therefore, parents must teach their children to start good habits. The results of interviews with 15 parents found that 10 parents rarely asked their children to brush their teeth before going to bed. This study aims to determine the actions of parents in maintaining dental and oral health with the status of dental and oral hygiene in students of SD Negeri Mns Peureulak, Mutiara District, Pidie Regency. This type of research is descriptive, the data collection technique uses a questionnaire and PHP-M examination sheet. The population in this study amounted to 123 people and the sample in this study amounted to 55 parents and 55 students using proportional stratified random sampling technique. Of the 55 students of SD Negeri Mns Peureulak Mutiara, Pidie Regency, towards the actions of parents in maintaining dental and oral hygiene of big children, they were in the less category, namely 30 parents (55%), while the status of dental and oral hygiene with the PHP-M examination was at in the bad category as many as 29 students (53%) and in the very bad category one student (2%).

INTRODUCTION

Maintenance of dental and oral hygiene in children aged 6-12 years is very important considering it is at this age that fine and gross motor development is getting better and has a sense of responsibility towards a task at hand. Therefore, school age is the most appropriate age to teach children how to maintain overall oral and dental health so that children will create a sense of responsibility for personal hygiene. By implementing a healthy life from an early age, children's behavior to maintain dental and oral health will be formed until adulthood so that children have healthy teeth (1).

According of Budiharto (2) stated that behavioral factors play an important role in influencing one's oral and dental health, including how to maintain dental hygiene by brushing teeth. Dental care is an effort to prevent tooth decay and gum disease. Dental care is very important because it can prevent caries, reduce pain in children, infection, and even malnutrition.

The formation of children's behavior starts at home, namely by teaching their children to want to start good habits or even children who adopt the mother's behavior. Behavioral adoption begins with children's activities at home, especially for mothers who do a lot of activities at home so that the frequency of meeting with children is more frequent than mothers who work outside the home. The motivation for good behavior from mother to child is no less important, this can be a means of correction for children and mothers to sort out good habits that are suitable for both, besides that, the relationship between mother and child will be closer and more positive (3).

The behavior, attitude and attention of a mother are learning materials for children, whether consciously or unconsciously the mother herself. Therefore, it can be concluded that mothers are the first educators for children. In this regard, the number of married women employees in the 21st century is increasing every year, this can be used as evidence that the more

married women work outside the home, the less time mothers and children meet at home. Without the mother, the nutritional needs of the child and the child's personal hygiene will only be taken care of to the best of the child's baby sitter, therefore the mother's behavior, both the attitude and attention that is taught and imitated directly by the child, will not exist in the early days of the child's motor development (4).

Teeth cleaning activities are carried out before the child goes to bed at night and after breakfast and lunch. Children learn to brush their teeth with the help of their mother from behind using a child's toothbrush. Children are taught to rinse their mouth by imitating their mother gargling using boiled water. When the child is 2 years old, all the primary teeth have started to grow, the child is expected to start brushing his own teeth with parental supervision. Brushing teeth 3 times a day after breakfast, after lunch and before going to bed at night. After eating, make it a habit to rinse your mouth with water. After the child is able to communicate with his parents smoothly, around the age of 3, the child is expected to be able to brush his own teeth with toothpaste containing fluoride. Then you can rinse your mouth with water and parents get used to children not to consume foods that contain sweeteners, dyes, and preservatives that can trigger dental caries, for example, since children are 2 years old, parents introduce a variety of fruits and vegetables (5).

According to the results of research conducted by Liza & Diba (6) with the title "Knowledge, Attitudes and Actions of Parents on Dental and Oral Health" shows that most of the respondents at SD Negeri Banda Aceh have good actions, as many as 69 people (78.4%) of 88 parents of respondents are included in the good criteria on assessment of the questionnaire given. Parents' knowledge can be influenced by several things including age, education, socioeconomic status, experience, information/mass media and the environment.

Based on Riskesdas data in 2018, the National Proportion of Toothbrushing Behavior in Population Age 3 Years Brushing their teeth every day is 94.7%. The time to brush your teeth is good and correct, namely brushing your teeth after breakfast and before going to bed at night by 18%. Based on Riskesdas data in 2018 Aceh Province, Toothbrushing Behavior in Population Age > 3

Years Brushing teeth every day is 93.6%, the correct brushing time is brushing teeth after breakfast and before going to bed at night 18% (7).

Based on data from the Mutiara Pidie District Health Center in November 2021, it was recorded that from dental caries cases reached 28 cases. And UKS and UKGS data in 2021 that from the data on the health screening of students in the Mutiara area, to be precise, Mns Peureulak Public Elementary School.

Based on the results of the initial examination of 15 students of SD Negeri Mns Peureulak, Mutiara District, Pidie Regency using PHP-M, the average score of the 15 students examined was in the poor category. The results of interviews with 15 students found that 10 parents rarely asked their children to brush their teeth before going to bed. So, it can cause the child's oral hygiene to be bad.

METHOD

This research method is descriptive. Where the researchers only want to know the description of the actions of parents in maintaining the cleanliness of the teeth and mouth of children at SDN Mns Peureulak, Mutiara District, Pidie Regency. Data collection techniques using questionnaires and PHP-M examination sheets. The population in this study were all students in grades 1-6 totaling 123 people and the samples in this study were 55 parents and 55 students using the proportional stratified random sampling technique.

RESULTS

This research was conducted on March 28 to 31, 2022 about the description of the actions of parents in maintaining the cleanliness of the teeth and mouth of children at SD Negeri Mns Peureulak, Mutiara District, Pidie Regency. The sample in this study were parents and students of grades I-VI SD Negeri Mns Peureulak, totaling 55 parents and 55 students as well. The results of data processing based on those obtained from the research area will be presented in the form of tables and narratives.

1. General Data
 - a. Parental Education

Table 1. Frequency Distribution Of Respondents Based On The Education Of Parents Mns Peureulak Public Elementary School, Mutiara District, Pidie Regency 2022

No	Parental Education	F	%
1	Elementary School	8	14%
2	Junior High School	10	18%
3	Senior High School	23	62%
4	Diploma III	1	2%
5	Bachelor 1	2	4%
Total		55	100%

Based on table 3.1. it can be seen that the most respondents based on the education of parents of students, namely high school as many as 34 parents (62%).

2. Special Data

a. Parental Actions in Keeping Children's Teeth and Mouth Clean

Table 2. Frequency Distribution Based on Parents' Actions In Maintaining the Hygiene of Children's Teeth and Mouth At Mns Peureulak Public Elementary School, Mutiara District Pidie Kabupaten

No	Category	F	%
1	Not Good	30	55%
2	Good	25	47%
Total		55	100%

Based on table 3.2. it can be seen that the actions of parents in maintaining the oral hygiene of their children are mostly in the poor category, namely as many as 30 students (55%).

b. PHP-M Index Result Data

Table 3 Frequency Distribution of Children's Dental and Oral Hygiene Levels at Mns Peureulak Public Elementary School, Mutiara District, Pidie Regency

No	Category	F	%
1	Very Good	4	7%
2	Good	21	38%
3	Bad	29	53%
4	Very Bad	1	2%
Total		55	100%

Based on the frequency distribution table above, it shows that the level of dental and oral hygiene of children in SD Negeri Mns Peureulak, Mutiara Subdistrict, Pidie Regency is mostly in the bad category as many as 29 students (53%).

DISCUSSION

The results showed that the description of the actions of parents in maintaining the cleanliness of their children's teeth and mouth at SD Negeri Mns Peureulak, Mutiara Subdistrict, Pidie Regency showed that the highest score was in the poor category (55%) with the PHP-M index in the poor category (53%). From the results of the research above, the researcher assumes that if the parents' actions in maintaining the child's dental hygiene are not good, the level of their child's dental hygiene is in the bad category. This is because more than 50% of parents do not persuade their children to brush their teeth and parents also do not tell their children to brush their teeth before going to bed.

The actions of parents in maintaining the dental and oral hygiene of children in the poor category are caused by the education factor of parents who are still in the moderate category. According to Notoatmodjo (8) that someone with a higher education level will have broader knowledge than someone with a lower level of education. Someone who is highly educated tends to have a high sense of curiosity and is always looking for information to add insight.

Based on research conducted by Andriani (9) with the title "The relationship between mother's behavior in maintaining dental and oral hygiene with dental and oral hygiene status in children at SDN Lamsayuen, Aceh Besar District who have poor actions in maintaining dental and oral hygiene in children at Lamsayuen Elementary School, Aceh Besar District. there are mothers who pay less attention and do not accompany and remind their children at the right time to brush their teeth, especially at night which indirectly makes their children lazy to keep their teeth and mouth clean, and mothers also pay less attention to the types of food their children eat so that children snack on food. sweet and sticky so it is at risk of tooth decay.

From research Murphy (10) This action is one of the factors that can affect a person's health status. Changing human behavior is not an easy endeavor. This is because humans are individuals who have different attitudes, personalities and socio-economic backgrounds. For this reason, it takes the seriousness of parents to take part in changing behavior.

Action is also a response that results from the results of knowledge and attitudes, and it is seen

that not always good knowledge can produce good actions. For the realization of a good action, there must be supporting factors from other parties, including parents and health workers, especially dental health workers (12).

The actions of parents in maintaining dental and oral hygiene in children can be done by encouraging their children to brush their teeth at least 2 times a day, reducing the consumption of foods containing sugar and checking themselves to dental and oral health services at least every 6 months. The government's program through the Dental Health Business (UKG) with dental health counseling for adults, especially for those who have children of primary school age, is important.

CONCLUSION

Based on the results of the research and discussion, it can be concluded that the actions of parents in maintaining the cleanliness of their children's teeth and mouth at SDN Mns Peureulak, Mutiara Subdistrict, Pidie Regency are still in the poor category, namely 55% with the level of dental and oral hygiene of children at SDN Mns Peureulak, Mutiara District, Pidie Regency with bad category 53% and very bad 2%.

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