
DESCRIPTION OF ELEMENTARY SCHOOL AGE CHILDREN'S BEHAVIOR IN VIEW OF DENTAL AND ORAL HYGIENE STATUS

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ABSTRACT

Dental and oral health is a part of body health that cannot be separated from one another because it will affect overall body health. The aim of this research is to understand the behavior of elementary school age children in terms of dental and oral hygiene status. The type of research used is descriptive research. The population in this study was all 23 students in class IV and 10 students in class V, namely 33 students. Determining the sample in this study used the total population technique. The research results found that the majority of respondents were male (58%), had good knowledge (79%), poor attitudes (67%) and poor actions (73%).

INTRODUCTION

Dental and oral health is a part of body health that cannot be separated from one another because it will affect overall body health. In other words, dental and oral health is an integral part of overall body health that cannot be separated from general body health (1,2).

Efforts to maintain dental and oral health and develop dental and oral health, especially for school children, need special attention because at this age children are undergoing a process of growth and development. The previous condition of the teeth will influence the development of dental health in adulthood. One of the causes of dental and oral health problems is the behavioral factor or attitude of ignoring dental and oral hygiene. This is based on a lack of knowledge about the importance of maintaining oral health (3).

A person's ability to maintain healthy teeth and mouth depends on the knowledge they have, someone who does not have knowledge in maintaining healthy teeth and mouth will have an impact on the occurrence of dental and oral disease. Dental and oral health is influenced by the level of knowledge about dental health (4,5).

Elementary school age is an ideal time to train a child's motor skills, including brushing their

teeth. The ability to brush your teeth properly and correctly is an important factor in maintaining oral health. The success of maintaining oral and dental health is also influenced by the use of tools, toothbrushing methods, and the correct frequency and timing of brushing teeth (6).

Maintaining oral and dental hygiene is one way to improve health. The mouth is not just a gateway for food and drink to enter, but the function of the mouth is more than that and not many people realize the big role the mouth plays in a person's health and well-being. Therefore, dental and oral health plays a very important role in supporting a person's health (7,8).

Some children still don't understand or are not motivated to maintain oral health. Health is the result of the interaction of various factors, both internal factors or factors from within humans and external factors or factors from outside humans. Human behavior between one another is not the same in terms of intelligence, talents, attitudes, interests or personality (9). The aim of this research is to understand the behavior of elementary school age children in terms of dental and oral hygiene status.

RESEARCH METHODS

The type of research used is descriptive research, namely to determine the description of the behavior of elementary school age children in terms of dental and oral hygiene status.

The research was carried out at SDN 4 Meurah Mulia, Aceh in January 2023. The population in this study was all 23 students in class IV and 10 students in class V, namely 33 students. Determination of the sample in this research using the total population technique. The instrument used in this research was a questionnaire.

RESULTS

Table 1. Frequency distribution of respondent characteristics

| Respondent Characteristics | n | % |
|-----------------------------------|----------|----------|
| Gender | | |
| Man | 19 | 58 |
| Woman | 14 | 42 |
| Knowledge | | |
| Good | 26 | 79 |
| Not good | 7 | 21 |
| Attitude | | |
| Good | 11 | 33 |
| Not good | 22 | 67 |
| Action | | |
| Good | 9 | 27 |
| Not good | 24 | 73 |

Table 1 shows that the majority of respondents are male (58%), have good knowledge (79%), poor attitudes (67%) and poor actions (73%).

DISCUSSION

Children's Knowledge

In this study, the participants showed good knowledge regarding dental and oral health, which was influenced by their knowledge of proper tooth brushing techniques, correct movements when brushing teeth, the ideal time to brush teeth after consuming sweet and sticky foods, and avoiding This type of food can prevent dental and oral diseases. This causes them to have positive

awareness and behavior in avoiding dental and oral diseases.

Knowledge plays a key role in shaping a person's actions, which are often based on experiences and research results that lead to the formation of behavior. In the context of dental and oral hygiene, the understanding that students have is very influential in determining whether they will adopt behavior that supports dental and oral hygiene. This knowledge can be obtained naturally or through a more structured approach, such as through an educational process (10,11).

Developing the habit of maintaining oral hygiene from an early age is very important. Elementary school age is the ideal time to hone children's motor skills, including the ability to brush their teeth. Brushing your teeth the right way is an important factor in maintaining healthy teeth and mouth. Optimal dental and oral hygiene can be achieved by cleaning the teeth and mouth from food residue remaining between the teeth or fissures. Good oral and dental health reflects good general health (12).

Child's Attitude

In this study, it was found that children tend to have less positive attitudes towards dental and oral hygiene, which indicates that they have not fully implemented good dental and oral hygiene practices. This also shows a lack of awareness both from the children themselves and their parents about the importance of maintaining oral hygiene.

Attitudes cannot be directly observed, but must be interpreted from behavior that is not immediately visible. This attitude often shows an emotional reaction to a stimulus. In the context of dental and oral hygiene, attitude is a positive or negative evaluation involving a person's emotional response to a social object. If the attitude is positive, someone tends to approach the object, while a negative attitude makes someone tend to move away. This attitude is a tendency that has not been manifested in real action towards maintaining oral hygiene (13).

Child Actions

In this study, it appears that children's actions in maintaining inadequate oral hygiene can be attributed to the lack of active role of the family in encouraging this behavior. Parents have a big

influence as examples for children in adopting healthy behavior, including maintaining oral hygiene. Parents' attitudes and actions are an important reference for children in forming daily habits, including the habit of maintaining healthy teeth and mouth.

Based on the research results of Susilo et al. (2018) in children at the Darul Aitam Aceh Sepakat Orphanage in Medan, the children's actions regarding maintaining dental and oral health could be seen as good criteria for 12 people (40%), medium criteria for 14 people (46%), bad criteria for 4 people (13.3%), and the average action value of 30 children was 4.2 in the medium criteria.

Knowledge, attitudes and actions influence dental and oral hygiene. Behavioral factors are one of the factors that can influence a person's health status. Changing human behavior is not an easy endeavor. This is because humans are individuals who have different personalities (15).

CONCLUSIONS AND SUGGESTIONS

The level of knowledge of elementary school age children in terms of dental and oral hygiene status is in the good category for 26 children (79%). The level of attitude of elementary school age children in terms of dental and oral hygiene status is in the poor category for 22 children (67%). The level of action for elementary school age children in terms of dental and oral hygiene status is in the poor category, 24 children (73%). It is hoped that the school will coordinate with the community health center to provide promotive and preventive efforts for children's dental and oral health.

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