

Knowledge about Maintaining Dental and Oral Hygiene Before and After Counseling Using Flipchart Media for Class IV Students at SDN 060825 Medan Area District

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ABSTRACT

Knowledge about maintaining oral hygiene is one of the efforts to improve health. Flipchart media is a communication medium that can change children's behavior towards their knowledge. Knowledge is very important in underlying the formation of attitudes and behaviors that support or do not support health, especially dental and oral health. This study aims to determine knowledge about maintaining oral hygiene before and after counseling using flipchart media for grade IV students at SD Negeri 060825 Jalan Ismailiyah No.83 Kota Matsum, Medan Area Sub District. This type of research was descriptive with a survey method that is carried out by distributing questionnaires. The sample of this study were 30 grade IV students. The results of this study indicate the knowledge of students about maintaining dental and oral hygiene before counseling is carried out, namely 1 person (3.3%) good criteria, 22 people (73.3%) moderate criteria and 7 people (23.3%) bad criteria %. After counseling was carried out on students, namely good criteria as many as 29 people (96.6%), moderate criteria as many as 1 person (3.3%). The conclusion of this study showed that there is a change in students' knowledge of dental and oral hygiene prior to counseling through flipchart media. Knowledge of students were in moderate category (73.3%) and after being given knowledge counseling students was in good category (96.6%).

INTRODUCTION

According to the World Health Organization (WHO), oral health is a major indicator of overall health, well-being, and quality of life. oral health is a condition of the oral cavity, including the teeth and supporting tissue structures free from pain and diseases such as mouth and throat cancer, oral infections and wounds, periodontal (gum) disease, tooth decay, tooth loss, and other diseases and disorders that limit an individual's capacity to bite, chew, smile, speak, and psychosocial well-being.¹

Oral health is the most important thing for general health that is often not prioritized, even

though teeth and mouth are the gateway for germs and bacteria to enter so that it can interfere with the health of other organs. A healthy mouth means free from infectious cavities, mouth sores, gum disease, tooth decay, free from throat cancer, and other diseases.²

Dental and Oral Health Efforts are every activity and or a series of activities carried out in an integrated, integrated and sustainable manner to maintain and improve the degree of public dental and oral health in the form of health improvement, disease prevention, disease treatment and health recovery by the government and / or the community (Regulation of the

Minister of Health of the Republic of Indonesia Number 89 of 2015).

Based on the results of the Basic Health Research in 2018, it states that the Indonesian population has 57.6% oral problems, only 10.2% of which receive dental medical treatment. Indonesians who brush their teeth properly and correctly only reach 2.8%. According to data on dental and oral examinations of elementary school students through UKGS in all districts in the province of North Sumatra in 2018, out of 1,420,129 students, 375,180 people or 26.42% had been examined, 42,617 people suffered from dental caries, and 22,560 people or 53.17% received treatment. The number of primary schools that have conducted mass toothbrushing is 1,490 primary schools or 17.19% of the total number of primary schools of 8,869 primary schools.³

Maintenance of oral hygiene is one of the efforts to improve health. The mouth is not just the entrance to food and drink but the function of the mouth is more than that and not many people realize the magnitude of the role of the mouth for one's health and well-being. Therefore, oral health plays a very important role in supporting one's health.⁴

Research Objectives

The specific objectives of this research are as follows:

1. To determine knowledge about maintenance of oral hygiene before counseling with flipchart media for fourth grade students at SD Negeri 060825 Medan Area District.
2. To determine the knowledge about maintenance of oral hygiene after counseling with flipchart media for fourth grade students at SD Negeri 060825 Medan Area Subdistrict.

METHODS

This type of research is descriptive with a survey method conducted by distributing questionnaires aimed at knowing knowledge about maintaining oral hygiene before and after counseling with flipchart media for class IV students at SD Negeri 060825 Jalan Ismailiyah N0.83 Kota Matsum, Medan Area District which was conducted from January to May 2023.

The research population is the entire research object or object to be studied.⁵ In this case the population taken is all fourth grade students of

SD Negeri 060825 Jalan Ismailiyah No.83 Kota Matsum, Medan Area District, totaling 30 people.

The sample is the object to be studied.⁶ The sample in this study were fourth grade students of SD Negeri 060825 Jalan Ismailiyah No.83 Kota Matsum, Medan Area District, totaling 30 people.

The types of data used are:

1. Primary data

This data was obtained directly through filling out questionnaires distributed to find out knowledge about maintaining oral hygiene before and after counseling with flipchart media on students of SD Negeri 060825 Jalan Ismailiyah No.83 Kota Matsum, Medan Area District.

2. Secondary data

Secondary data is data obtained indirectly, from existing data from the school of SD Negeri 060825 Jalan Ismailiyah No.83 Kota Matsum, Medan Area Sub-district.

Data processing is carried out with the following steps:

a) Editing (data checking)

The editing process is carried out by checking the questionnaires that have been filled out with the aim that the data provides results that describe the problem under study.

b) Coding

The coding process is carried out by converting the respondent's answers into numbers to facilitate data processing.

c) Tabulating (compiling data)

Entering research data into tables to facilitate data analysis and conclusion drawing.

In this study, data processing was taken quantitatively, the data that had been collected was processed manually with the following steps:

1. Data obtained from questionnaire answers before counseling on maintenance of dental and oral hygiene with flipchart media on increasing knowledge in the frequency distribution table.

2. Data obtained from questionnaire answers after counseling on maintaining oral hygiene with flipchart media on increasing knowledge in a frequency distribution table.

RESULTS AND DISCUSSION

Result

From the results of research conducted on class IV students of SDN 060825 Jalan Ismailiyah No.83 Kota Matsum, Medan Area Sub-district, the following results are shown:

Table 1. Frequency Distribution of Knowledge about Maintenance of Dental and Oral Hygiene Before Counseling with Flipchart Media on class IV students of SDN 060825 Jalan Ismailiyah No.83 Kota Matsum, Medan Area District

No	Knowledge Level	n	%
1.	Good	1	3,3
2.	Medium	22	73,3
3.	Sedang	7	2,3
Total		30	100

Based on table 1, it is known that the level of knowledge of students about maintaining oral hygiene before counseling with good criteria was 1 person (3.3%), moderate criteria were 22 people (73.3%) and poor criteria were 7 people (23.3%).

Table 2. Frequency Distribution of Knowledge about Maintenance of Dental and Oral Hygiene after Counseling with Media flipchart on Students of class IV SDN 060825 Jalan Ismailiyah No.83 Kota Matsum Medan Area District

No	Knowledge Level	n	%
1.	Good	29	96,6
2.	Medium	1	3,3
3.	Bad	0	0
Total		30	100

Based on table 4.2, it is known that the level of knowledge of students about maintaining dental and oral hygiene after counseling with good criteria was 29 people (96.6%), moderate criteria were 1 person (3.3%) and there were no students who had poor criteria.

Discussions

Based on the results of research on the level of knowledge of students about maintaining dental and oral hygiene before and after being given counseling using flipchart media, namely before counseling with flipchart media there were 1 respondent (3.3%) had good knowledge, 22

respondents (73.3%) had moderate knowledge, 7 respondents (23.3%) had poor knowledge.

After being given counseling using flipchart media, 29 respondents (96.6%) had good knowledge, 1 respondent (3.3%) had moderate knowledge and no respondents had poor knowledge. This means that counseling using flipchart media can increase knowledge of how to maintain oral hygiene.

Based on the data obtained, the knowledge of class IV students of SDN 060825 Jalan Ismailiyah No.83 Kota Matsum, Medan Area Subdistrict before counseling with flipchart media was included in the medium criteria, and the knowledge of students after counseling with flipchart media was included in the good criteria. This is because the knowledge is not applied in daily life or it could be an error in maintaining dental and oral hygiene that is less precise due to lack of attention both from parents and from the school about how to maintain good and correct dental and oral hygiene.

The results of 10 questionnaires that have been given before counseling using flipchart media show that out of 30 respondents who cannot answer questions correctly on the questionnaire questions, namely, Question number 4 students think that if the time in brushing teeth is in the morning shower and evening shower. Question number 5 students argue that the right movement to brush the front teeth is a circular motion or back and forth. Question number 10 students argue that the result of not maintaining oral hygiene is that the teeth have a lot of food debris and yellow.

The increase in respondents' knowledge is due to their willingness to know how to maintain oral hygiene through the flipchart media "how to brush teeth properly and correctly" and pay attention to the interventions provided, besides that the learning media used provides motivation and psychological influence for respondents. The media used in this study is flipchart. Providing interesting counseling information and a pleasant atmosphere can make it easier for respondents to accept the information provided.

Flipchart media is a communication media that can change children's behavior towards their knowledge. Flipchart media contains sheets in which there are introductory images and sentences as information or messages to be conveyed.⁷

CONCLUSIONS

From the results of research on Knowledge of Maintenance of Dental and Oral Hygiene Before and after counseling with Flipchart Media on class IV students of SDN 060825 Jalan Ismailiyah No.83 Kota Matsum Medan Area District with a sample of 30 people found a conclusion, namely:

1. The level of knowledge about maintaining oral hygiene before counseling with flipchart media was 1 respondent (3.3%) had good knowledge, 22 respondents (73.3%) had moderate knowledge, 7 respondents (23.3%) had poor knowledge.
2. The level of knowledge about maintaining oral hygiene after counseling with flipchart media was 29 respondents (96.6%) had good knowledge, 1 respondent (3.3%) had moderate knowledge and no respondents had poor knowledge.
3. Students' knowledge of dental and oral hygiene after counseling with flipchart media is in the good category.

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