



**EFFECT OF ONLINE EDUCATION ON INCREASING
KNOWLEDGE ABOUT KEEP YOUR TEETH CLEAN
AND MOUTH OF STUDENTS OF CLASS VIII-2 SMP
STATE 1 DARUL IMARAH**

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Abstract

Education or education is the provision of one's knowledge and abilities through learning, so that a person or group of people who receive education can do as expected by educators, from those who do not know to know and from those who are unable to cope with their own health to become independent. This study aims to determine the effect of online education on increasing knowledge about maintaining dental and oral hygiene. The type of research used is a quasi-experimental design with one group pre-test and post-test design. Conducted at SMPN 1 Darul Imarah, data collection was carried out using a questionnaire. The population in this study amounted to 30 students. The sample used is 30 students using total sampling. The results showed an increase in the mean value of students' knowledge after intervention with online education was 17.5 from pretest 67.83 to 85.33 at posttest, data processing used statistical tests, Paired Sample T-Test $p = 0.000$ ($p = < 0.05$). The conclusion is that there is an effect of online education on increasing knowledge about maintaining dental and oral hygiene. Suggestions are expected for teachers and dental health workers to cooperate in providing guidance and counseling about dental and oral hygiene.

Keywords: *online education, knowledge, dental and oral hygiene*

A. Introduction

Health is one aspect that really needs to be considered. Health is a condition where everyone has a good physical, spiritual and mental condition that can influence others to live productively. Health affects every part of our lives comprehensively, for example oral health. Oral health can affect the whole body, because every food and drink that we consume orally is thoroughly processed by our digestive system, turning it into energy that can maintain and repair our body tissues (Azizah, 2021).

Dental and oral health problems are the most common problems in school-age adolescents. This condition occurs due to the low awareness of adolescents in maintaining dental and oral hygiene which often causes chronic damage (Notohartoyo, et al, 2011).

Junior high school students are a group of early teens, where at this time there is a significant growth and development both physically, psychologically and intellectually. Adolescents generally like adventure and taboos and tend to dare to take risks without being preceded by careful considerations that will affect their health status (Kemenkes RI, 2017b). Adolescents must maintain dental and oral health because adolescence is one of the groups at risk of developing dental and oral diseases (Margareta, 2012).

Knowledge of dental and oral health is a person's ability to know everything about dental and oral health, knowledge is used as a self-education to achieve optimal dental and oral health (Gayatri & Ariwinanti, 2016).

The development of digital technology has now penetrated various aspects of life, including aspects of health services. The online method is a new phenomenon that was implemented during the covid-19 pandemic, almost all activities were carried out online, the delivery of education about health was also carried out online (Priestnall, et al, 2020).

B. Method

The type of research used is a quasi-experimental design with one group pre-test and post-test design. Conducted at SMPN 1 Darul Imarah, data collection was carried out using a questionnaire. The population in this study amounted to 30 students. The sample used is 30 students using total sampling. The research data is inputted into a computer using SPSS data processing software. Furthermore, bivariate analysis was carried out using statistical tests, Paired Sample T-Test.

C. Result and Discussion

1. Age

Respondents selected in this study were class VIII-2 respondents aged 13-15 years.

Table 4.1

the frequency distribution of respondents based on age can be seen as follows:

| No. | Age | Total | Percentage (%) |
|-----|--------------|-----------|----------------|
| 1. | 13 years old | 19 | 63,3% |
| 2. | 14 years old | 9 | 30% |
| 3. | 15 years old | 2 | 6,7% |
| | Total | 30 | 100% |

2. Gender

Respondents selected in this study consisted of men and women.

Table 4.2

The frequency distribution of respondents by gender can be seen as follows:

| No. | Gender | Total | Percentage (%) |
|-----|--------------|-----------|----------------|
| 1. | Male | 12 | 40% |
| 2. | Female | 18 | 60% |
| | Total | 30 | 100% |

3. Knowledge of Students Before Giving Online Counseling

Table 4.3

Frequency Distribution of Student Knowledge Before Online Education is Given to Class VIII-2 Students of SMP Negeri 1 Darul Imarah

| No. | Knowledge | Total | Percentage (%) |
|-------|------------|-----------|----------------|
| 1. | good | 5 | 16,7% |
| 2. | enough | 22 | 73,3% |
| 3. | not enough | 3 | 10% |
| Total | | 30 | 100% |

From table 4.3, it can be seen that the knowledge of students before being given online education was 16.7% in the good category, 73.3% of students' knowledge in the sufficient category, and 10% in the less category.

4. Students' Knowledge After Being Given Online Education

Table 4.4

Frequency Distribution of Student Knowledge After Online Education is Given to Class VIII-1 Students of SMP Negeri 1 Darul Imarah

| No. | Knowledge | Total | Percentage (%) |
|-------|------------|-----------|----------------|
| 1. | good | 24 | 80% |
| 2. | enough | 6 | 20% |
| 3. | not enough | 0 | 0% |
| Total | | 30 | 100% |

5. Normality Test

Before the bivariate analysis was carried out, the researcher conducted a normality test on the existing data using the Shapiro-Wilk, namely the normality test for a small sample (less than 50).

Table 4.6

Normality Test of *Pretest* and *Posttest* Knowledge Value Data

| | Kolmogorov-Smirnov ^a | | | Shapiro-Wilk | | |
|-----------|---------------------------------|----|------|--------------|----|------|
| | Statistic | df | Sig. | Statistic | df | Sig. |
| PRE TEST | ,155 | 30 | ,065 | ,949 | 30 | ,163 |
| POST TEST | ,149 | 30 | ,088 | ,945 | 30 | ,125 |

6. Paired Sample T-Test

Test results regarding the effect of online education on increasing knowledge about maintaining dental and oral hygiene of students

Table 4.7

Test Results Regarding the Effect of Online Education on Increasing Students' Knowledge about Maintaining Dental and Oral Hygiene

| Pair | | Paired Differences | | | | t | df | Sig. (2-tailed) |
|------|----------------------|--------------------|----------------|-----------------|--|----------|---------|-----------------|
| | | Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference Lower Upper | | | |
| 1 | PRE TEST - POST TEST | -17,5000 | 5,98129 | 1,09203 | -19,73345 | 15,26655 | -16,025 | ,000 |

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