



The Increasing Of Dental And Mouth Health Through The Practice Of A Toothbrush Children's School

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Abstract: *Tooth decay in children become one of the biggest health problems. Factors that influence this disease were knowledge, and behavior factors. In terms of increasing knowledge of children's health, especially dental and oral health, counseling aims to improve individual behavior. While the practice of brushing teeth was an action that needs have been taught to children so that it can become a good and healthy habit. Dental health counseling, and tooth brushing practices were considered effective during the new normal period as it was today. The midwifery extension team from Stikes Maranatha Kupang prevented tooth decay in children through health promotion activities carried out on 36 children of GMIT Pukdale Elementary School. It was hoped that these activities could been an effort to reduce the prevalence of dental caries in indonesia, especially in the Kupang region of southeast of nusaasteren*

Introduction

Dental and oral health is an important part of a person's health in general, especially for children's health. This is because dental and oral health has a considerable influence on the lives and future of children. One of the dental and oral health problems that are often experienced by children and has a significant influence on children's growth and development is dental caries¹.

Dental caries often occurs in children because at this time children generally do not maintain a good diet and are often lazy to brush their teeth. Dental caries is an infectious disease that damages the tooth structure². Dental caries can cause cavities, discoloration,

¹ Kitty Jieyi Chen et al., "Early Childhood Caries and Oral Health Care of Hong Kong Preschool Children," *Clinical, Cosmetic and Investigational Dentistry* Volume 11 (2019): 27-35.

² Ninda Putri Larasati et al., "Penyuluhan Kesehatan Gigi Dan Mulut Di Masa Pandemi Covid-19 Di

and shrinkage. Symptoms that are often experienced by patients with dental caries in children are toothache which often causes children to lack appetite, so this can affect children's growth and development as well as thinking processes at school.

Dental and oral diseases are part of body health that cannot be separated from one another, because oral dental health will affect the health of the body as a whole. Dental disease that most often occurs in the wider community is dental caries, dental caries does not only occur in adults but can also occur in children. Based on data released by the World Health Organization (2012), it is known that in the world as many as 91% of children brush their teeth every day, but only 7.3% of the total follow the instructions to brush their teeth in the morning after breakfast and at night before going to bed. This shows that the knowledge of brushing teeth is still lacking in the community³.

In Southeast Asia, Indonesia is in the 4th highest position for dental caries cases, the risk of Indonesian people experiencing dental caries is 12.70% of the total population⁴. Dental caries can be caused by many factors, including: heredity, environment, behavior, and dental and oral health services, and the most influential factor is behavioral factors. Behavior is a very important thing to consider in dental and oral health. The behavior carried out in the community depends on the knowledge possessed. From various studies it has been proven that behavior is based on knowledge⁵.

Health counseling is an educational activity by spreading messages, instilling confidence, so that people are not only aware, know, and understand, but are also willing and able to make recommendations related to health. Counseling efforts on dental and oral health are carried out so that children gain knowledge and awareness, then it is hoped that they can form behaviors that will have a positive impact on children's dental and oral health. In personal hygiene, teeth and mouth need special and good attention according to predetermined procedures. Brushing teeth is an action that needs to be taught to children so that it can become a good and healthy habit⁶.

Brushing your teeth is the easiest and most effective way to keep your teeth and mouth clean from plaque and food debris. Counseling on dental and oral health, as well as good and correct tooth brushing practices, aims to increase public knowledge to achieve a better level of oral and dental health.⁷

Panti Asuhan Yatim Dan Dhuafa Mizan Amanah Cilandak Barat," *Seminar Nasional Pengabdian Masyarakat LPPM* (2021).

³ (Center for Health Data and Information of the Republic of Indonesia, 2014)

⁴ Lidia Aditama Putri and Diani Octavianty Handajani, "Jurnal Sainika Medika Determinant of Dental Caries in Pre-School Children at TK Permata Hati Bangkalan" 16, no. 2 (2020): 133–141.

⁵ Efendi Rahayu, Ameliawati, and Ganis Indriati, "Hubungan Antara Cara Menggosok Gigi Terhadap Kejadian Karies Gigi Pada Anak Usia Sekolah," *Program Studi Ilmu Keperawatan Universitas Riau* (2018): 1–9.

⁶ K Inggit, Yani Triyani, and Meta Maulida, "Hubungan Frekuensi Dan Waktu Menggosok Gigi Dengan Kejadian Karies Gigi Di Pesantren," *Prosiding Pendidikan Dokter* (2018): 116–123.

⁷ Larasati et al., "Penyuluhan Kesehatan Gigi Dan Mulut Di Masa Pandemi Covid-19 Di Panti Asuhan

Method

The method used in this community service activity was literature study and direct training. The literature study method includes studying the material, reviewing, and collecting data from various reliable sources. Tooth brushing training was implemented in a school environment by adhering to good and corrected health protocols such as wearing masks, maintaining distance, and washing hands. All students who were targeted to come to school by implementing health protocols, had have been done amid this pandemic because there was still a lack of availability of tools and an unstable network if this training activity was carried out online.

The implementation of this activity was carried out in various stages of implementation. Includes the preparation stage, the core stage, and the evaluation stage. We hoped that after participating in community service activities, it mains that counseling on children's oral health by brushing their teeth properly and correctly, all students could maintain healthy teeth and mouths starting by diligently brushing their teeth in the morning after breakfast and at night before gone to bed and having dental health checks visited the dentist at least once every six months.

Result

GMIT Pukdale elementary school was located in the pukdale area, east Kupang district, Kupang Regency, East Nusa Tenggara Province (South East of Nusa Easteren) with a total of 44 students, this community service activity went well, and was attended by 36 students and 6 class supervisors. Students and teachers as participants was very enthusiastic about participating in this activity even though many elementary school children thought brushing their teeth was scary, boring, and even allowed not have been done every day. Children were very happy when brushing teeth was done with their peers and even their parents.



Figure 1. Community Service Team and Participants

Some of the things that caused children to dislike even brushing their teeth were because: (1) Parents did not discipline their children, they thought that brushing teeth was done alone when the child was an adult; (2) Children were not interested in brushing their teeth because their parents did not accompany them. 3. The level of knowledge about brushing teeth properly and correctly was very lacking in the parents, even the children did not get the information incorrectly either.⁸

The implementation of the activity began with several remarks delivered by the head of the school. The activity supervisor, and class teacher representatives. The first activity was the delivery of material on dental and oral health by expert resource persons in their field, in this case midwifery lecturers and also female students by showing pictures of dental and oral health that attract students' attention



Figure2. Initial Preparation of Extension Activities

The presentation of the material take approximately 40 minutes, then continued with the practiced of brushing teeth properly and correctly, which was demonstrated by the lecturer and assisted by students. The results of this dental and oral health counseling activity was continued by providing evaluations to students and parents who attended. There were 4 questions given to students and parents, on average almost all participants knew and were able to answered these questions. Some students still found it difficult to answered with the newly acquired knowledge.

⁸ Soekidjo Notoatmodjo, "Promosi Kesehatan Dan Perilaku Kesehatan," *Jakarta: rineka cipta* 193 (2012).



Figure 3. The Correct of Toothbrush Practice Activities

Discussion

Dental and oral health was one of the things that needed have been considered, this was because with healthy teeth, all activities could run well. Dental caries requires early treatment, so that it did not cause further damage, such as tooth extraction. Loss of teeth due to extraction would cause new problems such as difficulty chewing, embarrassment, and could limit social interaction.⁹

Outreach activities and tooth-brushing practices carried out during the covid-19 period were very limited in implementation. Extension must comply with several rules so that counseling and training could be carried out. The covid-19 pandemic forced extension workers to change some parts of the implementation of counseling and tooth brushing practices. Dental and oral health counseling and good and corrected tooth brushing practices were expected to increase public health knowledge, especially dental and oral health, because it could prevent dental caries in school-age children. After all, the condition of children's teeth would affect the condition of children's teeth as adults. The caused of dental and oral health problems was the behavior of ignoring the hygiene of the teeth and mouth itself.¹⁰

The role of parents was also important in children's dental health and hygiene, starting from disciplining children to brushing their teeth at least 2 times in a day, and choosing a brush and toothpaste that was safe for children.¹¹

Conclusion

The conclusion obtained in this activity is that students as participants play an active and open role when counseling and practice is given, some students can provide good feedback after the counseling is given, and can practice one by one the good and correct sequence of brushing their teeth independently. Participants as many as 32 female and male students looked enthusiastic when participating in dental and oral health counseling activities and good and correct brushing practices.

It is recommended that parents of students can be used as information on knowledge about children's dental and oral health, as well as how to prevent the causes of dental and oral health problems. parents should care about their children's dental and

⁹ Izza Zakiah Balqis, Herastuti Sulistyani, and Etty Yuniarly, "Hubungan Pola Asuh Orangtua Dengan Tingkat Kecemasan Anak Usia 6-12 Tahun Pada Tindakan Pencabutan Gigi," *Journal of Oral Health Care* 7, no. 1 (2019): 16-23.

¹⁰ Notoatmodjo, "Promosi Kesehatan Dan Perilaku Kesehatan."

¹¹ NAOMI JENNI TAMBUNAN, "GAMBARAN PENGETAHUAN IBU TENTANG CARA MENYIKAT GIGI TERHADAP KEBERSIHAN GIGI DAN MULUT PADA SISWA/SISWI KELAS IV & V SD NEGERI NO. 173547 TAMBUNAN KECAMATAN BALIGE KABUPATEN TOBA SAMOSIR" (2019); Syarat Memperoleh Gelar Sarjana and Pendidikan Dalam Pendidikan Islam, "Peran Orang Tua Dalam Menanamkan Perilaku Hidup Bersih Dan Sehat Di Masa Pandemi Covid-19 Pada Siswa TK Pertiwi 25.10 Kota Tegal Tahun 2020/2021" (n.d.).

oral health by disciplining them to brush their teeth at least 2 times a day, check their children's dental and oral health regularly and regularly to the dentist at least every 6 months.

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