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Article

Counseling On How To Brush Your Teeth Properly And Properly In SDN 08 Padang Sago

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Abstract

Oral health is an important aspect in maintaining children's health, especially during their growing years. Dental health problems, such as cavities, are still often found in children in Indonesia, which basically arise due to a lack of knowledge and proper brushing habits. This study aims to increase the awareness and understanding of students of SDN 08 Padang Sago regarding the urgency of maintaining oral health through educational activities. The program included the delivery of information about oral hygiene, demonstration of how to brush teeth properly, and tooth brushing practice accompanied by KKN UNAND students. The results of the training showed that about 80% of the students initially did not understand the importance of oral health, but after attending the counseling, they were able to understand and practice the correct way to brush their teeth. This program is designed to be an effective starting point in instilling healthy habits in caring for teeth and mouth from an early age. It is also suggested that this activity be continued so that it becomes a habit for students to take care of their dental health regularly.

INTRODUCTION

It is important to know that oral health is one of the crucial parts in maintaining a healthy body, especially children who are in the growing stage. (WHO, 2021). Unfortunately, there are still many children who do not understand the importance of maintaining oral hygiene, so that various dental health problems, such as cavities, gingivitis, and oral infections, often occur at an early age (Riskesdas, 2018).

Based on data from the Basic Health Research (Riskesdas, 2018), the incidence of cavities in children in Indonesia is still very concerning. Many children experience cavities due to a lack of awareness of the importance of brushing their teeth regularly and with the correct technique (FDI World Dental Federation, 2020). In addition, consumption of sugary foods and lack of guidance from parents and educators in teaching good brushing habits also exacerbate this condition (Indonesian Ministry of Health, 2019). Another factor could also be the lack of understanding regarding the crucial importance of oral health maintenance (Mona, et al, 2016). Therefore, extension programs are needed that seek to build children's awareness and understanding of the essence of maintaining oral health. (WHO, 2021).

Dental caries is one of the most common health problems in children worldwide, including in Indonesia (WHO, 2021). According to a report by the World Health Organization (WHO, 2021), more than 60% of school-age children have dental caries that is not properly treated. In Indonesia, data from Riskesdas shows that around 90% of primary school-aged children have dental caries, with most cases not receiving adequate treatment (Riskesdas, 2018).

The consequences of not maintaining oral health include decreased appetite so that it can interfere with digestion, disrupted daily activities, changes in psychology, spread of infection so that it ends in a decrease in quality of life (Indah, et al, 2023).

Most children only brush their teeth once a day, and it is often done in an inappropriate way (WHO, 2021). In addition, many still do not know that brushing before bed is an important step in preventing the accumulation of plaque and bacteria that can cause cavities (Indonesian Ministry of Health, 2019).

One effective method is the implementation of toothbrushing together with guidance from health workers or teachers. Through this training, children can learn firsthand how to brush their teeth properly, know the right time to brush their teeth, and understand the impact of poor dental hygiene on their health (FDI, 2020).

Good brushing habits should be instilled from an early age so that they become part of children's lifestyles until they grow up (Riskesdas, 2018). Children who have been accustomed to maintaining dental hygiene since childhood tend to apply these habits until adulthood (Ministry of Health of the Republic of Indonesia, 2019). Therefore, counseling programs and the implementation of toothbrushing together are important first steps in forming this good habit (WHO, 2021).

Based on various studies, the implementation of toothbrushing together in schools with the guidance of health workers or teachers has proven effective in increasing children's awareness of oral health (FDI, 2020). This program not only provides education on how to brush teeth properly, but also creates an environment that supports children to adopt this healthy habit consistently (WHO, 2021).

With direct supervision, children can learn proper techniques and understand the essence of maintaining their oral health (Indonesian Ministry of Health, 2019, 2020).

By looking at the various problems related to oral health in elementary school children, it is appropriate to make effective preventive efforts, one of which is through counseling and the implementation of toothbrushing together. This activity aims to increase children's awareness of the importance of maintaining dental hygiene and teach proper brushing techniques. With support from schools, parents, and health workers, it is hoped that the habit of brushing teeth properly can be embedded from an early age, so that the incidence of dental caries and other oral health problems can be minimized.

METHOD

The implementation of this extension activity was carried out in stages:

a. Planning
- Formation of the team in charge and its members.
- Conducting observations and surveys to the location, namely State Elementary School 08 Padang Sago.

b. Preparation
- Preparation of activity proposals carried out by the person in charge and team members.
- Preparation of activities that will be carried out during socialization at SDN 08 Padang Sago.
- Preparing the completeness of counseling, such as making socialization materials, buying prizes for students involved and so on.

c. Implementation
- UNAND KKN students carry out the socialization of “Counseling on how to brush teeth properly at SDN 08 Padang Sago”.
- The speaker will start the socialization by using PowerPoint media as a means of delivering the material.
- Before and after the speaker provides material, students are given questions as an indicator of student understanding of dental hygiene and how to properly care for or brush their teeth.

- The speaker demonstrated how to brush teeth properly using a song to make it more interesting and memorable for children.
- Finally, students together practice brushing their teeth guided by the service team.

d. Evaluation

- UNAND KKN students conducted an evaluation after carrying out the socialization.

e. Reporting

- The final report is made by the person in charge and group members.

RESULT AND DISCUSSION

This counseling program was attended by 4th, 5th and 6th grade students of SDN O8 Padang Sago with 36 participants. The form of this activity is in the form of counseling on oral health, using Power Point learning media as a tool for delivering material, as well as toothbrushes and dental phantoms as tools to demonstrate how to brush teeth properly.

Besides having to be in accordance with the method used, the availability of supporting tools and media certainly affects the delivery of counseling material to the target. One way to convey information is by demonstration or similar methods, where the object or process is shown directly. The use of props and media as aids to the delivery of material is needed during the presentation. Effective counseling is given to relatively small groups (Artini, et al, 2002). (Artini, 2002)

Before the delivery of the material, students were given several questions to find out about the level of knowledge of students regarding oral health, about 80 percent of students still could not answer the questions given. Therefore, from this counseling activity, it is hoped that all students can know the importance of maintaining oral health and understand how to brush their teeth properly.

In the counseling session, participants were given material about the importance of maintaining oral health, what problems can occur if they do not maintain oral health. After that, do a demonstration and sing a song together. And the last activity, participants immediately practiced brushing their teeth directly guided by students.

Students were very enthusiastic about participating in this counseling program, as seen from the number of students who were active in responding and answering questions given by the speaker. When doing a demonstration of how to brush their teeth using a song, the participants enthusiastically sang the song while paying close attention to the speaker who was modeling.

This training activity divides participants into 3 groups. Each group will be guided by students. Participants immediately tried the techniques taught. After seeing the example of the guide, and they also get directions from the trainer to ensure that each tooth brushing movement is done correctly. The success of this activity was achieved because the participants actively followed the directions given by the guide. This activity ended with the distribution of prizes to participants who successfully answered the questions given correctly and participants who dared to come forward to demonstrate how to brush their teeth with a phantom.

a. 

b. 

c. 

d. 

e. 

Figures a. Photo with teachers and students of SDN 08 Padang Sago b. Counseling using Powepoint media c. Demonstration of how to brush teeth properly and correctly d. Brushing teeth together e. Giving gifts to participants

CONCLUSION

From this activity, it can be seen that around 80 percent of SDN 08 Padang Sago students still do not know about the importance of maintaining oral health and how to maintain it and the problems caused if they do not maintain oral health. From the results of this counseling activity, students can understand well and can immediately apply the correct steps when brushing their teeth. Activities like this are highly recommended so that it becomes a habit for students to maintain oral health from an early age.

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