

The Influence of Health Education About Dental Health on The Attitudes of Parents in Maintaining the Dental Health of Preschool Children in Paud Lentera Alam Campurdarat Village, Tulungagung District

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ABSTRACT

The children's dental hygiene is an effort of parents to keep the children's teeth healthy and run its functions normally. The hygienic teeth was clean and no porous. The dental care was important, since some dental problems caused by unclean teeth such as dental plaque, dental caries, gum infection and dental porous. So the health education is very important. The design of this research was comparative analysis with pe-pascates approach in a group (One-group pre-test post-test design), the population was all parents of PAUD Lentera Alam Campurdarat Villlage Tulungagung Sub District, 40 respondents were taken a samples by total sampling technique. The independent variable was the health education about dental hygiene and the dependent one was the parents' behavior to care the pre-school children's dental hygiene. The data was obtained from questionnaires, analyzed with "Willcoxon Signed Rank Test" with Mean value $p < 0,05$. The research result was 29 respondents (73%) had good behavior, and there was an effect of health education about dental hygiene towards the parents' behavior to care the pre-school children's dental hygiene, (Willcoxon Signed Rank Test, p value $0.000 < 0.05$, and then H_0 was rejected). The conclusion was the health education in this research could changes the respondent's' behavior to care the pre-school children's dental hygiene at present and in the future.

Keywords: Dental hygiene, health education, the parents' behavior, pre-school children

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INTRODUCTION

Dental health is an integral part of overall human health, thus efforts in the field of dental health will ultimately play a role in improving the quality and productivity of human resources. Dental health is important because food digestion begins with the help of teeth. Apart from their function for eating, teeth are also important for children's growth, because if a child's dental health is disturbed it will affect the child's nutrition. Maintaining the health of people's teeth and gums, especially for pre-school children, is very important. Therefore, one of the policies is to increase promotive, preventive and curative efforts in school-aged children (3-6 years), because at that age is the time when permanent teeth will grow. Teeth

are an integral part of our body. Damage to teeth can affect the health of other body parts, thereby disrupting daily activities. One of the factors that can damage teeth is food and drink, some of which are healthy for teeth and some of which damage teeth (Anggraeni 2009).

The results of Basic Health Research (Riskesdas) state that the proportion of dental problems in Indonesia is damaged/caved/sick teeth (45.3%), while the oral health problems experienced by the majority of the Indonesian population are swollen gums and/or ulcers (abscesses) of 14% (Riskesdas, 2018). Dental health problems in preschool children in East Java reached 28.6%. A person's characteristics will influence the correct level of tooth brushing (Riskesdas, 2013). Based on data obtained from the East Java Province Health Profile, Tulungagung Regency ranks 15th regarding the incidence of dental caries compared to other districts. Meanwhile, according to data obtained from the Tulungagung Regency Health Service, the incidence of dental caries is ranked 3rd, including diseases that need to be watched out for, in the Tulungagung Regency area (Tulungagung Health Office, 2013).

Obtained from the results of a preliminary study conducted by researchers on July 15 2020 at PAUD Lentera Alam, Campurdarat village, Tulungagung Regency, 7 children who were examined, all of the children had dental health problems and the results of the attitudes of the 7 parents, 3 of them had good attitudes. and 4 of them have a poor attitude. The phenomenon that exists at Lentera Alam PAUD is that many children experience dental health problems and the attitude of parents who do not look after the children's dental health.

Middle childhood, 3-6 years old, is often referred to as a vulnerable period, because that is when milk teeth start to fall out one by one and permanent teeth start to grow (6-8 years old). With a variety of milk teeth and permanent teeth together in the mouth in the mouth, it marks the mixed dentition period in children. The newly erupted teeth are immature and therefore susceptible to damage (Darwita, 2011).

The mother's attitude towards maintaining dental health will determine the future dental health status of her child. Starting to grow teeth is an important process of a child's growth. Parents must know how to care for their children's teeth and teach them how to care for them properly. Even though they still have milk teeth, a child must receive serious attention from his parents, because it determines the growth of permanent teeth. However, many parents think that milk teeth are only temporary and will be replaced by permanent teeth, so they often think that damage to milk teeth due to poor oral hygiene is not a problem. Therefore, permanent teeth that grow only once in a lifetime must be looked after, cared for and cared for properly to avoid dental problems. Maintaining dental hygiene must be done every day so that the teeth are clean from food debris which can cause tooth decay. Tooth decay in children can cause growth and development problems in children due to malnutrition. Pain in the teeth and mouth will reduce the child's appetite and the breakdown of food in the mouth is not perfect so that the absorption of nutrients needed by the body will be disrupted (Cahyati, 2008).

Efforts to maintain dental and oral health should be done from an early age. The role of parents is very necessary in the process of creating a habit of brushing teeth in

children. Preschool age is an ideal time to train a child's motor skills, including brushing their teeth properly and correctly. Therefore, health education about how to brush teeth properly and correctly is very important, especially for parents of preschool-aged children. Based on the description above, it is important to provide health education to parents to supervise, teach and change the thinking patterns of parents who have thought that tooth decay is due to poor hygiene and not a problem. Judging from the time of initial data collection, parents lacked knowledge about maintaining their children's dental health and many children still experienced dental health problems. So researchers recommend that parents routinely carry out regular dental health checks at the nearest Community Health Center or Hospital and actively participate in health education if available. So that preventive measures, early detection of dental health problems can be addressed immediately.

METHOD

In this research, the design used is comparative analysis with a pre-post test approach in one group (one group pre-post test design), which is a type of research that reveals cause and effect relationships by involving one group of subjects. The subject group was observed before the intervention, then observed again after the intervention. Before being subjected to treatment, a group is given a pretest, then after the treatment another measurement is taken to determine the effects of the treatment. Causal testing is carried out by comparing the pre-test results with the post-test (Nursalam, 2013). This research was carried out at PAUD Lentera Alam, Campurdarat Village, Tulungagung Regency. The research will be carried out on December 16 2021.

CONCLUSION

Based on data obtained from all respondents, the level of perception of FKIP students at Tanjungpura University in the English Education study program is relatively high, at 70%, this reflects that as many as 70% of students have a high enough enthusiasm for the implementation of online learning during the covid19 pandemic. this is proven by the calculation of 5 aspects that contribute to the implementation of the online learning. on the aspect of learning completeness getting a score of 67% this aspect is classified as high. Second, for the aspect of the ability of teachers in managing learning the results are 69% which is quite high. the third, the infrastructure that supports learning gets a score of 69% this aspect is also quite high. Furthermore, the aspect of learning activities with a percentage of 66% is high. And lastly, the aspect of student achievement with a percentage of 75% and in the high category.

English education students at FKIP Untan showed acceptance of the implementation of online learning due to the ease of accessibility and showed positive and negative perception. Positive perception including understanding the material that is felt easier to understand, student have edaquate infrastructure to follow online learning, an increas in dicipline and self-reliance. Meanwhile, negative perceptions include students facing problems in internet network connectivity, the number of assignments that are calculated, and also the interaction between lecturers and students.

DISCUSSION

Based on the results of the analysis, it was found that there was an influence of health education about dental health on the attitudes of parents in maintaining the dental health of preschool children at the Lentera Alam Paud, Campurdarat Village, Tulungagung Regency which was held on December 16 2021 with the following discussion:

1. Attitudes of Parents in Maintaining the Dental Health of Preschool Children at the Lentera Alam Paud, Campurdarat Village, Tulungagung Regency Before Being Given Health Education About Dental Health

Based on the research results listed in diagram 3.3, the results of 40 respondents before being given health education about dental health with the characteristics of respondents who had adequate attitudes were 21 respondents (52.50%), and some who had poor attitudes were 19 respondents (47.50%). So, before being given health education, there were still very many respondents who had poor attitudes, almost the majority of the 40 respondents were lacking in maintaining children's dental health. Attitude comes from the word "aptus" which means being in good health and ready to take action or can be analogous to the condition of a gladiator in a fighting arena who is ready to face a lion as his opponent in a fight. Literally, attitude is seen as physical readiness that can be observed (Sarwono, 2011).

A person's still closed reaction to stimuli is called attitude. Attitude is not yet a real action, but is still a person's perception and readiness to react to the stimuli around them. Attitudes can be measured directly and indirectly. Attitude measurement is the opinion expressed by respondents regarding objects (Notoatmodjo, 2012). In general, attitudes consist of a cognitive component (learned ideas), a behavioral component (influencing appropriate or inappropriate responses), and an emotional component (giving rise to consistent responses) (Wawan & Dewi, 2010).

From the research results, it can be seen that the attitudes of some of the respondents are still lacking, they seem to care less about their children's dental health, which poses a bad risk for their children in the future. The poor attitude towards maintaining children's dental health is influenced by the idea that maintaining children's health is not that important, so many parents ignore their children's dental health, because dental care is very important to maintain dental hygiene which includes oral hygiene, namely maintaining dental hygiene to avoid dental health problems such as plaque and caries (Potter and Perry, 2012).

Health education is an effort or activity to create a public attitude that is conducive to health. This means that health education seeks to make people aware or know how to maintain their and their families' health, how to avoid or prevent things that are detrimental to their health, their families and the health of others (Notoatmodjo, 2010).

Efforts so that parents can care about and maintain their children's dental health include providing health education about dental health. So it can increase knowledge which can influence parents' attitudes in maintaining their children's dental health. So it can be

concluded that the more parents understand how to maintain their children's dental health, the better the parents' attitude towards maintaining their children's dental health will be.

2. Attitudes of parents in maintaining the dental health of preschool children at the Lentera Alam preschool, Campurdarat village, Tulungagung district after being given health education about dental health.

Based on diagram 3.4, after health education regarding dental health was carried out, it was found that the characteristics of respondents who had a good attitude were 29 respondents (73%), and some who had a fair attitude were 11 respondents (27.50%). So that after being given health education, 73% had a more dominant attitude, namely a good attitude towards maintaining children's dental health. From the results of this research, it can be seen that a person's attitude can be influenced by other people who are considered trustworthy. Increase understanding and equalize perceptions about the dangers of tooth decay in children by changing respondents' attitudes and perspectives on the importance of maintaining children's dental health from an early age.

So that the attitude of respondents after being given health education increased from less than 19 respondents (47.50%) to good for 29 respondents (73%). Respondents' attitudes are formed from learning, one of the characteristics of attitudes is that they are not innate but are formed or learned throughout development in relation to the object (Purwanto, 2013).

The material in health education provided must be able to support the scope of discussion and be conveyed clearly, so that it can convince respondents that the material is correct, and ultimately respondents agree with the material presented, so that respondents can more easily understand the health education material. This research health education method was able to change respondents' attitudes about how to maintain children's dental health, who initially considered dental health to be normal, but ended up thinking more about maintaining children's dental health from now on or from an early age to improve their children's dental health now and in the future.

2. The Influence of Health Education About Dental Health on Parents' Attitudes in Maintaining Preschool Children's Dental Health at Lentera Alam Preschool, Campurdarat Village, Tulungagung Regency

The results of the Wilcoxon Test calculation showed that there was an influence of health education on parents' attitudes in maintaining the dental health of school children. As stated in table 3.1, it is known that the majority of respondents have a good attitude. The significant influence of health education is shown by the Asym value. Sig. (2Tailed)/ sig(p) = 0.000 , $\alpha = 0.05$. It can be seen that if the p value < α then H0 is rejected and H1 is accepted, meaning that there is an influence of health education about dental health on parents' attitudes in maintaining the dental health of preschool children at the Lentera Alam PAUD, Campurdarat Village, Tulungagung Regency.

In the conclusion of the research, it was stated that the attitude of the respondents after being given health education improved in the majority, they were able to capture all the positive things they got from the intervention, after their knowledge was sufficient, they reacted emotionally to the existing stimulus. Manifestations of attitudes cannot be seen

directly, but can only be interpreted from closed behavior. Attitudes guide our behavior so that we will act in accordance with the attitudes expressed. Individual awareness to determine actual behavior and behavior that may occur is what is meant by attitude. It was found that there was an influence of health education about dental health on parents' attitudes in maintaining children's dental health, this was due to a positive attitude (agreeing/supporting) towards maintaining preschool children's dental health, which would arouse someone's interest in what they responded to positively. This attitude ultimately encourages individuals to take action, namely trying to implement the behavior of caring for their children's teeth from now on. So in this case, attitude is also a determining factor in the behavior of parents who will look after their child's dental health from now on.

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