

Knowledge of Dental Brushing From the Status of Dental Hygiene of Students of 1 Public Elementary School Banda Dua Pidie Jaya District

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ABSTRACT

One of the efforts to improve dental and oral health is by maintaining dental and oral health. However, people often ignore dental and oral health problems caused by lack of dental and oral health knowledge. This study aims to determine the knowledge about brushing teeth in terms of dental and oral hygiene status in fifth grade students of 1 Public Elementary School Banda Dua, Pidie Jaya Regency, this research was conducted using quantitative methods with a descriptive approach. Sampling using total sampling, namely all students 1 Public Elementary School Banda Dua, totaling 30 students, through interview using a questionnaire. Data analysis used univariate analysis. The results showed that the majority of students' knowledge about brushing teeth was not good, namely 20 people (67%). Most of the school students already know the benefits of keeping teeth and mouth clean to keep teeth healthy (67%), and brushing teeth before going to bed is very necessary to do (33%).

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INTRODUCTION

Dental and oral hygiene is the most important part, especially for school-age children. School age is an important age in the growth and physical development of children¹. This period is also referred to as the critical period because at this time children begin to develop habits that usually tend to persist into adulthood². The behavior of Indonesian children in maintaining oral health is still low. Dental care is considered not too important, even though its benefits are very vital in supporting health and appearance³. The cause of dental and oral health problems in the community is behavioral factors or attitudes that ignore dental and oral hygiene. Children's behavior in maintaining dental and oral hygiene will affect the condition of children's dental and oral health⁴. Poor oral hygiene, among others, can have an impact on the occurrence of gingivitis, calculus, caries and periodontal tissue⁵. One of the efforts to improve dental and oral health is by maintaining dental and oral health. However, people often ignore dental and oral health problems caused by lack of dental and oral health knowledge⁶. Lack of knowledge of children about dental and oral hygiene

and its impact on health can affect children's attitudes and actions. The family environment, especially parents, has a very large role in developing positive behavior towards dental and oral health⁷.

The involvement of parents in developing positive behavioral patterns in maintaining oral and dental health is implemented in their children in daily life either directly or indirectly. The way to improve dental and oral health is for parents to pay attention to their children's behavior related to dental and oral health and children's diet by consuming less cariogenic foods⁸. Children aged 10-12 years are a very strategic age group to be given education and skills⁹. One of the common dental health problems in elementary school children is dental caries. The process of dental caries begins with the presence of plaque on the tooth surface, sucrose (sugar) from food scraps and bacteria attaches at a certain time which turns into lactic acid which will lower the oral pH to a critical level (5.5) which will cause demineralization to continue into dental caries. . In addition, plaque that is left over time will calcify (bond with calcium) and harden so that it becomes tartar. Tartar causes the surface of the teeth to become rough and becomes a place for plaque to re-attach so that over time the teeth will settle, become thick and will become a breeding ground for germs that cause gingivitis and periodontal disease.

The World Health Organization (WHO) in 2016 stated that the incidence of caries in children was still 60-90%. thick and will become a breeding ground for germs that cause gingivitis and periodontal disease¹⁰. The World Health Organization (WHO) in 2016 stated that the incidence of caries in children was still 60-90%.⁵.

Based on the results of the 2018 Basic Health Research (Riskesdas) survey, it was stated that the proportion of the population with dental health problems in the last 12 months in the Aceh region was 55% and those who received services from dental medical personnel were 15%. 3 years is 95% and the proportion of brushing teeth properly in the population aged > 3 years is 2.8%. This is one proof that public awareness is still lacking to maintain dental and oral health^{11,12}. In some Bandar Dua elementary schools, it is known that they still have problems with dental health. An initial survey conducted on 30 fifth grade students at 1 Public Elementary School Banda Dua, Pidie Jaya Regency, found that 80% of students had poor OHIS criteria ranging from 3.1 to 6.0.lack of public self-awareness, especially in school-age children to maintain dental and oral health, so it is necessary to conduct further research to determine the relationship of knowledge about dental and oral hygiene with dental and oral hygiene status in elementary school age students. This study aims to determine the knowledge about brushing teeth in terms of dental and oral hygiene status in fifth grade students at 1 Public Elementary School Banda Dua, Pidie Jaya Regency.

RESEARCH METHOD

This research was conducted using a quantitative method with a descriptive approach. Descriptive quantitative research method is a method that aims to make pictures or descriptive of a situation objectively using numbers, starting from data collection, interpretation of the data and appearance and results. This research was conducted for 2 weeks from 18 to 29 July 2022 for fifth grade students at 1 Public Elementary School Banda Dua, Pidie Jaya Regency. The research population is all fifth grade students of 1 Public Elementary School Banda Dua, Pidie Jaya Regency. Sampling used total sampling, namely all students of 1 Public Elementary School Banda Dua, Pidie Jaya Regency, totaling 30 students. Data collection using questionnaires and interviews. The data obtained from the results of this study were made in the form of a distribution table. Data analysis used univariate analysis

RESEARCH RESULTS

Knowledge about Brushing teeth Student

Table 1 Frequency Distribution of Correct Answers Knowledge Questions About Brushing teeth students 1 Public Elementary School Banda Dua, Pidie Jaya Regency

No.	Mother's Behavior	F	Percent
1.	Benefits of maintaining dental and oral hygiene so that teeth stay healthy	20	67%
2.	Frequency of brushing your teeth at least twice a day	18	60%
3.	The right time to brush your teeth, after breakfast and before going to bed at night	10	33%
4.	The shape of a good toothbrush stem is long straight	0	0%
5.	How to brush your teeth properly and correctly is brushing your teeth on the entire surface of the teeth, namely the front, inside and the area of mastication	15	50%
6.	Brushing your teeth before going to bed is very necessary	10	33%
7.	Brushing your teeth should be done twice a day	20	67%
9.	Gargling between meals can help wash away food debris stuck to your teeth	0	0%
8.	Eating fibrous and juicy fruits can help clean teeth	10	33%
9.	Eating a lot of foods that contain carbohydrates can cause tooth decay	10	33%
10.	The toothbrush is replaced when the bristles have bloomed and after more than 3 months of use	13	43%
11.	Sweet and sticky food is the cause of cavities	20	67%
12.	If the tooth is in pain, it should be taken to the health center	25	83%

Based on table 1. above, it can be seen that the respondents who answered the least correctly were in The shape of a good toothbrush stalk is long straight and eating fibrous and juicy fruits can help clean teeth (0%). Brushing your teeth before bed is very necessary, When is the right time to brush your teeth, consuming a lot of foods containing carbohydrates can cause tooth decay, as many as 10 respondents (33%). While 25 (83%) respondents already know that if their teeth are sick, they should be taken to the puskesmas.

Knowledge Frequency Distribution

Table 2. Frequency Distribution of Mothers' Knowledge of 1 Public Elementary School Banda Dua Pidie Jaya Regency

No	Level Knowledge	Frequency	Percentage(%)
1.	Well	10	33%
2.	Not good	20	67%
Amount		30	100%

Based on table 2 above, it shows that the knowledge of the majority of students in the poor category is as many as 20 people (67%).

Discussion

The results showed that the majority of students' knowledge was in the poor category as many as 20 people (67%). This is caused by a lack of knowledge about maintaining dental and oral hygiene, and the lack of information about dental health, as well as the lack of counseling by dental health workers. Children generally don't get counseling at school so they don't know that eating a lot of sweet and sticky foods can cause cavities, and they don't immediately rinse their mouths or brush their teeth so they can damage their teeth. The results of this study are in accordance with the results of research conducted by Suwelo¹³ that there is a relationship between knowledge and behavior to prevent dental caries. The respondent's high knowledge makes a good contribution to the respondent to maintain and improve the dental and oral health status of elementary school age children. This knowledge is obtained from information through the media, counseling by health workers, and people who are considered important¹⁴. Knowledge and awareness that parents need

to have is how to clean teeth, types of food and drinks that are beneficial or detrimental to dental health. Thus the behavior of children to maintain good dental health status requires a good contribution to the formation of behavior for children¹⁵. Knowledge and awareness that parents need to have is how to clean teeth, types of food and drinks that are beneficial or detrimental to dental health. Thus the behavior of children to maintain good dental health status requires a good contribution to the formation of behavior for children¹⁵. Knowledge and awareness that parents need to have is how to clean teeth, types of food and drinks that are beneficial or detrimental to dental health. Thus the behavior of children to maintain good dental health status requires a good contribution to the formation of behavior for children¹⁶.

Based on the results of respondents' answers shows that the least number of correct answers is on The shape of a good toothbrush stalk is long straight and eating fibrous and juicy fruits can help clean teeth (0%). Brushing your teeth before bed is very necessary, When is the right time to brush your teeth, consuming a lot of foods containing carbohydrates can cause tooth decay, as many as 10 respondents (33%). While 25 (83%) respondents already know that if their teeth are sick, they should be taken to the puskesmas. The results of this study are supported by previous studies which stated that 88.3% of respondents had dental and oral hygiene status in the poor category, supported by sufficient knowledge of parents. Dental and oral hygiene is a very decisive factor in the process of maintaining dental and oral health. A person's awareness of the importance of dental health can be seen from the knowledge possessed¹⁶. Mother's knowledge, mother's attitude and behavior, environment has a positive and significant relationship with children's behavior on dental and oral health¹⁷. Dental health counseling for elementary school children aged 6-12 years is very important because at that age is a critical period, both for the growth of their teeth as well as for the development of their soul as it requires an approach to generate knowledge, healthy attitudes and behaviors, especially dental and oral health¹⁷. Success in dental health education efforts to school children can not be separated from the method of education and the importance of the role of a media because it can support the learning process, making it easier for students to understand the learning material. Through the media, the messages conveyed can be more interesting and easy to understand.

CONCLUSION

Based on the results of the research and discussion, it can be concluded that the majority of the knowledge about brushing teeth in fifth grade students of 1 Public Elementary School Banda Dua, Pidie Jaya Regency is not good, as many as 20 people (76%). It is recommended for puskesmas as the implementer of the UKGS program to routinely conduct counseling on dental health as a promotive effort to achieve optimal dental health degrees. Public and private health and education institutions in Pidie Jaya Regency need to develop considering that the aspect of mother's attitude turns out to be the most dominant factor, so that promotion emphasis needs to be placed on this aspect.

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