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INCREASING KNOWLEDGE ABOUT ORAL CARE AMONG ELEMENTARY STUDENTS IN SDN DUKUHSARI 2 JABON SIDOARJO

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ABSTRACT

This community service activity carried out by Poltekkes Kerta Cendekia is routine activities done by academic civities in order to improve the health quality of school-age children in the Sidoarjo Regency environment. This activity carries the theme "Oral Care". Increasing the level of knowledge, attitudes, and skills of students regarding oral and dental health will change their behavior towards healthy living so that optimal dental and oral health degrees can be achieved. The long-term impact of this activity is that by improving the health quality of students, it is hoped that they can improve their academic achievement. This counseling activity was held on January 21, 2023, at SDN Dukuh Sari 2 Jabon Sidoarjo. This activity was carried out by a team consisting of one lecturer and seven students. The participants in this activity were all 1st and 2nd graders at this elementary school, which totaled 39 students. During this activity, all students could work well together, were enthusiastic in answering all the questions posed by the presenters, and were enthusiastic in demonstrating how to brush their teeth.

Keywords: *Knowledge, Oral health, School-age children*

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INTRODUCTION

Perilaku Hidup Bersih dan Sehat (PHBS) is one of the government's programs that is basically an attempt to transmit experiences regarding healthy living behaviors to community groups. PHBS aims to improve the quality of public health (Kemenkes RI, 2016). This activity can be carried out by sharing information or providing educational material through a medium to increase public knowledge. A clean and healthy lifestyle is carried out with personal awareness by a family so that they are able to help themselves in the health sector and have an active role in community activities.

One of the most common health problems in elementary school-age children is dental and oral health problems. Basic health research in 2018 stated that the largest proportion of dental problems in Indonesia were damaged, cavities, or sick teeth, which was 45.3%, while the oral health problems experienced by the majority of the Indonesian population were swollen gums or abscesses, which was 14% (Ministry of Health, RI, 2020).

Oral health is an integral component of general health. It is also becoming clear that the causative and risk factors for oral disease are often the same as those involved in common diseases. Overall health, well-being, education, and development of children, families, and communities can be affected by oral health. The teeth and mouth are parts of the body that function to chew, speak, and maintain facial shape (Yusuf, 2011). Caries, or cavities, is a dental tissue disease characterized by tissue damage starting from the surface of the tooth and extending towards the pulp. This disease can be caused by excessive consumption

of sugar and a lack of dental health care. The bacterium that functions in the process of caries is *Streptococcus mutans* because it can make saliva acid faster by fermenting sucrose (another name for granulated sugar that we consume every day) (Ramayanti and Purnakarya, 2013).

One way that can be done to improve the quality of health in school-age children is to provide education about dental and oral health. Increasing the level of knowledge, attitudes, and skills of students regarding oral and dental health will change their behavior towards healthy living so that optimal dental and oral health degrees can be achieved. The long-term impact of this activity is that by improving the health quality of students, it is hoped that they can improve their academic achievement.

OBJECTIVES

General Purpose

After conducting oral care counseling, it is hoped that students of SDN Dukuhsari 2 Jabon can understand and apply ways to maintain healthy teeth and mouths.

Special Purpose

After conducting Oral Care counseling, students are expected to be able to: 1) Name the components in the mouth; 2) Mention the type of tooth; 3) Mention the benefits of teeth and mouth; 4) Name the right time to brush your teeth; 5) Mention how to care for teeth; 6) Practice how to brush your teeth

PLAN OF ACTION

Strategy Plan

The strategy plan of this community service are: 1) Prepare activity proposals; 2) Manage licensing and coordination with policy advisors at SDN

Dukuhsari 2 in Sidoarjo Regency; 3) Contact time counseling; 4) Implementation of counseling; 5) Preparation of activity reports.

Implementation

The implementation of this activities are: 1) Coordinate with parties from SDN Dukuhsari 2, both with the school principal and with the homeroom teacher, in determining the material and timing of counseling; 2) Prepare equipment and materials needed during health counseling; 3) Conducting health education activities at SDN Dukuhsari 2; 4) Evaluation of activities; 5) Compile the final report of extension activities.

Setting

This Activity was carried out at SDN Dukuhsari 2 in Jabon Sidoarjo

Target

The target of this community service are all students in the 1st and 2nd degrees at SDN Dukuh Sari 2 Jabon Sidoarjo.

RESULTS AND DISCUSSION

Perilaku Hidup Bersih dan Sehat (PHBS) is a behavior that aims to provide information and experience to a group of people so they can implement clean and healthy living behaviors. Education about clean and healthy living behaviors is very important to improve the quality of public health. One part of this PHBS is dental and oral health education for school-age children. Based on basic health research in 2018 showing that the largest proportion of dental problems in Indonesia are damaged, perforated, or sick teeth, which is equal to 45.3%, and the results of observations at SDN X in Sidoarjo Regency showing that 52% of grade 1 and

2 students had dental caries, the Kerta Health Polytechnic Scholars were moved to carry out community service activities at SDN X in Sidoarjo Regency.

Community service activities with the theme "Oral Care" began with field observations, which were followed by the submission of proposals and permits from the Poltekkes Kerta Cendekia institution to the elementary school. The implementation date of this community service activity is January 21, 2023. This activity was attended by two class teachers and 39 students. The event in this community service activity is to provide counseling to students about oral and dental health and demonstrate how to brush their teeth with a dental phantom prop.

Evaluation of community service activities includes structural evaluation, process evaluation, and results evaluation. Evaluation of the structure includes the readiness of the extension media, the place for the implementation of the activity, and the implementation of the coordination process with the place for the implementation of the activity. Process evaluation includes the implementation of activities in a timely manner and the involvement of all elements in extension activities. In the evaluation of the results, all students in grades 1 and 2 participated enthusiastically in the counseling activities, both in answering all the questions posed by the presenters and in demonstrating how to brush their teeth properly.

CONCLUSION

Increasing the level of knowledge, attitudes, and skills of students regarding oral and dental health will change their behavior towards healthy living so that

optimal dental and oral health degrees can be achieved.

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