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EDUCATION OF MAINTAIN DENTAL AND ORAL HEALTH AT TAMBAKREJO STATE ELEMENTARY SCHOOL, SIDOARJO

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ABSTRACT

The counseling activity on maintaining dental and oral health given to class V and VI students at SDN Tambakrejo Surabaya is a form of community service in the form of presenting material and simulations which are expected to maintain health and prevent dental and oral disease in children. The extension activities will be held on December 9, 2023 at SDN Tambakrejo Waru Sidoarjo. Before carrying out extension activities, there is an activity preparation process for approximately four weeks before implementing the activity, starting from determining the type of activity to submitting permits to the relevant parties. As a form of evaluation, this activity was attended by 42 elementary school students of classes V and VI, the participants took part in the activity very enthusiastically and the counseling guidance activity ran smoothly.

Keywords: *Dental Health, Oral Health, Education, Healthy*

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INTRODUCTION

Teeth and mouth are parts of the body that function for chewing, speaking and maintaining the shape of the face.

Considering its very important use, it is necessary to maintain healthy teeth and mouth. Lack of attention to maintaining dental and oral health can cause problems

with dental and oral health which can have a negative impact on daily life, including decreasing general health, lowering levels of self-confidence, and disrupting performance (Gestina and Meilita, 2021). Diseases related to oral and dental hygiene include canker sores, cavities, bleeding gums, tooth abrasion, large holes in the teeth and remaining roots, oral cancer, oral tumors, growing wisdom teeth and dental caries. Dental and oral health in Indonesian society needs to be considered. In Indonesia, dental and oral diseases are in the top ten most common diseases spread across various regions (Mikail & Candra, 2011).

The 2017 Global Burden of Disease Study states that dental disease affects 3.5 billion people worldwide, with permanent dental caries being the most common condition. Globally, an estimated 2.3 billion people suffer from permanent dental caries and more than 530 million children suffer from dental caries.

Dental caries is one of the 10 biggest diseases in primary care and Indonesia is one of the developing countries with the incidence of caries tending to continue to increase, especially in children. According to Riskesdas 2018, the number of children experiencing dental problems reached 93%, meaning that only 7% of children do not experience dental health problems. School-aged children are a group that is vulnerable to dental and oral health, especially caries, because at the age of 6-12 years there is a transition/replacement of teeth, namely milk/primary teeth to permanent/permanent teeth.

The results of a preliminary study in the Sidoarjo area in 2022 showed that 61.1% had experienced a dental career, this is because children tend to prefer

sweet foods and drinks at home and at school. Children's dental caries in the high category is caused by various factors, including children rarely cleaning up leftovers after eating and reduced knowledge of cariogenic diets, which can cause cavities. Children's dental caries can become lower if children can change their daily patterns by increasing children's knowledge of the importance of maintaining healthy teeth and mouth. One effort to increase public knowledge is through outreach. The aim of counseling is so that students can understand and apply the principles of disease prevention in relation to health and safety in everyday life.

Dental and oral health is closely related to dental and oral hygiene, because dental and oral hygiene is a basic factor for creating healthy teeth and mouth. Dental and oral hygiene can determine the level of a person's dental and oral health.

OBJECTIVES

General Purpose

After providing dental and oral health education, it is hoped that students at SDN Tambak Rejo Waru Sidoarjo will be able to understand and apply how to maintain healthy teeth and mouth.

Special Purpose

The specific objectives after this counseling are that elementary school students are expected to be able to:

1. Participants can understand the factors that cause damage to dental and oral health
2. Participants can understand the impact of not taking care of their oral health

3. Participants can understand the benefits of caring for dental and oral health
4. Participants can understand how to maintain healthy teeth and mouth
5. Participants can apply the correct way to brush their teeth and apply ways to care for/maintain healthy teeth and mouth in everyday life

PLAN OF ACTION

Strategy Plan

The strategic plan for implementing this counseling includes:

1. Coordinate with policy makers at Tambak Rejo State Elementary School, sidoarjo
2. Determine the implementation time contract with targets in Tambak Rejo State Elementary School, sidoarjo
3. Carry out outreach activities at Tambak Rejo State Elementary School, sidoarjo

Implementation

Counseling is carried out after the permit to carry out community service issued by Research and Society Kerta Scholar Health Service Institute Sidoarjo Polytechnic with the number: 269/SPPD/D/XII/2023.

Actions performed in implementation these activities include:

1. Coordinate with the school
2. Providing educational materials to participants consisting of school children about the importance of maintaining healthy teeth and mouth
3. Provide a question-and-answer session to determine the level of understanding of participants
4. Practice with participants on how

to care for and brush their teeth properly

5. Provide rewards for participants who are able to answer questions and can practice correctly

Setting

This counseling activity was carried out at Tambak Rejo State Elementary School, sidoarjo on December 9, 2023.

Target

The targets for this Educational Protection Of Dental And Oral Health counseling are 42 students in grades 5 and 6 of SD Negeri Tambak Rejo, Sidoarjo..

RESULTS AND DISCUSSION

Counseling activities start from 15.00 to 16.30. Counseling was carried out in class V at Tambak Rejo State Elementary School, sidoarjo. Counseling was attended by 42 students of fifth and sixth grade students.

Equipment used for outreach activities includes posters, leaflets, phantoms, pictures, toothbrushes, toothpaste and other dental health equipment.

At the age of children, conveying knowledge messages requires the right media because children like to imagine, one of the right media is video media because it can be easier for students to understand and practice again (Wati & Paridah, 2017).

Therefore, the use of media in the form of phantoms and other dental health equipment can increase children's understanding of the importance of maintaining Dental and Oral Health.

The students looked very excited and enthusiastic about watching the

illustrations and pictures on the posters and when they returned to practicing the correct way to brush their teeth. All questions asked by participants were answered by the presenters. All students questioned by the presenter were able to answer the questions.

All students can also practice how to brush their teeth correctly and sequentially. So, it can be said that this counseling was quite effective and successful.

Policy makers at Tambak Rejo State Elementary School, Sidoarjo are willing to work together in implementing this health education.

CONCLUSION

Education on maintaining dental and oral health was considered quite successful because participants were able to mention the purpose, benefits, parts, methods and times for brushing teeth and maintaining proper dental and oral health. Participants were also able to practice the correct steps for brushing their teeth.

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