

NATIONAL DENTAL HEALTH MONTH PROGRAM 2022 SCHOOL HEALTH PROGRAM WITH ITS KINDERGARTEN

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Abstract

Dental and oral health in Indonesia is still a health problem that needs attention. The most concerning thing is that as many as 93% of school-age children experience dental and oral problems. This can be caused by a lack of knowledge and awareness of dental hygiene. One of the efforts made to increase knowledge and awareness of dental hygiene is holding an educational activity called "*School Health Program*". This activity is carried out in several schools, one of which is ITS Kindergarten. This activity began with the Training of Trainer Program given by dentists to cadres of teachers and parents of students about the benefits of good oral hygiene and how to brush teeth twice a day with fluoride toothpaste. Dentists provide educational materials using PowerPoint media and educational videos through the Zoom application. There were 5 cadres consisting of 2 teachers and 3 guardians of students who attended this activity. After that, the cadre of teachers and parents of students disseminate information to parents of other students/students so that they can become mentors to their children to apply good and correct brushing behavior twice a day for 21 days with the recording method on the calendar that has been given. The hope is that after this program ends, students at ITS Kindergarten will have the behavior of maintaining oral hygiene by brushing their teeth twice a day with fluoride toothpaste.

Keywords: Dental and Oral Health, ITS Kindergarten, School Health Program.

INTRODUCTION

Dental and oral health in Indonesia is still a health problem that needs attention. Based on the 2018 Basic Health Research (Riskesdas), it is reported that the prevalence of dental and oral problems in Indonesia is still very high. As many as 57.6 percent of Indonesians have dental and oral problems. The proportion of brushing behavior properly, namely twice a day, after meals, and before going to bed is only 2.8% in Indonesian people. The most concerning thing is that as many as 93% of school-age children experience dental and oral problems. The above

can be caused by the lack of knowledge and awareness of the Indonesian population towards dental hygiene.

In commemoration of National Dental Health Month 2022, PT. Unilever Tbk in collaboration with AFDOKGI, ARSGMPI, Indonesian Dental Association (PDGI), and FKG of Hang Tuah University will carry out promotive-preventive activities called "*School Health Program*". This activity is expected to overcome dental and oral health problems, especially in school-age and adult community groups. This activity is carried out in several schools, one of which is ITS Kindergarten.

The "*School Health Program*" activity begins with a Training of Trainer Program given by dentists to cadres of teachers and parents of students about the benefits of good oral hygiene and how to brush teeth twice a day with fluoride toothpaste. After that, the cadre of teachers and parents of students disseminate information to parents of other students so that they can become mentors to their children to apply good and correct brushing behavior twice a day for 21 days with the recording method on the calendar that has been given.

IMPLEMENTATION AND METHODS

This activity uses a digital/online system through the Zoom application. The target participants are representatives of students at ITS Kindergarten, 5 parents, and 5 teachers at ITS Kindergarten. The mechanism of the activity is "*Training of Trainer*" for students and parents, by dentists from the Faculty of Dentistry, Hang Tuah University, Surabaya. These dentists will provide educational materials to teachers and parents using powerpoint media and educational videos. The dental and oral health material delivered consists of: causes of cavities, swollen gums, bleeding gums, how to brush your teeth properly, the right time to brush your teeth, and foods that are good and not good for dental health. Material participants are given *pre* and *post-tests* to measure the absorption of the material that has been given.

After the "*Training of Trainer*" activity, students were given a calendar recording their brushing behavior to record how many times they brushed their teeth in a day. This recording is done for 21 days, using dental stickers pasted on the chart in the calendar. The role and assistance of parents are needed in this case to help students in implementing healthy living behaviors, especially oral and dental health.

RESULTS AND DISCUSSION

This community service event was held on Saturday, November 5, 2022, through a Zoom meeting starting at 08.00 – 11.15. The following are the pre-test and post-test results of ITS Kindergarten School Health Program participants:

I. TEACHER RESULTS

NO	NAME	AGE	TEACHING AS A TEACHER	PRE-TEST RESULTS	POST-TEST RESULTS
1	Master A	36	Class teacher	70	70
2	Master B	40	Class teacher	60	80

II. PARENT RESULTS

NO	NAME	AGE	RECENT EDUCATION	WORK	CHILD NAME	CHILD AGE	RESULT PRE TEST	RESULT POST TEST
1	Mrs. A	32	S1	Private	Earth Arkananta	5	100	100
2	Mrs. B	37	S2/S3	Private Workers	Adnan Arfandhani	5	80	80
3	Mrs. C	38	SMA	Housewives	Kinanti Sakhi Abdillah	6.5	90	90



Figure 1: Team preparation before the School Health Program event begins

Dental caries and periodontal disease are the most common dental and oral diseases in children in Indonesia (Ministry of Health RI, 2019). Dental and oral diseases are caused because children between the ages of 6-12 years or school-age children still do not understand how to maintain dental and oral hygiene (Rizaldy et al, 2017). This is triggered due to a lack of knowledge and understanding as well as the neglect of parental behavior toward the maintenance of healthy teeth and mouth, causing oral diseases such as dental caries and periodontal disease (Aruldas, 2020).

Based on Basic Health Research (Riskesdas) data in 2018, the percentage of the Indonesian population who have dental and oral health problems is 57.6% with a prevalence of in the group of children aged 5-9 years of 67.3% and in the group children aged 10-14 years of 55.6%. The high percentage of dental and oral problems in children in Indonesia is caused by the low level of parental knowledge about oral and dental health which is a predisposing factor of behavior that does not support children's oral dental health (Dewi and Wirata, 2018).

Health education is an activity that provides learning experiences in the form of communication the form of providing information about health knowledge that can encourage individuals or communities to have motivation, skills, and confidence in making behavior changes that aim to improve health (WHO, 2012). Parents' knowledge and awareness related to children's oral health is a basic component in forming preventive actions that lead to the formation of children's oral health status (Okada et al, 2002). Providing effective dental and oral health education is important to increase parents' knowledge and awareness (Hamasha et al, 2019). Dental health education aims to increase awareness by instilling knowledge, changing

attitudes and behaviors, and providing skills in good dental and oral care to the community to achieve optimal dental health (Koesoemawati, 2020).

Brushing your teeth as an important activity to maintain healthy teeth and mouth can prevent tooth decay, gum disease, and bad breath because the breath remains fresh. By brushing the tooth surface and interdental area, food debris and debris can be cleaned to prevent the formation or removal of plaque (Kumar *et.al*, 2013). Brushing your teeth needs to be done at the right time, not too short and not too long. If done in a short time, dental hygiene becomes less optimal considering the many tooth surfaces that must be cleaned. Brushing your teeth is recommended to be done for 5 minutes, but generally, someone brushes their teeth for 2 – 3 minutes. (Syriac, 2017).

The frequency of brushing is a measure of how many times a person brushes their teeth in a day. As one of the factors that affect oral hygiene, proper brushing is done at least twice a day in the morning after eating and at night before going to bed (Ministry of Health Information, 2019). Brushing your teeth in the morning after breakfast and at night before going to bed aims to remove the remnants of food that stick to the surface of the teeth and between the teeth and gums. Brushing your teeth before going to bed is done to control the proliferation of bacteria in the oral cavity because during sleep saliva production decreases and the ability of self-cleansing in the oral cavity decreases so that teeth become more easily damaged (Sufriani and Aflah, 2018).

Habits are actions that are done daily and carried out repeatedly in the same thing so that they become customs and are obeyed by the community and have memorized the actions out of their heads (Asih, 2010). Factors that influence habits according to Albert Bandura in Nunu Nurfirdaus' research (2019) include environment, education, age, gender, attitudes, and behavior. The school health program that is being implemented and will be evaluated after 21 days aims to form students' habits in maintaining cleanliness and oral health with stones from teachers and parents.

CONCLUSION

Dental caries and periodontal disease are the most common dental and oral diseases in children in Indonesia, therefore a program or activity is needed that can change children's habits in maintaining healthy teeth and oral cavities. *The School Health Program* which consists of a 21-day dental and oral health program for children at school is held to create good habits in maintaining dental and oral health with the help of teachers and parents as mentors who have been provided with material by dentists. Habits that will be formed are how to brush your teeth correctly, the correct brushing time is 2x a day morning after breakfast and night before going to bed, reduce eating sweet foods and diligently control to the dentist at least once every 6 months.

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