

**COMMUNITY EMPOWERMENT IN EFFORTS TO IMPROVE
DENTAL AND ORAL HEALTH THROUGH TRAINING OF TRAINER
ACTIVITIES IN “ANAK BANGSA ELEMENTARY SCHOOL”
SURABAYA**

**Kharinna Widowati¹, Caecilia Indarti², Rima Parwati Sari³,
Widyasri Prananingrum⁴, Ghita Hadi Hollanda⁵, Yulie Emilda⁶,
Kristanti Parasihni⁷, Isidora Karsini⁸, Monica Elidasari⁹, Lita Agustia¹⁰,
Budi Santoso¹¹, IGAM Oka Lestari¹², Yoifah Rizka¹³, Yongki Hadinata¹⁴,
Linda Rochyani¹⁵**

Faculty of Dentistry,
Universitas Hang Tuah, Surabaya

email: ¹ kharinna.widowati@hangtuah.ac.id, ² caeciliaindarti@hangtuah.ac.id

Abstract

One way to develop health is community empowerment in the field of dental and oral health. Based on the 2018 Basic Health Research, it was reported that the prevalence of dental and oral problems in Indonesia is still very high. As many as 93% of school-aged children experience dental and oral problems. This is due to a lack of knowledge and lack of awareness of the Indonesian population regarding dental hygiene. In a series of activities for the 2023 National Dental Health Month, dental and oral health education programs are carried out in schools/School Health Programs. Method: The method is carried out using a cadre training program / Training of Trainers through zoom meetings for teachers and parents of students by providing dental and oral health material. Next, ask them to provide assistance with morning and evening toothbrushing activities for 21 days, teaching children about the benefits of good oral hygiene and showing them how to brush their teeth twice a day. It is preceded by a pretest and at the end of the delivery of the material a post test is given. The results of the evaluation of understanding of the material presented show that there is a significant difference in the pre-test and post-test of prospective cadres, which means that the cadres understand the material well. The new habit of brushing teeth has been quite successful from the uploaded photo documentation and students have recorded well for 21 days. This shows a change in behavior in maintaining dental and oral health.

Keywords: Training of Trainer, Toothbrush, 21 Days

INTRODUCTION

Dental and oral health in Indonesia is one of a health problem that needs attention. The prevalence of dental and oral problems in Indonesia reached 57.6% and is still considered very high (Kemenkes RI, 2019). The most common dental and oral diseases are caries and

periodontal disease. The lack of knowledge and awareness of people in Indonesia regarding dental hygiene and health is the cause of the high prevalence of caries. Another cause is the geographical conditions of several regions in Indonesia which are still difficult for medical personnel to reach to provide information and education regarding dental and oral health. Only 2.8% of the population is able to brush their teeth properly twice a day (after breakfast and before bed in the night). Even though people brush their teeth at the right time, it does not mean that the technique used to brush their teeth is correct. As a form of effort to reduce the prevalence of dental caries, the Indonesian Ministry of Health launched the "Indonesia Bebas Karies 2030" program. Providing education about dental and oral health is one effort to increase public awareness, behavior and motivation to continuously improve their dental and oral health (Abdullah, 2018).

School-aged children are vulnerable to various dental and oral health problems. Several factors cause this condition, namely a lack of knowledge and understanding about how to brush teeth properly, as well as the tendency of school-aged children to like sweet foods and drinks which have the potential to cause cavities. Therefore, it is important to create children's habits of improving dental hygiene and health from an early age. Apart from that, the level of knowledge and behavior of parents, the environment and the availability of health services also greatly influence children's oral and dental health. Therefore, each school is expected to have an UKGS (Usaha Kesehatan Gigi Sekolah) team formed through the School Health Program, involving teachers, little dentists and parents of students through training (Training of trainers) by providing basic knowledge about dental and oral health, followed by student assistance from teachers and parents. The role of parents and teachers is very important in providing continuous assistance and monitoring for children to always have the habit of maintaining their dental and oral health on a regular basis so that it becomes a new habit that can change attitude patterns and ultimately lead to a change in good behavior (Aruldas, 2020; Ali, et.al, 2016).

IMPLEMENTATION METHOD

The method for implementing the training of trainers begins with a pre-test followed by providing education to teachers as dental health cadres at Anak Bangsa Elementary School. The population in this study were teachers and parents who were sampled using non-probability sampling techniques. The training implementation team is 15 dentists from the Faculty of Dentistry, Hang Tuah University, Surabaya. The media used in this activity is a zoom meeting. Training material is provided via power point media.

Education is carried out through showing videos about dental and oral diseases, animated videos on how to brush your teeth and preventing cases of cavities, as well as choosing the right toothbrush. Apart from that, a 21-day digital toothbrush calendar, digital poster/flyer, and flipchart were also distributed. The student's tooth brushing behavior was monitored by recording how many times they brushed their teeth in a day. This recording is carried out for 21 days on the recording calendar by attaching a sticker to the chart in the calendar. By brushing your teeth twice at the right time during these 21 days, it is hoped that this will become a new habit for children. Of course, the role of parents is very important in setting an example and at the same time supervising and encouraging children to maintain

healthy teeth and mouths so that they brush their teeth diligently during the new habituation period.

RESULTS AND DISCUSSION

This training of trainer was held on November 4, 2023, through a Zoom meeting starting at 08.00 – 11.15. The following are the pre-test and post-test results of Anak Bangsa Elementary School Health Program participants:

Table 1. Teacher results

No.	Name	Age	As a teacher	Pre-test	Post-test
1	Teacher A	24	Class teacher	100	100
2	Teacher B	35	Christian religious teacher	90	90
3	Teacher C	34	Class teacher	90	90
4	Teacher D	31	Class teacher	80	90
5	Teacher E	37	Class teacher	80	80
6	Teacher G	40	Class teacher	90	90

Table 2. Parents results

No.	Name	Age	Recent Education	Pre-test	Post-test
1	Mrs. A	32	S1	90	90
2	Mrs. C	45	SMA	90	90
3	Mrs. D	40	S1	100	80
4	Mrs. E	40	S2 / S3	90	90

Based on the pre and post tests in the teacher group, there was no visible decline in scores. Apart from that, the scores obtained by each teacher were relatively good. This indicates that the teachers who take part in the training of trainers have quite good knowledge regarding dental and oral health. In contrast to the pre and post test results in the elderly group, there appeared to be a decrease, although it was not significant.

The family, which serves as a child's first school, is crucial in promoting children's health, particularly that of parents. Parents are important educators because they set an example for their kids, offer guidance, and always encourage good personal hygiene. Children in school are a crucial age group since they are most susceptible to health issues at that time. While there are many other issues that might occur in school-aged children, general health issues are the most common ones. Children in school typically deal with personal and environmental issues, like how to correctly brush their teeth, how to clean themselves, how to wash their hands with soap, and how to take care of their nails and hair (Rexmawati et al., 2021).

Forming good habits in children refers to theories, one of which is Stimulus Theory is a theory put forward by Hosland Etal. This theory reveals that the cause of the occurrence changes in behavior depending on the quality of the stimulus (stimulus) that communicate with organisms. Process of changes behavior is essentially the same as the learning process. Apart

from that, there is also the classical theory put forward by H. L. Bloom. This theory suggests that there are factors that influence the degree health respectively, namely lifestyle, environment, health services genetic factors and interact with each other and affect a person's health status (Jannah, M., 2021).



Figure 1. Monitoring the children's behavior in class 1



Figure 2. Monitoring the children's behavior in class 2

**Dokumentasi SCHOOL HEALTH PROGRAM
Kelas 3**



Mengisi kalender 21 hari
(sikat gigi pagi & malam)



Menyikat gigi bersama
orang tua



Demonstrasi cara
menyikat gigi



Berjanji menyikat gigi 2x
sehari, pagi & malam



Pemberian produk

Figure 3. Monitoring the children's behaviour in class 3

**Dokumentasi SCHOOL HEALTH PROGRAM
Kelas 4**



Mengisi kalender 21 hari
(sikat gigi pagi & malam)



Menyikat gigi bersama
orang tua



Demonstrasi cara
menyikat gigi



Berjanji menyikat gigi 2x
sehari, pagi & malam



Pemberian produk

Figure 4. Monitoring the children's behaviour in class 4



Figure 5. Monitoring the children's behaviour in class 5



Figure 6. Monitoring the children's behaviour in class 6

Because it keeps your breath fresh, brushing your teeth is a crucial part of maintaining healthy teeth and gums and can help avoid tooth decay, gum disease, and bad breath. Food particles and debris can be removed or prevented from forming plaque by brushing the teeth surface and interdental area. It's important to brush your teeth at the proper length of time, neither too short nor too long. Dental hygiene is less effective if completed quickly because

there are several tooth surfaces that need to be cleaned. Although it is advised to clean your teeth for five minutes, most people only do so for two to three minutes (Kumar et.al, 2013).

The number of times a person brushes their teeth in a day is known as their brushing frequency. Proper brushing should be done at least twice a day, in the morning after eating and in the evening before bed, as it is one of the variables that affect oral hygiene. To get rid of food particles that adhere to your tooth's surface and in the space between your teeth and gums, brush your teeth first thing in the morning, right after breakfast, and last thing at night, right before bed. Brushing your teeth before bed helps prevent the growth of germs in the oral cavity because, while you sleep, saliva production drops and the oral cavity's capacity for self-cleaning declines, making teeth more vulnerable to injury (Kemenkes RI, 2019; Sufriani and Aflah, 2018).

One of the objectives of this program is the establishment of cadres within the UKGS. The primary method for enhancing children's dental and oral health while they are in school is UKGS. In order to support students' dental and oral health as early as possible, the management of dental health education in Indonesian schools still depends on a platform known as UKGS (Usaha Kesehatan Gigi Sekolah). This platform helps students learn how to brush their teeth properly and frequently and improves their nutritional intake. Students can learn about the value of leading a healthy lifestyle, keeping their mouths clean and healthy, avoiding diseases of the teeth and mouth, and many other topics at UKGS (Afnindar, Z.F., 2020; Rompas et al., 2018).

CONCLUSION

The most prevalent dental and oral conditions affecting children in Indonesia are periodontal disease and dental caries, hence it is necessary to implement a program or activity that can alter children's oral hygiene practices. With the assistance of teachers and parents who serve as mentors and have received materials from dentists, the School Health Program, which consists of a 21-day dental and oral health program for kids at school, aims to instill excellent habits in preserving dental and oral health. The right way to clean your teeth will be instilled, along with the habits of brushing twice a day after breakfast and at night before bed, cutting back on sugary meals, and making sure to visit the dentist at least once every six months. Based on the results of pre and post tests regarding the level of knowledge of teachers and parents of Anak Bangsa Elementary School's students in clean and healthy living behavior related to teeth and mouth found that the majority had sufficient knowledge to accompany children in becoming little dentists.

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