

POJOK SIKAT GIGI: WORKSHOP FOR TEACHERS AT KB-TK SEPULUH NOVEMBER SURABAYA FOR THE DEVELOPMENT OF CO-CURRICULAR DENTAL HEALTH PLANS

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Abstract

This community service program was carried out at KB-TK Sepuluh November Surabaya with the aim of improving teachers' capacity in developing co-curricular learning plans related to dental health for early childhood students. Initial observations and dental examinations showed that the prevalence of dental caries among students was still high, and previous oral health education activities were not performed routinely. Therefore, a workshop was conducted to strengthen teachers' knowledge and skills regarding dental health education and the creation of structured, interactive co-curricular learning plans. The workshop consisted of theoretical material on early childhood learning approaches and practical demonstrations on proper toothbrushing techniques. Teachers then developed co-curricular lesson plans and practiced guiding students in group toothbrushing activities. The results showed that teachers demonstrated increased understanding and were able to produce applicable learning plans and implement them confidently. This program is expected to support the sustainability of dental health education in schools and contribute to improving children's dental hygiene behaviors.

Keywords: Dental Health Education, Co-Curricular, Early Childhood, Teacher Workshop, Toothbrushing Habits

INTRODUCTION

KB-TK Sepuluh November is a private kindergarten located in the Sukolilo District, Surabaya City, East Java. This kindergarten was established in 2010. The number of students from KB to TK-B is 98. The total number of teachers and staff is 10. TK Sepuluh November has implemented various basic education programs for children, such as introducing them to various objects, colors, shapes, coloring, and pasting. Independent learning related to self-development has begun to be implemented in the curriculum, one of which is instilling clean and healthy living habits (PHBS) in children. However, teaching children to take care of their oral health and brush their teeth from an early age has not been taught in depth (Kelurahan Keputih, 2025).

Dental and oral examinations to determine the severity of caries in students at KB-TK

Sepuluh November were conducted in February 2025 and showed that the severity of caries in students at KB-TK Sepuluh November was still in the poor category. This should be a concern, considering that the students are still in the early age category. Based on interviews with the principal, KB-TK Sepuluh November Surabaya has received dental and oral health education before, but it is not routine, and there has been no follow-up activity. And as we know, developing healthy dental habits cannot be achieved in just one visit.

Pojok Sikat Gigi is the title of a community service activity that is a collaborative effort between dentists, teachers, parents, and children as students to improve children's dental and oral health. One of the activities is conducting workshops for teachers to develop co-curricular dental health plans that can be implemented in school's curriculum.

Kindergarten teachers play a strategic role in shaping children's behavior and healthy lifestyle habits. However, in practice, some teachers do not yet have comprehensive and easy-to-apply learning materials and methods related to dental health. Dental health education is often only given verbally and is not carried out continuously, so that health messages are not deeply ingrained in children (Siregar,2020).

Based on these needs, this community service activity was carried out in the form of developing a learning plan in the form of a dental health co-curricular for kindergarten teachers. This activity aims to assist teachers in designing, developing, and implementing fun, interactive, and practical learning activities related to dental health. With the availability of systematic learning plans, it is hoped that teachers will be able to provide consistent dental health education and encourage positive behavioral changes in their students.

Through this activity, teachers not only develop co-curricular dental health plans but also gain an understanding of dental health concepts in children. Teachers are also taught skills in integrating this material into daily classroom activities, so that learning becomes more meaningful and sustainable. Ultimately, this program is expected to contribute to reducing the incidence of dental caries in early childhood and improving the quality of healthy living from an early age.

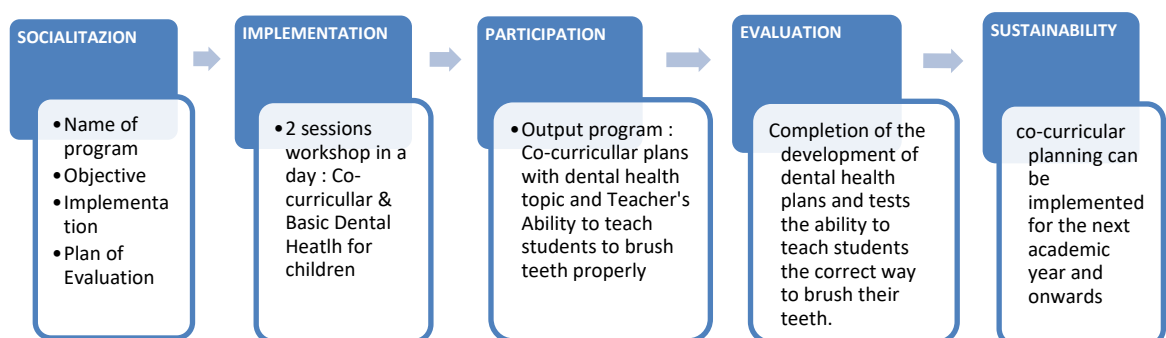
This community service activity is based on the selection of the chair of the proposal committee to receive a grant from the Directorate of Research and Community Service, Directorate General of Research and Development, Ministry of Higher Education, Science, and Technology through the 2025 Community Partnership Program, which is fully funded.

IMPLEMENTATION METHOD

The workshop for teachers at KB-TK Sepuluh November Surabaya for the development of co-curricular dental health plans was carried out through several structured stages. The main objective of this program is to train teachers to develop co-curricular plans with a focus on dental and oral health. It is hoped that these co-curricular activities will serve as an introduction to dental and oral health for children at an early age and become a regular habit. The stages of this program carried out are as follows:

1. **Socialization:** The socialization of this program began with a direct introduction of the program to the principal in October 2025. This was then followed by a socialization of teachers. The socialization included the name of the program, the program's objectives, the implementation date, and continued with an evaluation of the program.

2. **Implementation/Training:** The implementation of this program was held on 23rd October 2025. The event was attended by all 7 teachers. This program was conducted in the form of a workshop with material presented by two speakers: Prof. Dr. Gunarti Dwi Lestari, M.Si., M.Pd as the 1st speaker and drg Ayulistya Paramita, drg., Sp.KGA as the 2nd speaker. The first session was presented by a professor in the field of early childhood education and contained material on in-depth learning and how to create co-curricular activities at the kindergarten level. The second session was presented by a pediatric dentist, covering the basics of dental health in early childhood.
3. **Participation:** Teachers were asked to do two things: create co-curricular plans related to dental and oral health for KB-TK students, and teach students how to brush their teeth properly during a group toothbrushing activity the following day.
4. **Evaluation:** As an evaluation, Prof. Gunarti, as the tutor for the first workshop topic, examined the co-curricular plans that had been prepared, and the dentist in charge of the joint toothbrushing activity the following day tested the teachers to determine their ability to teach students how to brush their teeth properly.
5. **Program sustainability:** As the sustainability of the program, it is hoped that co-curricular planning can be implemented for the next academic year and onwards so that lessons and practices at school can create good habits in maintaining the dental health of early childhood.



RESULTS AND DISCUSSION

Based on Indonesian Early Childhood Education Co-curricular Guideline (2025), Co-curricular activities are learning activities carried out to reinforce, deepen, and/or enrich intracurricular activities in order to develop competencies, especially character building. The competencies referred to are the eight dimensions of the graduate profile, namely: 1) faith and devotion to God Almighty; 2) citizenship; 3) critical thinking; 4) creativity; 5) collaboration; 6) independence; 7) health; and 8) communication. The eight dimensions of the graduate profile are the result of the achievement of knowledge, skills, and character. Co-curricular activities can be implemented in three ways: 1) Collaborative learning across disciplines; 2) The Seven Habits of Great Indonesian Children (7 KAIH) movement; and/or other methods. Other methods mean educational units are given the freedom to develop other co-curricular activities that are in line with the values of the educational unit, the potential of the educational unit, the needs of students, and the local context, as long as these activities meet the co-curricular criteria.

In this program, co-curricular dental health planning refers to the Indonesian early

childhood education co-curricular guidelines from the agency for educational standards, curriculum, and assessment Ministry of Primary and Secondary Education Republic of Indonesia year 2025.



Figure 1. 1st session workshop: How to make co-curricular plans by Prof. Dr. Gunarti Dwi Lestari, Msi., M.Pd



Figure 2. 2nd session workshop: Basic Dental Health for Early Childhood by drg Ayulistya P, Sp.KGA

During the workshop, participants were enthusiastic and actively asked questions to the speakers. The output of this program was also carried out very well by the teachers who participated in the program. These are the output of this program:



Figure 3. Teachers can demonstrate the correct way to brush teeth to students under the supervision of a dentist.

<p>D. Lingkungan Pembelajaran</p> <p>Lingkungan fisik yang terdiri atas ruang sikat gigi (pojok sikat gigi) , lingkungan sosial berupa interaksi antara murid, pendidik dan orang tua. Lingkungan psikologis yang membuat murid nyaman dan senang melakukan kegiatan sikat gigi, lingkungan akademik yang mencakup kehadiran dokter gigi dan dokter gigi muda</p> <p>E. Kemitraan Pembelajaran</p> <p>Fakultas Kedokteran Gigi (tenaga kesehatan dokter gigi dan dokter gigi muda) dan orang tua murid</p>
<p>F. Kegiatan</p> <ol style="list-style-type: none"> 1. Kegiatan dilakukan setelah murid makan bekal 2. Murid mengamati gigi masing-masing melalui cermin yang disediakan di pojok sikat gigi dan menceritakan kondisi gigi geliginya (apakah bersih / ada yang tanggal / lubang / bercak hitam dsb). 3. Murid menceritakan pengalamannya dalam menjaga kesehatan giginya termasuk kebiasaan menyikat gigi dan pengalaman ke dokter gigi 4. Pendidik menyampaikan pentingnya menjaga kesehatan gigi dan mulut menggunakan media edukasi kesehatan gigi yang mendukung (bonek edukasi atau model gigi) 5. Satuan Pendidikan bekerjasama dengan Fakultas Kedokteran Gigi menghadirkan dokter gigi di satuan Pendidikan 6. Dokter gigi menjelaskan tentang profesinya dan mengenalkan sedikit kegiatan di praktik dokter gigi dengan tujuan murid tidak takut ke dokter gigi 7. Dokter gigi menjelaskan pentingnya merawat kesehatan gigi dan mulut dan mengajarkan tentang pola makan yang baik untuk kesehatan rongga mulut. 8. Dokter gigi mempraktekkan cara menyikat gigi yang baik dan benar kepada murid menggunakan media model gigi 9. Dokter gigi dan pendidik mengajak murid bermain menyikat gigi menggunakan media print out gigi yang bisa dihapus dan digambar 10. Pendidik membagi murid kedalam kelompok untuk praktik menyikat gigi di pojok sikat gigi 11. Pendidik membantu menyiapkan keperluan sikat gigi, pasta gigi berfluoride dan gelas berisi air matang untuk keperluan murid praktik menyikat gigi 12. Pendidik membantu mengajari murid cara menyikat gigi sambil dipantau oleh dokter gigi 13. Setelah semua murid selesai menyikat gigi, murid diajak kembali ke kelas dan menceritakan pengalaman mereka menyikat gigi 14. Dokter gigi berpesan agar selalu ingat sikat gigi 2x sehari dan jangan takut ke dokter gigi 15. Pendidik mengajak murid untuk melakukan refleksi (apa yang sudah diajarkan oleh dokter gigi dan membuat kesepakatan bersama) 16. Pendidik menyediakan ragam kegiatan mengenai kesehatan gigi dan mulut , seperti : menempelkan makanan yang baik dan buruk untuk gigi dan mengurutkan tahapan menyikat

Figure 4. Co-curricular Dental Health Plans that has been created as the output of this program

The Community Service activities carried out at KB-TK Sepuluh November in the form of workshops for teachers have a significant social impact through the establishment of close partnerships between the implementing institutions and KB-TK Sepuluh November as educational partners in the region. This cooperation between educational institutions is very important in building a sustainable and inclusive learning system. With a solid partnership, the process of knowledge transfer and capacity building can run more effectively to improve the overall quality of education. In addition, this collaboration also opens up opportunities to develop innovative learning methods while strengthening the active involvement of students and teachers in various educational activities.

CONCLUSION

The community service activity in the form of a workshop for teachers on developing dental health co-curricular activities in schools went well. The enthusiasm of the teachers as participants during the workshop and their successful implementation of the workshop material, which included skills for teaching children how to brush their teeth and planning dental health co-curricular activities, proved the success of this program.

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