



THE EFFECT OF COUNSELING USING HAND PUPPET MEDIA ON TOOTH BRUSHING KNOWLEDGE RETENTION IN CHILDREN AGED 6-8 YEARS AT 14 BANJAR MARTAPURA ISLAMIC ELEMENTARY SCHOOL

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ABSTRACT

Background: The portion of behavior of children over 3 years old in brushing their teeth every day is 96% but only 4-5.6% do it at the right time. One effort to improve health behaviors is counseling. Of the 10 children sampled for the preliminary study, it was found that 3 children had good knowledge, 3 children had moderate knowledge, and 4 children lacked knowledge about teeth.

Methods: This type of research is analytical research. Quasi-experimental research design. One group of pre and posttest designs, conducted counseling intervention with hand puppets for 21 days and 7 days later measured knowledge retention using posttest without being given another intervention. The measuring instrument used is a questionnaire. The sampling technique used was purposive sampling with a sample of 63 children.

Results: Results of paired data measurement of pretest and posttest 1 knowledge of intervention for 21 days with a p-value of 0.000, and knowledge retention after 7 days of posttest 2 with a p-value of 0.000, the value of the difference between posttest 1 and posttest 2 with a p-value of 0.718 (>0.05), there was no difference in brushing knowledge between posttest 1 and posttest 2.

Conclusion: There is an impact on counseling using hand puppet media on the retention of dental knowledge in children aged 6-8 years at MIN 14 Banjar Martapura.

Keywords: Knowledge Retention; Hand Puppets

Introduction

According to the Health Law No. 36 of 2009 states that efforts to improve health status as high as possible initially seek to cure disease, then gradually develop towards integrated health efforts for the entire community by involving the community at large which includes efforts to improve health. health (promotive), disease prevention (preventive), disease healing (curative), and health recovery (rehabilitative), which are comprehensive, integrated and sustainable.¹

Data from the National Riskesdas report in South Kalimantan Province, the proportion of behavior of people aged over 3 years in brushing their teeth every day is 96% but only 4.4-5.6% who brush their teeth at the right time, namely after breakfast. and before going to sleep at night.²

In accordance with the theory of "Behavior Change" says to change a person's habits, it takes a constant period to be conditioned for the person to change his habits. Dra. Sari Hermawan, a psychologist, explained

that "the 21 days are divided into three stages to form memories that govern the mind and body to do new habits, namely: the first 7 days are introductions, in the stage of inviting children to get to know the forms of activities in a fun way: 7 the second day is repetition/exercise, entering the training stage. The more often the child performs the movement, the more easily the child memorizes and enjoys it: and the last 7 days, the third is more towards strengthening/stabilization, which leads to stabilization. It is hoped that "the behavior will be permanently formed into a habit".³

The results of a research conducted at 2018, showed that the average score of student knowledge before being given counseling using hand puppets was 8.07 then increased to 15.53 after being given counseling using hand puppets. with p value (0.001). This shows that there are differences in values before and after being given counseling using hand puppet media. Therefore, it can be said that the provision of dental health education using hand puppet media is effective in increasing the knowledge level of elementary school children.⁴

The results of research in 2019 showed the results before and after counseling using hand puppet media, the average before counseling was 10.11, while the average after counseling was 13.26. Thus there is an increase in knowledge of how to brush teeth after being given an intervention in the form of counseling using hand puppet media is very interesting and liked by students because it is done while discussing, in hand puppets there are various kinds of doll characters and accompanied by colors that attract children's attention so it is easier to remember information delivered.⁵

Based on the results of a preliminary study conducted by researchers at MIN 14 Banjar Martapura for children aged 6-8 years, it was found that 3 people with good knowledge criteria, 3 people with moderate knowledge criteria, and 4 people with poor knowledge criteria. From the 10 children, it can be seen that there are still many children who have low knowledge about brushing their teeth. From here, the researcher wanted to know the effect of counseling using hand puppet media on the retention of knowledge about brushing teeth.

Methods

This study aims to determine the effect of counseling using hand puppet media on tooth brushing knowledge retention in children aged 6-8 years at MIN 14 Banjar Martapura. This type of research is an analytical research. This research design is a quasi-experimental. This research is in the form of a pretest-posttest design, where the form of the design is to measure before and after the treatment is given.

The population of this study were children aged 6-8 years in MIN 14 Banjar, totaling 141 people. The sample was taken using purposive sampling, namely the sample was based on a certain consideration made by the researcher himself as a sample. The research instrument used was a hand puppet, an evaluation tool. The distribution of questionnaires before, after, and 7 days after the counseling was carried out using hand puppet media to see the retention of knowledge about brushing teeth. Statistical testing data was carried out using the Wilcoxon test to determine the effect of counseling using hand puppet media on the retention of knowledge about brushing teeth in children aged 6-8 years at MIN 14 Banjar Martapura.

Results and Discussion

The results of the study on the effect of counseling using hand media on tooth brushing knowledge retention in children aged 6-8 years at MIN 14 Banjar Martapura can be seen in table 1, table 2, table 3, table 4.

Table.1 The Difference in Average Knowledge Values Before and After Counseling Using Hand Puppet Media

Tooth Brushing Knowledge	Mean	Median	Modus	Min	Maks
<i>Pretest</i>	6,22	6,00	6	4	9
<i>Posttest 1</i>	7,46	7,00	7	6	10

Based on table 1, the average knowledge of children before being given intervention in the form of counseling using hand puppet media on how to brush their teeth was 6.22, and the value after counseling for 21 days was 7.46.

Table 2. Knowledge retention after brushing teeth counseling and a week after counseling

Tooth Brushing Knowledge					Maks
	Mean	Median	Modus	Min	
Posttest 1	7,46	7,00	7	6	10
Posttest 2	7,36	7,00	7	6	10

Based on table 2, the average knowledge of children in posttest 1 was 7.46, then posttest 2, which is 7 days after completion, was given an intervention with the same questionnaire without treatment with an average child knowledge of 7.36.

Table 3. Results of the Wilcoxon Pretest and Posttest 1 Test Analysis After Counseling Using Puppet Media Hand

Tooth Brushing Knowledge	Mean	Mean Ranking	Jumlah Ranking	P-Value
Decrease	0	0,00	0,00	0,000
Increase	45	23,00	1035,00	
Permanent	18			

Based on table 3, the paired test results showed that the knowledge of brushing teeth before and after counseling for 21 days was 45, which means there was an increase in children's brushing knowledge. The results of the significance of p-value $(0.000) < (0.05)$ mean that there is a significant influence of counseling on brushing knowledge from before and after counseling using hand puppet media for 21 days.

Table 4. Wilcoxon Pretest and Posttest 2 test results were carried out 7 days after counseling

Tooth Brushing Knowledge	Mean	Mean Ranking	Jumlah Ranking	P-Value
Decrease	0	0,00	0,00	0,000
Increase	46	23,50	1081,00	
Permanent	17			

Based on table 4, the results of the paired data test showed that the knowledge value of brushing teeth before the intervention for 21 days and posttest 2 which was 7 days after completion of the intervention was 46, which means there was an increase. The P-value $(0.000) < (0.05)$ means that there is a significant influence of counseling on toothbrushing knowledge from

before counseling using hand puppet media for 21 days with 7 days after completion of the intervention.

Brushing your teeth is an action to get rid of dirt that sticks to the surface of the teeth, especially after eating and before going to bed and will reduce the risk of dental health problems. The ability to brush teeth properly and correctly is an important factor for maintaining oral and dental health.

The lowest age of the respondent is 6 years and the highest age of the respondent is 8 years. Children 6-8 years who are respondents are in grades I and II. Then the age used as the sample criteria is 8 years old children, because at this age children's cognitive abilities develop very rapidly.

According to Mubarok (2006), one of the factors that can affect a person's knowledge is age. In general, it affects a person's grasping power and mindset, the older he gets, the more his capture power and mindset develop so that the knowledge gained is getting better. The older they get, the more information they find and the more experience they gain, thereby increasing their knowledge.⁸

The results of fastabiquil hanif's research in 2018 said that the provision of dental health counseling using hand puppet media was effective in increasing the knowledge level of elementary school children.⁴

The results of Santi Yuliana's research in 2019 showed an increase in knowledge of how to brush teeth after being given an intervention in the form of counseling using hand puppet media which was very interesting and liked by students.⁵

Conclusion

There is an effect of counseling using hand puppet media on the retention of tooth brushing knowledge in children aged 6-8 years. It is hoped that promotive activities can be carried out, namely continuous counseling, for further researchers it is necessary to add other media as comparison

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