

Health Education of Dental and Oral Health as a Preventive Action for Children in Rural Areas

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Abstract

Good dental health is what everyone expects, but in fact, public attention to dental and oral health is still quite low, most people underestimate the health of their teeth. This can be seen in the many cases of dental caries and cavities. Symptoms of dental pain begin with the occurrence of dental caries and will continue to become large and affect the dental nerves, causing pain. This incident is because most parents pay less attention to the dental health of children under five, especially the lack of attention in brushing their teeth at night and also getting used to consuming formula milk in toddlers before going to bed. Therefore it is necessary to carry out socialization regarding efforts to maintain dental and oral health to obtain maximum body health. The socialization program was carried out with lectures and demonstrations using video media, posters and dental displays. The socialization activities went well and smoothly with the high enthusiasm of the participants in listening, asking, and answering questions so that a pleasant atmosphere was created and the participants were able to practice how to brush their teeth properly. So it can be concluded that the socialization program that was carried out was effective in increasing knowledge and awareness of dental and oral health in children in rural areas.

Keywords: dental health, health education, children, rural areas

Introduction

Dental and oral health is a health problem that must be treated immediately because it will affect the condition of the human body. The dental and oral health of children in Indonesia is still very concerning so it needs serious attention from health workers. Dental and oral health is often not a priority for some people while the teeth and mouth are places of entry of germs and bacteria so that they can interfere with the health of other organs (Abdullah, 2018). Dental and oral health problems if not treated immediately will cause several diseases, namely pain in the teeth that cause laziness in children to carry out activities every day, making appetite reduced which has an impact on the health of the child's body.

Dental and oral health is influenced by several factors, namely parental knowledge and the environment. The environment plays an important role in the formation of children's behavior in addition to innate factors. The high cases of dental and oral health in Indonesia are because there are still many parents who do not really care about the health of children's teeth and

mouth. Dental and oral health can be maintained by diligently brushing your teeth in the right way.

Children entering school age generally have a high risk of caries, because at this age children like snacks carelessly such as sweet foods and lengket. Preventive dental care is especially important for children with an increased risk of caries. The most detrimental consequences if underestimating dental care can affect children's health (Craig, 2018). As a result of Riskesdas 2018, as many as 57% of the population of East Java province still experience dental and oral health problems with 9.5% of the population receiving treatment and treatment. The presentation of dental and oral health problems by 93% was found in the age group of 6-12 years, because at the age of 6-12 years most still have the wrong habit of brushing their teeth, namely during morning showers and afternoon baths. It is proven that the correct habit of brushing the teeth of school-age children is only 2% (BPPK, 2018). Therefore, efforts are needed to improve dental and oral health in children from an early age, so as to prevent an increase in cases of dental and oral health in children in Indonesia.

Brushing your teeth is one of the easiest things to do to maintain healthy teeth. Brushing the wrong teeth continuously can result in poor dental hygiene, resulting in tooth decay such as dental caries, cavities and fresh breath. Oral hygiene habits are developed and formed in early childhood and help in the prevention of dental caries and periodontal disease in the future. The mechanical method of brushing teeth is the most reliable and widely accepted, but mouthwash has also been used for several years as an additional measure for the maintenance of dental hygiene and oral health (Woolley, 2020).

Identification of Problems

Dental and oral health is a health problem that is often ignored by Indonesians, especially in Karangharjo Village itself. After observations on children in Karangharjo Village, it turns out that there are still many children suffering from dental caries caused by lack of knowledge about how to brush teeth and the correct toothbrush rules. This is influenced by several factors, namely the knowledge of parents and the surrounding environment. Therefore, the holding of this service aims to prevent the increase in cases of dental and oral health in children in Karangharjo Village.

Implementation Methodology

There are three methods used in this service, including demonstrations, quizzes, and simulations. The demonstration method is carried out by delivering material through animated videos related to the importance of maintaining healthy teeth and mouth, types of disorders or diseases of the teeth and mouth, and factors causing tooth decay. In addition, there is also the delivery of material using dental props related to how to brush your teeth properly and correctly. The quiz method is carried out by giving questions to Smart Home children about the material that has been delivered during the demonstration which aims to find out the progress of children's knowledge. In addition, the quiz was also conducted by giving challenges to Rumah Pintar children to re-demonstrate how to brush their teeth properly and correctly to find out the extent of their understanding and memory related to the methods that have been exemplified before. According to Akbar, Awaluddin and Arya (2020), demonstration counseling through animated videos and with dental props is considered effective for use in increasing knowledge of dental and oral health in children. To maximize the purpose of this program, a simulation was also carried out with direct practice on how to brush your teeth properly and correctly carried out by the accompanying brother who in this case is a Community Service Program student followed by Rumah Pintar children. This is done to maximize the knowledge received by children so that it is not only theoretical, but also by doing direct practice in the smart home nature school yard.

Results and Discussion

Counseling activities on the importance of maintaining dental and oral health carried out by the 51 collaborative Community Service Program group went smoothly and properly. This activity was also welcomed by the founder of Rumah Pintar and especially the students. This activity was carried out on August 19, 2022 at Rumah Pintar, Karangharjo Village, Silo District, Jember Regency. This activity is carried out to build awareness and instill habits that must be done early to maintain healthy teeth and mouth.

This counseling activity began with socialization and provision of material about dental and oral health, which began with an explanation of dental anatomy, the importance of maintaining healthy teeth and mouth, and the impact of not maintaining healthy teeth and mouth. Preventing dental and oral diseases is very important, especially for children. Childhood is a golden age and at this time children's teeth have a higher level of sensitivity compared to adults.

In this activity, Rumah Pintar children were very enthusiastic about listening to the material presented. This can also be proven from the existence of questions that can be answered correctly. The activity continued with the distribution of free toothbrushes to smart home children and brushing teeth together to practice directly how to brush teeth properly after the demonstration. Brushing teeth together and practicing directly is done so that children can better remember and understand the steps.



Figure 1. Image display of activities

Conclusion

Counseling activities on the importance of maintaining healthy teeth and mouth were also welcomed by the founder of Rumah Pintar. This activity is carried out to build awareness and instill habits that must be done early to maintain healthy teeth and mouth. This counseling activity began with socialization and provision of material about oral and dental health, in this activity the children of Rumah Pintar were very enthusiastic about listening to questions that could be answered correctly. In addition, free toothbrushes and toothpaste are also given to smart home children and brush teeth together to practice directly how to brush teeth correctly so that children can better remember and understand it.

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