

Description Of Primary School Student Behavior Post The 21 Days Tooth Brushing Program (Survey Of Students At Sdn Bangetayu Wetan 01 Semarang City)

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ABSTRACT

Background: The high incidence of dental caries in elementary school-aged children was a public health problem. One effort to reduce the high rate of dental caries was through a 21-day tooth brushing program. It was hoped that the behavior would form permanently and become a habit. The purpose is to find out the description of elementary school students' behavior after the 21-day tooth brushing program.

Method: The type of research was descriptive observational. The population in this study was elementary school students at SDN Bangetayu Wetan 01 Semarang City, totaling 386 students from grades 1 to 6. The sampling technique used was a total sampling technique which was in accordance with research inclusion and exclusion criteria, resulting in 105 samples. Data were subjected to descriptive statistical analysis.

Result: The study showed that changes in dental and oral health maintenance behavior after the 21-day tooth brushing intervention were mostly in the sufficient category (49.5%). The majority of students' 21-day tooth brushing practice was in the routine category (82.9%).

Conclusion: The most common characteristics of respondents were female (62.9%) and 10 years old (24.8%). Through the 21-day tooth brushing program, the students of SDN Bangetayu Wetan 01 Semarang City formed dental and oral health maintenance behavior.

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INTRODUCTION

Caring for oral health has important similarities with maintaining the health of other body organs, if the mouth is in healthy condition it will become the body's defense barrier against viruses and bacteria (1). Dental caries is a common oral cavity disease, especially in children. National Dental Health Survey in 2015-2016 indicate 73.9 percent of children aged 6 to 12 years in Indonesia have untreated caries (2). Prevention of caries can be achieved by brushing teeth, because plaque and food debris are the main causes of caries (3).

Teaching children to brush their teeth properly from an early age is an investment in their future health (4). Research shows that new habits, including brushing your teeth, can be formed in 21 days (5). Elementary school age is the ideal time to train children's motor skills, including brushing their teeth (4).

Teachers have an important role in assisting children to maintain oral health. Oral health education provided by teachers is more easily accepted by children because they feel more familiar and comfortable (6). Teachers are also the main pillars in the world of education, playing a role in educating and guiding students (7). Schools can train teachers on oral hygiene methods so they can teach them to students (8).

Dentists need to have teamwork with teachers to develop oral health prevention programs (9). Islam also emphasizes the importance of maintaining oral hygiene through

the recommendation of "siwak" or brushing your teeth (10).

Therefore, this study aims to analyze the behavior of elementary school students after a 21-day tooth brushing program and contribute to science in the health sector as well as knowledge for students, teachers, dentists and the community. As for the general and specific objectives of this research, specifically this research aims to determine the characteristics of respondents, including gender and age, as well as monitor the results of elementary school students' tooth brushing activities for 21 days and describe their behavior through the program.

Theoretical benefit of this research is to increase insight, knowledge and literature sources regarding the behavior of elementary school students after the 21 day tooth brushing program. Practically, it is hoped that this research will provide benefits in understanding the behavior of elementary school students after the program. The aim of this research is obtained from the problem that has been formulated, namely how to describe the behavior of elementary school students after the 21 day tooth brushing program.

RESEARCH METHOD

As a quantitative research, this study examined the behavior of elementary school students after a 21-day tooth brushing program. The approach taken is quantitative and descriptive observational methods. The research design used was descriptive with the independent variable namely student behavior

after the 21 day tooth brushing program. Population of this research were students at SDN Bangetayu Wetan 01 Semarang City from grades 1 to 6, totaling 140 students. Meanwhile, 105 students were sampled using total sampling techniques. The research instruments used were a 21-day tooth brushing monitoring sheet and a behavioral questionnaire. The validity of this instrument obtained valid and reliable results. This research was conducted at SDN Bangetayu Wetan 01 on April 2024. This research data was analyzed using descriptive statistical tests and descriptive frequency tests using SPSS application.

RESULTS

General description of respondents in this research includes gender, age, elementary school students' tooth brushing activities for 21 days, and attitudes towards the program. Detailed data from the analysis results are in the following table :

Table 1 Characteristics of Research

Respondents		
Characteristics	Amount	
	N =	%
	105	
Male	39	37,1%
Female	66	62,9%
Age	Amount	
	N =	%
	105	
8 Years Old	4	3,8%

9 Years Old	19	18,1%
10 Years Old	26	24,8%
11 Years Old	19	18,1%
12 Years Old	15	14,3%
13 Years Old	22	21%
21 Days of Brushing Teeth	Amount	
	N =	%
	105	
Routine	87	82,9%
Unroutine	18	17,1%
Total	105	100%
Behaviour	Amount	
	N =	%
	105	
Bad	8	7,6%
Enough	52	49,5%
Good	45	42,9%
Total	105	100%

Based on Table 1, it can be seen that the majority of research respondents based on gender are female, namely 66 respondents (62.9%). It is also known that the majority of respondents aged 10 years, amounting to 26 students (24.8%), the results of the practice of brushing their teeth for 21 days found that the majority of students at SDN Bangetayu Wetan 01 were in the routine category, 87 (82.9%), health maintenance behavior. teeth and mouth, students at SDN Bangetayu Wetan 01 were dominated by the fair category, 52 (49.5%). So, it can be seen that the minimum value is 49.2 (bad category) and the maximum value is 100.0 (good

category) with an average of 84.908 (fair category) and a standard deviation of 10.2186.

DISCUSSION

This research results indicate the majority of respondents were women, namely 62.9%, while men were 37.1%. Gender Cognitive Dissonance Theory explains that the different characteristics of men and women will influence human behavior and thought patterns, so women pay more attention to dental and oral health than men. This is in line with Ningsih's research which states that girls care more about dental health than boys (11). Majority of respondents to this case study are 10 years old. According to Budioro's theory, basically members of nature called humans have certain behavioral tendencies according to their interests (12). Another research by Himmamie, Adi, and Ratih is that WHO recommends dental and oral health research be conducted on children aged 10 to 12 years (13). This is because children aged 10-12 years have started to cooperate and are able to understand the subject matter well, and according to Sabani children aged 6-10 years prefer to imitate the behavior broadcast on television or from other people (14).

According to Keumala and others, 2022, children aged 11-12 years

respond quickly to the information provided, in other words, the interest in learning and ability to remember children of this age is getting higher (15). Most of the students at SDN Bangetayu Wetan 01 are in the routine category of brushing their teeth, 83.3%. According to Idayanti and Kurniawati's 2019 research, cognitive development in elementary school age children makes them able to receive and practice the information they receive. Dental and oral health maintenance behavior in the sufficient category was dominant among 49.5% of respondents (16). Most respondents answered the survey correctly regarding dental frequency and timing, good toothbrushing, but there were still many respondents who answered using good technique. The results of research by RECA and others in 2022, show that children tend to only clean certain parts of their teeth according to their preferred parts of their teeth (17).

The Descriptive Statistical Test given will be explained including student behavior data with answers 105 with a total of 8915.4 data. The minimum score is 49.2 in the bad category, the maximum score is 100.0 or the good category, mean 84.908, standard deviation 10.2186.

This research did not analyze student's behavior before brushing their teeth during the 21 day program, it

was not possible to see changes that appeared in behavior.

CONCLUSION

The results of the research show that the average dental and oral health maintenance behavior of students at SDN Bangetayu Wetan 01 Semarang City is in the sufficient category of 42 (49,5%). The results of the study showed that the characteristics of the respondents were mostly female (62.9%), mostly 10 years old (24.8%), dominated by the 21-day tooth brushing practice level of students in the routine category (82,9%).

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