

# The Role of School in Improving Dental and Oral Hygiene Education in Primary School Children Sukolilo 250 Surabaya

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## Abstract:

Oral and dental health is an important thing, so the efforts to maintain oral health need to be developed from an early age. Health education targets or targets and health services that serve certain groups or populations are very supportive of a health program. One of the program series is an effort to order cadres of small dentists who are part of the School Dental Health Business (UKGS), their existence needs maximum attention. The methods implemented were cadre orders, oral health education, training and mentoring. The number of cadres is 20 students consisting of grades 3, 4 and 5. The extension methods used are lectures, questions and answers and associations. The aids used are dental models, posters, and props. The targets and outputs achieved in this service were the knowledge of cadres of small dentists about dental and oral health and minor dentists in maintaining dental and oral hygiene, skills songs of cadres of small dentists about oral health and minor dentists in carrying out maintenance. teeth and mouth, dental and oral health status and elementary school students so that they can support general health. After this activity is completed, cadres of small dentists can transfer knowledge to friends at school and the environment at home, so that the health status of their teeth and mouth will be better. dental and oral health status and elementary school students so that they can support general health. After this activity is completed, cadres of small dentists can transfer knowledge to friends at school and the environment at home, so that the health status of their teeth and mouth will be better. dental and oral health status and elementary school students so that they can support general health. After this activity is completed, cadres of small dentists can transfer knowledge to friends at school and the environment at home, so that the health status of their teeth and mouth will be better. The result of community service activities was an increase in the knowledge of school cadres in maintaining dental and oral hygiene for students at SDN Sukolilo 250 Kenjeran about maintaining dental and oral hygiene before and after the intervention of community service activities through group and individual counseling, as well as the clown performance that adapted to the model. education in children is pedagogic, learning while playing

**Keywords:** role, school cadres, oral dental health

## Abstract:

Kesehatan gigi dan mulut merupakan hal yang penting, sehingga upaya untuk menjaga kesehatan gigi dan mulut perlu dikembangkan sejak usia dini. Sasaran pendidikan kesehatan dan pelayanan kesehatan yang ditujukan untuk kelompok atau populasi tertentu sangat mendukung keberhasilan suatu program kesehatan. Salah satu rangkaian program tersebut adalah upaya pembentukan kader dokter gigi cilik yang merupakan bagian dari Usaha Kesehatan Gigi Sekolah (UKGS), yang keberadaannya perlu mendapatkan perhatian maksimal. Metode yang diterapkan meliputi pembentukan kader, edukasi kesehatan gigi dan mulut, pelatihan, serta pendampingan. Jumlah kader yang terlibat sebanyak 20 siswa yang terdiri dari kelas 3, 4, dan 5. Metode penyuluhan yang digunakan antara lain ceramah, tanya jawab, dan asosiasi. Alat bantu yang digunakan meliputi model gigi, poster, dan alat peraga. Sasaran dan luaran yang dicapai dalam kegiatan pengabdian ini adalah meningkatnya pengetahuan kader dokter gigi cilik tentang kesehatan gigi dan mulut serta kemampuan mereka dalam menjaga kebersihan gigi dan mulut, keterampilan kader dalam menyampaikan pesan kesehatan melalui lagu-lagu tentang kesehatan gigi dan mulut, serta perbaikan status kesehatan gigi dan mulut siswa sekolah dasar sehingga dapat mendukung kesehatan umum mereka. Setelah kegiatan ini selesai, diharapkan kader dokter gigi cilik dapat mentransfer pengetahuan yang diperoleh kepada teman-temannya di sekolah maupun di lingkungan rumah, sehingga status kesehatan gigi dan mulut mereka akan menjadi lebih baik. Hasil dari kegiatan pengabdian kepada masyarakat ini menunjukkan adanya peningkatan pengetahuan kader sekolah dalam menjaga kebersihan gigi dan mulut bagi siswa di SDN Sukolilo 250 Kenjeran, baik sebelum maupun sesudah intervensi kegiatan melalui penyuluhan kelompok dan individu, serta pertunjukan badut yang disesuaikan dengan model pendidikan anak secara pedagogis, yaitu belajar sambil bermain.

**Kata kunci:** peran, kader sekolah, kesehatan gigi dan mulut.

## I. INTRODUCTION

Dental and oral health is part of body health that cannot be separated from one another, because dental and oral health will affect the overall health of the body. The biggest problem faced by the Indonesian population as well as in other developing countries in the field of dental and oral health is dental hard tissue disease in addition to gum disease (Sumiok et al, 2015).

Dental caries is a dental hard tissue disease that affects almost all people in the world. Caries attacks the hard tissues of the teeth caused by the action of microorganisms on fermentable carbohydrates. Caries is characterized by demineralization of enamel and dentin, followed by deterioration of organic matter. Caries causes changes in the form of reactionary dentin and pulpitis when approaching the pulp and can result in pulp death.

According to Kidd and Bechal (2002), the earliest visible symptom of an enamel caries is Macroscopically, it is a white spot whose color looks very different from the surrounding healthy enamel. Detection with a sonde cannot be done at this stage because the surrounding enamel is still hard and shiny. The lesion will appear brown in color due to the surrounding material being absorbed into the pores, but the previously intact surface will break (cavitation and will form a hole (cavitation) if the enamel lesion develops (Rochmawati, 2012).

Dental and oral health is an important thing, so dental and oral health care efforts need to be fostered from an early age. The target or target of health education and health services aimed at a certain age group or population greatly determines the success of a health program. Therefore, the target of health education and health services aimed at school-age children is a brilliant idea.

To improve the prevention program for children's dental and oral diseases, a series of programs are needed both in schools, the surrounding environment and the family environment which is the smallest scope of the community. One of the series of programs is the establishment of a cadre of small dentists who are part of the School Dental Health Business (UKGS), whose existence needs maximum attention (Houwink et al, 1993).

The cadre of a small school dentist is an individual who is organized for a certain period of time and during that time the quality is continuously improved in order to achieve a goal, namely improving the quality of dental and oral health (Ministry of Health of the Republic of Indonesia, 1999). The thing that underlies the importance of small dentist training activities is the school age group (6-18 years old) which makes up a large part of the Indonesian population (+ 29%), it is estimated that 50% of this number are school children, children in the middle ages. growth and development so that it is still easy to be fostered and guided (Entjang, 2000).

SDN 250 Sukolilo is an elementary school located in the Kenjeran area which is approximately 10 km from the Surabaya Dental Nursing Department Campus. This community service activity is a continuation of the

community service activities carried out by the Dental Nursing Department. Servants want to maximize UKS/UKGS activities in the two elementary schools, namely by forming a cadre of small dentists and including game aids. The cadres of small dentists are taken from students in grades III, IV, and V on the grounds that they are fluent in reading, can communicate actively and have long opportunities to disseminate information to friends and their environment before graduating from elementary school. After the formation of a cadre of small dentists, training and mentoring were carried out for these cadres on the introduction of basic dental equipment, simple dental and oral examinations, simple treatments and referrals, where before training, the cadres were instructed on oral and dental health. The method used in counseling is a game method with game aids. The game method is expected to help accelerate students in receiving the material given. Students can repeat with their friends so that understanding dental and oral health material is easier.

The group of children under the age of seven is a group of children who are vulnerable to dental disease, because generally they still have behaviors or self-habits that do not support dental health. Many mothers think that milk teeth are not important because they will be replaced with adult teeth, parental factors also greatly affect dental caries because mothers act as role models for children. If the mother does not instill knowledge about this advantage is obtained from the presence of fluorine in small amounts in the oral cavity. Fluorine is accepted as an effective method to prevent caries, but consuming too much fluoride can lead to the formation of fluorosis (Sumiok et al, 2015).

## II. METHODOLOGY

Dental health services that will be carried out in the target activities are carried out in accordance with the problems that exist in these targets. The method of activities used are:

1. Step I. screening activities.
  - Dental examination on students
  - Delivering on students' dental and oral health conditions
2. Step II, conveying the dental hygiene conditions of school children
3. Step III, formation of school cadres (each 5 school cadres from class III, IV and V based on academic grades / student achievement).
4. Counseling and demonstration
  - Conducting outreach to cadres
  - Assisting cadres on how to maintain dental and oral hygiene by providing repetition of how to maintain dental and oral hygiene for school children
5. Step IV
  - Evaluation of knowledge of school cadres on how to maintain dental hygiene in school children

- Evaluation of independent practice on how to maintain dental hygiene in school children

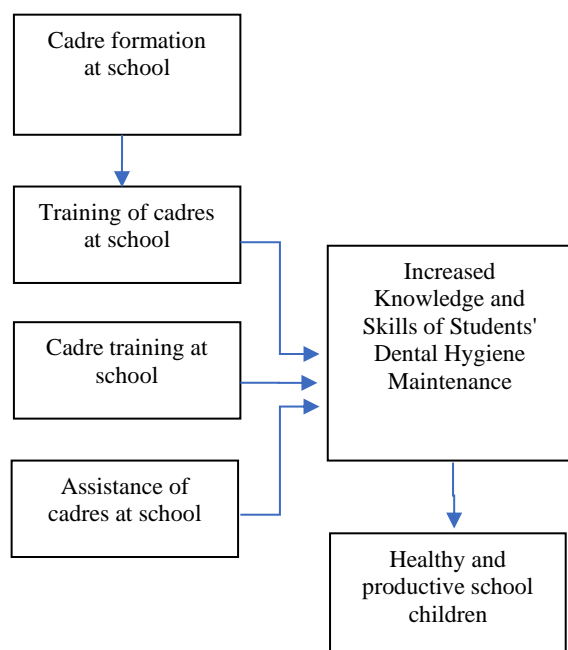
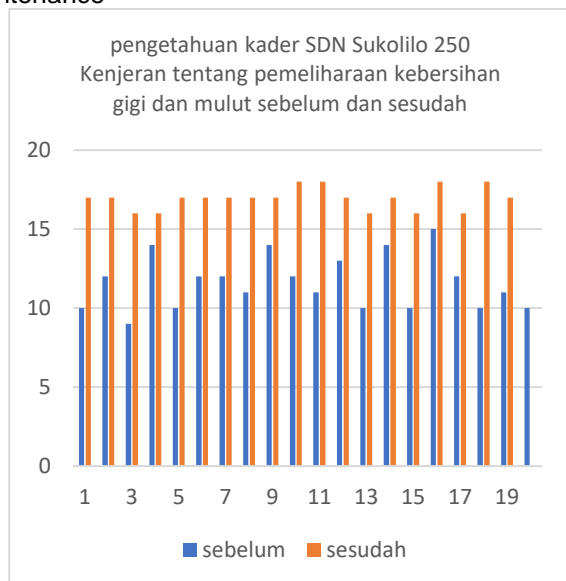


Figure 1. Stages of problem solving

### III. RESULTS

1. The results of the evaluation of the knowledge of the cadres of SDN Sukolilo 250 Kenjeran about dental and oral hygiene maintenance

Diagram 1. Percentage of knowledge of cadres of SDN Sukolilo 250 Kenjeran about dental and oral hygiene maintenance

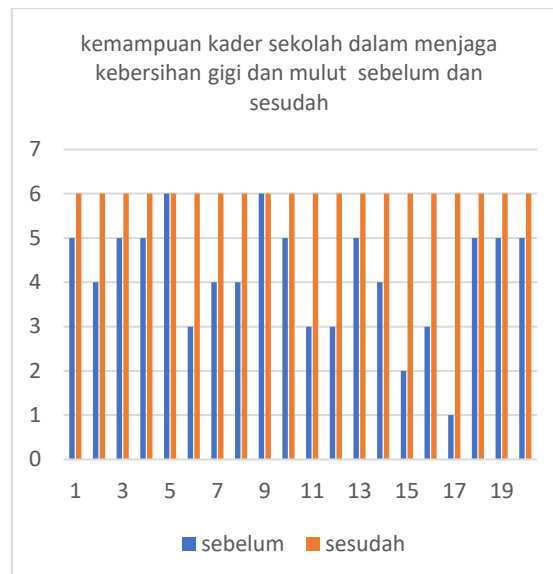


Based on diagram 1, it is known that there is an increase in the percentage of knowledge of cadres at SDN Sukolilo 250 Kenjeran about maintaining dental and oral hygiene before and after intervention in

community service activities through counseling activities and cadre training with visual aids.

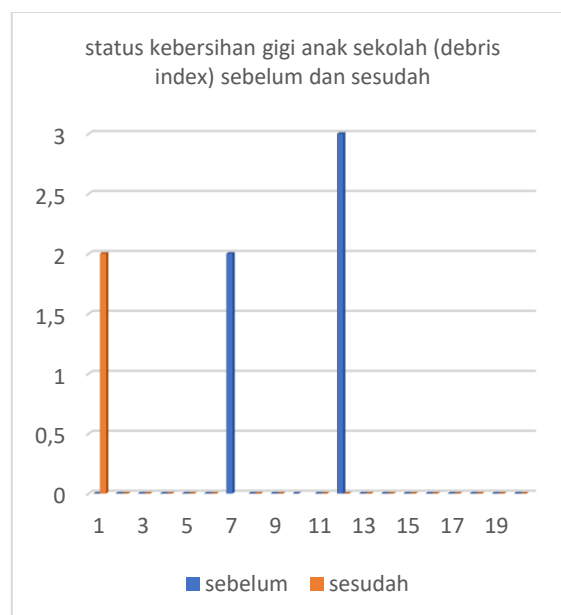
2. Evaluation result the ability of school cadres in maintaining oral and dental hygiene (brushing teeth at school)

Diagram 2. Percentage of the ability of school cadres in maintaining dental and oral hygiene at SDN Sukolilo 250 Kenjeran



3. Results Evaluation of the dental hygiene status of school children (debris index) by checking the state of dental hygiene of school children

Chart 2. Percentage dental hygiene status of school children (debris index) by checking the condition of school children's dental hygiene SDN Sukolilo 250 Kenjeran



The results of community service activities carried out at SDN Sukolilo 250 Surabaya are carried out by:



1. Evaluation of the knowledge and ability of school cadres in maintaining oral and dental hygiene by administering a questionnaire.
2. Evaluation of the ability of school cadres in maintaining oral hygiene (brushing teeth at school) by observation.
3. Evaluation of the dental hygiene status of school children (debris index) by checking the state of dental hygiene of school children



Figure 1. Activities cadre counseling on how to maintain oral and dental hygiene



Figure 2. Activities mentoring cadres on how to maintain oral and dental hygiene

#### IV. CONCLUSION

This service activity was attended by 20 cadres from students of SDN SUKOLILO 250 Surabaya from class III to class V. They participated in the implementation of this program by participating in counseling, training and mentoring activities. After this activity is completed, the cadre of small dentists can transfer knowledge to friends at school and at home, so that the status of dental and oral health becomes better.

1. There is an increase knowledge of school cadres in the maintenance of dental and oral hygiene students of SDN Sukolilo 250 Kenjeran about maintaining oral

hygiene before and after intervention in community service activities through group and individual counseling, as well as clown plays that adapt to the educational model for children, namely pedagogy, learning while playing.

2. There is an increase school cadres in maintaining dental and oral hygiene (brushing teeth at school) SDN Sukolilo 250 Kenjeran in maintaining dental and oral hygiene (brushing teeth) before and after intervention in community service activities.
3. There is an increase dental hygiene status of school children (debris index) by checking the condition of school children's dental hygiene

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