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Health Education On Prevention Of Dental Caries In Children

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Abstract. One of the most common dental health problems Indonesian people suffer is dental caries. The highest prevalence of dental caries is in children. The incidence of dental caries in children is influenced by parental behavior in the habit of giving sweet, sticky food and drinking milk, the habit of maintaining children's dental hygiene and the habit of examining the child's teeth and mouth. In children who experience dental caries, they will experience pain in the mouth, difficulty chewing, disturbed eating patterns, difficulty sleeping, difficulty concentrating which can interfere with children's learning and social activities. Knowledge is a very important domain for shaping behavior. The results showed that there was a relationship between mother's knowledge about oral health and the incidence of dental caries in children. The purpose of community service is for parents to understand about preventing dental caries in children. The Method in community service are lectures, discussions, and questions and answers. The target in community service are 9 parents. The results of community service are increasing parental knowledge about preventing dental caries in children.

Keywords: *Health Education, Dental Caries.*

INTRODUCTION

Dental health problems are still a common problem in Indonesia. Based on The Global Burden of Disease Study in 2016, as many as 3.58 billion people in the world experience oral health problems including dental caries. (Indonesian Ministry of Health, 2020). Bengkulu Province is recorded to have more than 45% proportion of dental problems (Kemenkes RI, 2018). Riskesdas 2018 recorded the proportion of daily tooth brushing in children aged more than 3 years was 94.7%. While the proportion of correct tooth brushing behavior was 2.8%. The proportion of daily tooth brushing in children aged more than 3 years is between 94.7% and 97.6%, and the result of the proportion of correct tooth brushing is less than 2% (Kemenkes, 2018). The high problem of dental caries is partly due to a lack of knowledge about the importance of maintaining dental health.

One of the most common dental health problems faced by Indonesians is dental caries. Dental caries is hard tissue damage in certain areas of the tooth surface and is caused by the loss of the hard tissue structure of the tooth as a result of acid deposits caused by the accumulation of plaque bacteria on the tooth surface (Amalia et al., 2021). The prevalence of dental caries in children aged 3-4 years reached 81.5%, while those aged 5-9 years reached 92.6% (Indonesian Ministry of Health, 2018).

One of the factors that influence the occurrence of dental caries in children is the habits of parents in providing sweet foods and drinks, maintaining dental hygiene and dental examinations in children (Norlita et al., 2020; Ramadhan & Sukmana, 2016; Widayati, 2014).

Children who experience dental caries will experience pain in the mouth, difficulty chewing, disruption of diet, insomnia, difficulty concentrating so that it can interfere with children's learning and social activities (Avpro et al., 2020). Knowledge is an important factor in influencing the occurrence of dental caries in children (Miftakhun et al., 2016).

Health counseling activities on dental caries and tooth brushing competitions conducted by Andani et al. (2019) obtained data that 76.92% of children's teeth were cavities and black, although 69.23% of children brushed their teeth 2 times a day. After counseling, children are able to do the right way to brush their teeth as an effort to prevent dental caries. Ardayani and Zandroto (2020) also explained that before the implementation of counseling, 3 children did not brush their teeth, 3 children brushed their teeth in the morning only, 2 children did not know when to brush their teeth and 2 children did not know the reason why they had to brush their teeth. After counseling, children's knowledge increased about how to brush their teeth, and how to make their teeth healthy by consuming vegetables and fruits to prevent dental caries.

The results of interviews with PAUD Ananda Dwi Rahma teachers obtained information that there has never been health education about dental caries in children at the school. The results of observations found that some children buy sweet snacks around the school. Based on this background, we conducted community service in the form of health education about dental caries in children.

RESEARCH METHODS

Health education activities on the prevention of dental caries in children involve lecturers and students. This activity was carried out for one day using lecture, discussion and question and answer methods. This activity took place at Ananda Dwi Rahma PAUD in RT. 26 Sawah Lebar Village, Bengkulu City. The targets of this activity were parents (mothers) as many as 9 participants. The media used was a poster. The steps taken were pre-test as initial information to determine the knowledge of participants using a questionnaire of 5 questions. Scoring is done by giving a value of 1 if the answer is correct and 0 if the answer is wrong. After the delivery of the material is complete, it is continued with a post test to determine the understanding of the participants after being given the material.

RESULTS AND DISCUSSION

Results

Health education activities on the prevention of dental caries in children are carried out at 13.00 WIB which is located at PAUD Ananda Dwi Rahma. Before delivering the material, the activity begins with a pre-test and ends with a post-test. The description of the participants' knowledge before and after as in Figure 1 and photos of activities in Figure 2





Figure 1 Documentation of Extension Activities

Rahman (2020) explains that knowledge is the various things that a person receives through the five senses. Knowledge is an important component in shaping behavior. Knowledge-based behavior tends to be sustainable (Notoatmodjo, 2014). The results of Cahyaningrum's research (2017) obtained a relationship between maternal knowledge about oral health and the incidence of dental caries in children under five. Children's health behavior is still very dependent on adults including oral hygiene. The role of parents, especially mothers, is very important in shaping children's behavior.

Oral health is one of the factors that not only affects the oral cavity and masticatory function, but can directly affect quality of life. Dental health that is properly maintained from an early age can affect behavior and development in the future (Kamran et al, 2014). Oral health is a health problem that requires comprehensive handling, because dental problems are broadly dimensional and have a broad impact which includes physical, mental and social factors for individuals suffering from dental disease. Teeth are part of the masticatory apparatus in the digestive system in the human body. The main oral health problem in children is dental caries (Worotitjan, Mintjelungan, Gunawan, 2013).

In school children, oral health problems are an important problem because they not only cause complaints of pain, but also spread infection to other parts of the body resulting in decreased productivity. This condition will certainly reduce the frequency of children's attendance to school, disrupt learning concentration, affect appetite and food intake so that it can affect nutritional status and ultimately lead to impaired physical growth. Generally, children entering school age have a high risk of caries because at this school age children usually like to snack on food and drinks according to their wishes (Gunawan, 2013).

CONCLUSION

Kegiatan pengabdian kepada masyarakat berupa pendidikan kesehatan pencegahan karies gigi pada anak dapat berjalan dan terlaksana dengan baik. Hasil kegiatan diperoleh adanya peningkatan pengetahuan sebelum dan sesudah pendidikan kesehatan diberikan, sehingga kegiatan ini perlu dilakukan secara berkesinambungan agar para orang tua mengetahui pencegahan karies gigi pada anak sedini mungkin

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