

**PENGARUH PROMOSI KESEHATAN DENGAN MEDIA *E-LEAFLET*
TERHADAP TINGKAT PENGETAHUAN PERIODONTITIS PADA
PENDERITA DIABETES MELITUS**

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ABSTRAK

Latar Belakang: Terwujudnya kesehatan gigi dan mulut yang optimal dengan pemberian pendidikan mengenai kesehatan gigi, melalui pendekatan yang dapat diterima secara luas dalam mencegah penyakit gigi dan mulut. Peran media menjadi peting dalam meningkatkan pengetahuan di mana media menjadi sumber informasi, salah satu media yang dapat digunakan adalah leaflet. Hasil studi pendahuluan di Puskesmas Mlati II Sleman Yogyakarta, diketahui 100% responden belum pernah mendapatkan promosi kesehatan mengenai periodontitis, 60% responden tidak mengetahui hubungan periodontitis dengan diabetes mellitus, serta cara pencegahan periodontitis.

Tujuan Penelitian: Diketuinya pengaruh *e-leaflet* terhadap tingkat pengetahuan periodontitis penderita diabetes mellitus.

Metode Penelitian: Penelitian bersifat pre eksperimental dengan rancangan *one group pretest posttest*. Populasi penderita diabetes mellitus dengan kriteria usia 30 – 55 tahun. Pengambilan sampel dengan teknik *purposive sampling* dengan jumlah sampel 30 responden . Variabel bebas promosi kesehatan dengan media *e-leaflet*, variabel terikat tingkat pengetahuan periodontitis. Instrument peneliti berupa kuesioner. Analisis data menggunakan *Wilcoxon Test*.

Hasil Penelitian: Tingkat pengetahuan periodontitis penderita diabetes mellitus sebelum diberikan promosi kriteria baik 43,3%, cukup 36,7%, kurang baik 20,0%, setelah diberikan promosi kesehatan menggunakan *e-leaflet* dengan kriteria baik 83,3%, cukup 13,3%, kurang baik 3,3%. Uji *Wilcoxon Test* nilai Z sebesar -4,004 dengan *p value* sebesar $0,000 < 0,05$. Sehingga, promosi kesehatan dengan media *e-leaflet* berpengaruh terhadap tingkat pengetahuan periodontitis penderita diabetes mellitus.

Kesimpulan: Pengetahuan responden setelah menggunakan media *e-leaflet* semakin baik.

Kata Kunci: Promosi Kesehatan, Periodontitis, *E-leaflet*, Diabetes Mellitus.

**THE EFFECT OF HEALTH PROMOTION WITH *E-LEAFLET* MEDIA
ON THE LEVEL OF KNOWLEDGE OF PERIODODNTITIS IN
PATIENTS WITH DIABETES MELLITUS**

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ABSTRACT

Background: The realization of optimal dental and oral health by providing education about dental health, through a widely accepted approach in preventing dental and oral diseases. The role of the media becomes a peting in increasing knowledge where the media is a source of information, one of the media that can be used is leaflets. The results of a preliminary study at the Mlati II Sleman Yogyakarta Health Center, it is known that 100% of respondents have never received health promotion regarding periodontitis, 60% of respondents do not know the relationship between periodontitis and diabetes mellitus, and how to prevent periodontitis.

Research Objective: Knowing the effect of e-leaflet on the level of knowledge of periodontitis in diabetic mellitus patients.

Research Method: This research is pre-experimental with one group pretest posttest design. Population of people with diabetes mellitus with criteria for the age of 30-55 years. Sampling with purposive sampling technique with a total sample of 30 respondents. The independent variable is health promotion with e-leaflet media, dependent variable is the level of knowledge of periodontitis. The research instrument is in the form of a questionnaire. Data analysis using Wilcoxon Test.

Research Results: The level of knowledge of periodontitis of people with diabetes mellitus before being given promotion criteria was good 43.3%, enough 36.7%, less good 20.0%, after being given health promotion using e-leaflets with good criteria 83.3%, enough 13.3%, less good 3.3%. Wilcoxon Test test Z value of -4.004 with a p value of $0.000 < 0.05$. Thus, health promotion with e-leaflet media affects the level of knowledge of periodontitis of people with diabetes mellitus.

Conclusion: The knowledge of respondents after using e-leaflet media is getting better.

Keywords: Health Promotion, Periodontitis, E-leaflet, Diabetes Melitus