

EFEKTIVITAS PENYULUHAN KESEHATAN GIGI MENGGUNAKAN
MEDIA WAYANG DAN BONEKA TANGAN TERHADAP
KETERAMPILAN MENYIKAT GIGI SDN MEKARSARI
KABUPATEN MUSI RAWAS SUMATERA SELATAN

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ABSTRAK

Latar Belakang : Permasalahan kesehatan gigi dan mulut di Indonesia mencapai 57,6 % dengan proporsi menyikat gigi setiap hari sebesar 94,7% namun proporsi menyikat gigi dengan cara yang benar hanya 2,8 %. Permasalahan ini menunjukkan perlunya peningkatan promosi kesehatan melalui program sikat gigi bersama dengan pertimbangan sarana dan media informasi terutama pada usia dini. Penyuluhan menggunakan metode ceramah yang dimodifikasi dengan alat peraga merupakan cara untuk saling bertukar pengetahuan dan keterampilan. Penggunaan media wayang dan boneka tangan dalam penyuluhan digunakan untuk mengetahui peningkatan keterampilan menyikat gigi.

Tujuan Penelitian : Mengetahui perbedaan efektivitas penyuluhan kesehatan gigi menggunakan media wayang dan boneka tangan terhadap keterampilan menyikat gigi di SDN Mekarsari Kabupaten Musi Rawas.

Metode Penelitian : Penelitian ini adalah quasi eksperimen menggunakan desain rancangan *one group pretest – posttest*. Pengumpulan data berdasarkan pemeriksaan indeks plak PHPM sebelum dan sesudah penyuluhan. Sampel berjumlah 60 siswa berumur 8-10 tahun. Analisis data menggunakan *paired t-test* dan *Independent t-test*.

Hasil Penelitian : Hasil uji statistik sebelum dan sesudah penyuluhan menggunakan media wayang dan boneka tangan menunjukkan nilai signifikansi 0,000 ($p < 0,05$) maka diambil keputusan terdapat perbedaan yang signifikan sebelum dan sesudah penyuluhan. Hasil uji beda dua kelompok penyuluhan diperoleh signifikansi 0,075 ($p > 0,05$) sehingga diambil keputusan tidak ada perbedaan yang signifikan antara penyuluhan menggunakan media wayang dan boneka tangan.

Kesimpulan : Penyuluhan kesehatan gigi menggunakan media wayang dan boneka tangan efektif dalam meningkatkan keterampilan menyikat gigi.

Kata Kunci : Penyuluhan, Efektivitas, Media Wayang dan Boneka Tangan.

THE EFFECTIVENESS OF DENTAL HEALTH COUNSELING USING THE MEDIA
OF WAYANG AND HAND PUPPETS FOR THE TOOTH BRUSHING SKILLS
AT THE STATE ELEMENTARY SCHOOL OF MEKARSARI
IN MUSI RAWAS REGENCY, SOUTH SUMATRA

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ABSTRACT

Background: In Indonesia, the dental and oral health problem reaches 57.6%, with the proportion of everyday-toothbrushing is 94.7%, but the proportion of correct-toothbrushing is only 2.8%. This problem shows the need to increase health promotion through a toothbrushing-together program with consideration of facilities and information media, especially at the early age. A counseling using modified lecture methods with teaching aids, is a way to exchange knowledge and skills. The use of the media such as *wayang* and hand puppets in counseling is to find out the improvement of teeth brushing skills.

Research Objective: To find out differences of the effectiveness of dental health counseling using the media of *wayang* and hand puppets, for the toothbrushing skills at the State Elementary School of Mekarsari in Musi Rawas Regency.

Research Methods: This is a quasi-experiment research using the *one group pretest – posttest* design. The data collecting was based on the plaque index examination of PHPM (Personal Hygiene Performance-Modified), before and after the counseling. The total samples were 60 students aged 8 to 10 years old. The data analysis used the *paired t-test* and the *independent t-test*.

Research Results: The statistical test results before and after the counseling, using the media of *wayang* and hand puppets, showed a significance value of 0.000 ($p < 0.05$), so it was decided that there was a significant difference before and after the counseling. The difference test results of the two counseling groups obtained a significance of 0.075 ($p > 0.05$), so it was decided that there was no significant difference between the counseling using the media of *wayang* and hand puppets.

Conclusion: The dental health counseling using the media of *wayang* and hand puppets is effective in improving the skills of toothbrushing.

Keywords: Counseling, Effectiveness, Media of *Wayang* and Hand Puppets.