

# THE EFFECT OF PROMOTING ORAL HEALTH USING LEAFLET MEDIA ON THE KNOWLEDGE OF TEETH BRUSHING OF FIXED ORTHODONTIC PATIENTS

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## ABSTRACT

**Background:** Knowledge of proper teeth brushing is very important to maintain dental and oral health. Fixed orthodontics has a high ability for dental treatment and a high possibility of treatment success with better detailed treatment results. Based on the results of the preliminary study, it was found that 60% of respondents did not understand how to brush their teeth properly and correctly.

**Objectives:** This study aims to examine the effect of promoting oral health using leaflet media on the knowledge of teeth brushing of fixed orthodontic patients.

**Research Method:** This quasi-experimental study with a non-equivalent control group design was conducted on 50 respondents. This research was conducted at the D'Smile clinic, Jogja. The variables of this study were promotion using leaflet media and knowledge of teeth brushing. The research was conducted from September to October 2021. The data collection method used was a questionnaire through online media (Google form). Data were analyzed using normality test, and bivariate analysis was presented in the form of paired sample t-test and independent t-test.

**Research Results:** The majority of respondents were women, amounting to 36 respondents (72%), and most of them were aged 22-25 years, as many as 26 respondents (52%). The level of initial knowledge (pre-test) of respondents in the experimental group with sufficient knowledge was 22 people (88%), while the level of initial knowledge (pre-test) of respondents in the control group with sufficient knowledge was 24 people (96%). The level of final knowledge (post-test) of respondents in the experimental group with good knowledge was 19 people (76%), while the level of initial knowledge (pre-test) of respondents in the experimental group with good knowledge was 21 people (84%). The paired sample t-test was  $p < 0.05$ , and the independent t-test was  $p > 0.05$ .

**Conclusion:** There is an effect between before and after promotion, and there is no significant difference in the knowledge of teeth brushing in the two post-test groups.

**Keywords:** Promotion, Knowledge of Teeth Brushing.

**PENGARUH PROMOSI KESEHATAN GIGI DAN MULUT  
MENGUNAKAN MEDIA LEAFLET TERHADAP PENGETAHUAN  
MENYIKAT GIGI PASIEN ORTHODONTI CEKAT**

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**ABSTRAK**

**Latar belakang** : Pengetahuan menyikat gigi yang baik dan benar sangat dibutuhkan untuk menjaga kesehatan gigi dan mulut. Perawatan gigi dengan orthodonti cekat mempunyai kemampuan perawatan yang sangat tinggi, kemungkinan keberhasilan perawatan besar dengan detail hasil perawatan yang lebih baik. Berdasarkan hasil studi pendahuluan di dapatkan data 60% responden kurang paham tentang cara menyikat gigi yang baik dan benar.

**Tujuan penelitian** : Mengetahui pengaruh promosi kesehatan gigi dan mulut menggunakan media leaflet terhadap pengetahuan menyikat gigi pasien orthodonti cekat.

**Metode penelitian** : Menggunakan penelitian eksperimen semu dengan rancangan *non equivalent control group*, jumlah sampel 50 responden. Penelitian ini dilakukan di klinik D'Smile Jogja. Variabel penelitian ini adalah promosi dengan media leaflet dan pengetahuan menyikat gigi. Penelitian dilakukan pada bulan September - Oktober 2021. Metode pengumpulan data menggunakan kuesioner melalui media online (google form). Analisis data menggunakan uji normalitas dan analisis bivariat di sajikan dalam bentuk paired sample t-test dan independent t-test.

**Hasil penelitian** : Responden terbanyak berjenis kelamin perempuan sebanyak 36 responden (72%), responden terbanyak dengan umur 22-25 tahun sebanyak 26 responden (52%), tingkat pengetahuan awal (pre-test) responden pada kelompok eksperimen dengan pengetahuan cukup sebanyak 22 orang (88%), tingkat pengetahuan awal (pre-test) responden pada kelompok kontrol dengan pengetahuan cukup sebanyak 24 orang (96%), tingkat pengetahuan akhir (post-test) responden pada kelompok eksperimen dengan pengetahuan baik sebanyak 19 orang (76%), tingkat pengetahuan awal (pre-test) responden pada kelompok eksperimen dengan pengetahuan baik sebanyak 21 orang (84%), dan hasil uji paired sample t-test  $p < 0,05$  dan nilai independet t-test  $p > 0,05$ .

**Kesimpulan** : Terdapat pengaruh antara sebelum dan sesudah promosi serta tidak ada perbedaan yang signifikan pengetahuan menyikat gigi pada kedua kelompok post-test.

**Kata kunci** : promosi, pengetahuan menyikat gigi.