

PENGARUH PENGGUNAAN MEDIA *E-BOOK* TERHADAP TINGKAT PENGETAHUAN MENYIKAT GIGI PADA PENGGUNA *ORTHODONTI* CEKAT USIA REMAJA

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ABSTRAK

Latar belakang : Pengetahuan tentang menyikat gigi memiliki pengaruh terhadap kondisi kebersihan gigi dan mulut. Pengguna *orthodonti* cekat membutuhkan usaha lebih untuk menjaga kebersihan gigi dan mulut sehingga membutuhkan sumber pengetahuan tambahan untuk hasil perawatan yang baik. Berdasarkan hasil studi pendahuluan di dapatkan data 60% responden kurang paham tentang cara menyikat gigi yang baik dan benar.

Tujuan penelitian : Mengetahui pengaruh penggunaan media *e-book* terhadap tingkat pengetahuan menyikat gigi pasien *orthodonti* cekat.

Metode penelitian : Menggunakan pendekatan *quasi eeksperimen* dengan rancangan *pre-post test control group design*, jumlah sampel 52 responden. Penelitian ini dilakukan di salah satu klinik swasta di Sleman. Variabel penelitian ini adalah penggunaan media *e-book* dan pengetahuan menyikat gigi. Penelitian dilakukan pada bulan Oktober 2023. Metode pengumpulan data menggunakan kuesioner. 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 37 responden (71%), responden terbanyak dengan umur 17-21 tahun sebanyak 34 responden (65%), tingkat pengetahuan awal (pre-test) responden terbanyak pada kelompok eksperimen dengan pengetahuan sedang sebanyak 14 orang (54%), tingkat pengetahuan awal (pre-test) responden terbanyak pada kelompok kontrol dengan pengetahuan sedang sebanyak 15 orang (58%), tingkat pengetahuan akhir (post-test) responden terbanyak pada kelompok eksperimen dengan pengetahuan baik sebanyak 20 orang (77%), tingkat pengetahuan akhir (post-test) responden terbanyak pada kelompok kontrol dengan pengetahuan baik sebanyak 19 orang (73%), 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 penggunaan media, serta tidak ada perbedaan yang signifikan pengetahuan menyikat gigi pada kedua kelompok post-test.

Kata kunci : *e-book*, pengetahuan menyikat gigi

THE EFFECT OF USING E-BOOK MEDIA ON THE LEVEL OF BRUSHING KNOWLEDGE IN USERS ADOLESCENT FIXED *ORTHODONTICS*

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ABSTRACT

Background: Knowledge of brushing has an influence on dental and oral hygiene conditions. Users of fixed *orthodontics* require more effort to maintain dental and oral hygiene so they need additional sources of knowledge for good treatment results. Based on the results of preliminary studies, 60% of respondents did not understand how to brush their teeth properly and correctly.

Objective: Knowing the effect of using e-book media on the level of knowledge of brushing teeth of fixed *orthodontic* patients.

Research Method: Using a quasi-experimental approach with a pre-post test control group design, the sample number was 52 respondents. This research was conducted in one of the private clinics in Sleman. The variables of this study were the use of e-book media and knowledge of brushing teeth. The study was conducted in October 2023. Data collection method using questionnaires. Data analysis using normality test and bivariate analysis is presented in the form of paired sample t-test and independent t-test.

Research Results: The most respondents were female as many as 37 respondents (71%), the most respondents with the age of 17-21 years as many as 34 respondents (65%), the level of initial knowledge (pre-test) of the most respondents in the experimental group with medium knowledge as many as 14 people (54%), the level of initial knowledge (pre-test) of the most respondents in the control group with medium knowledge as many as 15 people (58%), the level of final knowledge (post-test) of the most respondents in the experimental group with good knowledge as many as 20 people (77%), the level of final knowledge (post-test) of respondents was the most in the control group with good knowledge as many as 19 people (73%), and the paired sample test results of the $P < 0.05$ and the independent value of the $P > 0.05$.

Conclusion: There was an effect between before and after media use, and there was no significant difference in brushing knowledge in the two post-test groups.

Keywords: e-book, brushing knowledge