

**PENGARUH PENDIDIKAN KESEHATAN MENGGUNAKAN
MEDIA *POP-UP BOOK* TERHADAP PENGETAHUAN
KESEHATAN GIGI DAN MULUT PADA ANAK USIA
SEKOLAH DI SD N DEMAK IJO 1**

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ABSTRAK

Latar Belakang: Kesehatan gigi dan mulut merupakan bagian penting dari kesehatan tubuh secara menyeluruh. Anak usia 6-12 tahun merupakan kelompok usia yang rentan terkena masalah kesehatan gigi dan mulut seperti karies karena pergantian gigi dan sering mengonsumsi makanan manis tanpa diimbangi kebiasaan menyikat gigi. Oleh karena itu, diperlukan pendidikan kesehatan untuk meningkatkan pengetahuan dan mencegah kerusakan gigi dengan media *pop-up book* yang menarik bagi siswa.

Tujuan: Mengetahui pengaruh pendidikan kesehatan menggunakan media *pop-up book* terhadap pengetahuan kesehatan gigi dan mulut pada anak usia sekolah di SD N Demak Ijo 1.

Metode: Penelitian kuantitatif dengan desain *quasy experiment pre-test post-test with control group* dilaksanakan bulan Februari 2025. Populasi adalah seluruh anak kelas IV di SD N Demak Ijo 1 sebanyak 56 siswa dengan teknik *total sampling*. Data dianalisis menggunakan uji *Wilcoxon Signed Rank Test* dan uji *Mann Whitney* dengan taraf signifikan ($p \leq 0,05$).

Hasil: Mayoritas responden berusia 10 tahun dengan jenis kelamin perempuan. Hasil uji *Wilcoxon Signed Rank Test* pada kelompok eksperimen diperoleh nilai *p value* = 0.000 dan pada kelompok kontrol diperoleh *p value* = 0.006. Hasil uji *Mann Whitney* pada kelompok eksperimen dan kelompok kontrol setelah intervensi diperoleh hasil *p value* = 0.047.

Kesimpulan: Terdapat pengaruh pendidikan kesehatan menggunakan media *pop-up book* terhadap pengetahuan kesehatan gigi dan mulut pada anak usia sekolah di SD N Demak Ijo 1.

Kata kunci: Pendidikan Kesehatan, *Pop-up book*, Pengetahuan, Kesehatan Gigi dan Mulut

THE EFFECT OF HEALTH EDUCATION USING POP-UP BOOK MEDIA ON ORAL HEALTH KNOWLEDGE IN SCHOOL-AGE CHILDREN AT DEMAK IJO 1 ELEMENTARY SCHOOL

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ABSTRACT

Background: Oral health is an important part of overall body health. Children aged 6-12 years are an age group that is vulnerable to oral health problems such as caries due to tooth turnover and frequent consumption of sweet foods without being balanced with brushing habits. Therefore, health education is needed to increase knowledge and prevent tooth decay with pop-up book media that is attractive to students.

Objective: Knowing the effect of health education using pop-up book media on oral health knowledge in school-age children at SD N Demak Ijo 1.

Methods: Quantitative research with a quasy experiment pre-test post-test design with control group was conducted in February 2025. The population was all fourth grade children at SD N Demak Ijo 1 as many as 56 students with total sampling technique. Data were analyzed using the Wilcoxon Signed Rank Test and Mann Whitney test with a significant level ($p \leq 0.05$).

Results: The majority of respondents were 10 years old with female gender. The results of the Wilcoxon Signed Rank Test in the experimental group obtained a p value = 0.000 and in the control group obtained a p value = 0.006. Mann Whitney test results in the experimental group and control group after the intervention obtained p value = 0.047.

Conclusion: There is an effect of health education using pop-up book media on oral health knowledge in school-age children at SD N Demak Ijo 1.

Keywords: Health education, pop-up book, knowledge, oral health