

EFEKTIVITAS WEBSITE ‘SENYUM BALI’ TERHADAP PENGETAHUAN DAN MINAT PERAWATAN GIGI PASCA-METATAH

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ABSTRAK

Latar belakang: *Metatah* merupakan tradisi potong gigi pada masyarakat Hindu Bali yang melambangkan kedewasaan dan pengendalian diri terhadap enam sifat buruk manusia (*Sad Ripu*). Proses pengikiran gigi pada tradisi ini dapat menyebabkan paparan dentin dan sensitivitas gigi sehingga diperlukan perawatan gigi pasca-*Metatah*. Pengetahuan dan minat remaja mengenai perawatan gigi pasca-*Metatah* masih perlu ditingkatkan melalui media edukasi berbasis digital.

Tujuan: Mengetahui efektivitas website **Senyum Bali** terhadap pengetahuan dan minat perawatan gigi pasca-*Metatah* pada siswa SMA Negeri 1 Ubud, Kabupaten Gianyar, Bali.

Metode: Penelitian ini menggunakan desain *pre-experimental* dengan rancangan *one-group pretest-posttest*. Sampel berjumlah 150 responden yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner pengetahuan dan minat yang telah diuji validitas dan reliabilitasnya. Uji normalitas dilakukan menggunakan *Kolmogorov-Smirnov* dan menunjukkan data tidak berdistribusi normal ($p < 0,05$), sehingga analisis dilanjutkan menggunakan *Wilcoxon Signed Rank Test*.

Hasil: Rata-rata skor pengetahuan meningkat dari 4,77 (kategori rendah) menjadi 13,39 (kategori tinggi) dengan selisih rata-rata 8,62 dan nilai Asymp. Sig. = 0,001 ($p < 0,05$). Rata-rata skor minat meningkat dari 19,91 (kategori rendah) menjadi 52,51 (kategori tinggi) dengan selisih rata-rata 32,60 dan nilai Asymp. Sig. = 0,001 ($p < 0,05$).

Kesimpulan: Website ‘Senyum Bali’ efektif meningkatkan pengetahuan dan minat siswa mengenai perawatan gigi pasca-*Metatah* serta berpotensi menjadi media edukasi kesehatan gigi berbasis budaya lokal bagi remaja.

Kata Kunci: *Metatah*; website; edukasi kesehatan gigi; pengetahuan; minat.

THE EFFECTIVENES OF THE 'SENYUM BALI' WEBSITE ON KNOWLEDGE AND INTEREST IN DENTAL CARE AFTER THE METATAH CEREMONY

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ABSTRACT

Background: *Metatah* is a traditional tooth-filing ceremony practiced by the Balinese Hindu community as a symbol of maturity and self-control over the six negative human traits (*Sad Ripu*). The tooth-filing procedure may expose dentin and cause tooth sensitivity, making proper post-*Metatah* dental care essential. However, adolescents' knowledge and interest regarding post-*Metatah* dental care remain limited and require improvement through digital educational media.

Objective: To determine the effectiveness of the **Senyum Bali** website in improving knowledge and interest regarding post-*Metatah* dental care among students of SMA Negeri 1 Ubud, Gianyar Regency, Bali.

Methods: This study employed a pre-experimental one-group pretest-posttest design involving 150 students selected through purposive sampling. Knowledge and interest were measured using validated questionnaires. Data normality was assessed using the Kolmogorov-Smirnov test. Since the data were not normally distributed ($p < 0.05$), differences between pretest and posttest scores were analyzed using the Wilcoxon Signed-Rank Test.

Results: The results showed that the mean knowledge score increased from 4.77 (low) to 13.39 (high), with a mean difference of 8.62 and an Asymp. Sig. value of 0.001 ($p < 0.05$). Likewise, the mean interest score increased from 19.91 (low) to 52.51 (high), with a mean difference of 32.60 and an Asymp. Sig. value of 0.001 ($p < 0.05$).

Conclusion: These findings indicate that the Senyum Bali website effectively improved students' knowledge and interest regarding post-*Metatah* dental care. Therefore, the website may serve as an innovative, culturally based digital oral health education medium for adolescents.

Keywords: *Metatah*; website; oral health education; knowledge; interest.