

PENERAPAN PENDIDIKAN KESEHATAN *ORAL HYGIENE* UNTUK MENINGKATKAN KETERAMPILAN MENGGOSOK GIGI PADA ANAK USIA PRASEKOLAH

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ABSTRAK

Latar Belakang: Masalah kesehatan gigi dan mulut pada anak usia prasekolah masih cukup tinggi, terutama karies gigi dan kebersihan mulut yang kurang optimal. Rendahnya keterampilan menggosok gigi disebabkan oleh kurangnya pengetahuan dan kurangnya pendampingan orang tua. Pendidikan kesehatan *oral hygiene* menjadi salah satu upaya untuk meningkatkan keterampilan menggosok gigi pada anak sejak dini.

Tujuan: Mengetahui penerapan pendidikan kesehatan *oral hygiene* untuk meningkatkan keterampilan menggosok gigi pada anak usia prasekolah.

Metode: Penelitian ini menggunakan desain studi kasus deskriptif kualitatif dengan pendekatan asuhan keperawatan pada dua anak usia prasekolah di RA Taskia Cokrogaten Sleman. Intervensi dilakukan selama tiga hari berturut-turut melalui penyuluhan menggunakan media slide presentasi, demonstrasi menggunakan phantom gigi, dan praktik langsung menggosok gigi. Pengumpulan data melalui wawancara, observasi, pemeriksaan fisik, dan lembar observasi keterampilan menggosok gigi.

Hasil: Sebelum intervensi, kedua klien menunjukkan keterampilan menggosok gigi dan langkah menggosok gigi masih belum optimal. Setelah diberikan pendidikan kesehatan *oral hygiene*, kedua klien menunjukkan peningkatan keterampilan menggosok gigi dan mampu melakukan langkah menggosok gigi dengan benar.

Kesimpulan: Penerapan pendidikan kesehatan *oral hygiene* melalui penyuluhan, demonstrasi, dan praktik langsung dapat meningkatkan keterampilan menggosok gigi pada anak usia prasekolah.

Kata kunci: pendidikan kesehatan, *oral hygiene*, keterampilan menggosok gigi, anak usia prasekolah

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IMPLEMENTATION OF ORAL HYGIENE HEALTH EDUCATION TO IMPROVE TOOTH BRUSHING SKILLS IN PRESCHOOL CHILDREN

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ABSTRACT

Background: Oral and dental health problems among preschool children remain relatively high, particularly dental caries and poor oral hygiene. Low tooth-brushing skills are caused by a lack of knowledge and insufficient parental supervision. Oral hygiene health education is one of the efforts to improve children's tooth-brushing skills from an early age.

Objective: To identify the implementation of oral hygiene health education in improving tooth brushing skills among preschool children.

Methods: This study used a qualitative descriptive case study design with a nursing care approach involving two preschool children at RA Taskia Cokrogaten, Sleman. The intervention was conducted for three consecutive days through health education using presentation slides, demonstrations with dental phantom models, and direct tooth-brushing practice. Data were collected through interviews, observations, physical examinations, and tooth-brushing skill observation sheets.

Results: Before the intervention, both clients demonstrated inadequate tooth-brushing skills, and several tooth-brushing steps were not performed properly. After receiving oral hygiene health education, both clients showed improved tooth-brushing skills and were able to perform the correct tooth-brushing steps.

Conclusion: The implementation of oral hygiene health education through counseling, demonstrations, and direct practice can improve tooth-brushing skills among preschool children.

Keywords: health education, oral hygiene, tooth brushing skills, preschool children

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