

THE EFFECTIVENESS OF YOUTUBE ANIMATED VIDEOS ON KNOWLEDGE AND ATTITUDES TOWARD ORAL AND DENTAL HYGIENE MAINTENANCE REGARDING PERIODONTAL POCKETS

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ABSTRACT

Background : Periodontal disease remains a major oral health problem in Indonesia. According to the 2023 Indonesian Health Survey (SKI), the prevalence of periodontal problems, including periodontal pockets, is 19.9%. A preliminary study showed that 93.3% of young adults were unaware of periodontal pockets. Therefore, health education using YouTube animated videos was conducted to improve knowledge and attitudes toward oral hygiene maintenance.

Objective : To determine the effectiveness of an animated video on YouTube about periodontal pockets on knowledge and attitudes toward oral hygiene. **Method**

: This study employed a pre-experimental design with a one-group pretest-posttest design. Sampling was conducted using purposive sampling, with a sample size of 48 respondents. The independent variable was an animated video on YouTube, while the dependent variables were knowledge of periodontal pockets and attitudes toward oral hygiene maintenance. Data were collected using pretest and posttest questionnaires. Data analysis was performed using the Wilcoxon Signed-Rank Test.

Result : The mean knowledge score before the intervention was 9.08 ± 3.918 , while the mean score after the intervention increased to 14.25 ± 1.391 , resulting in a mean difference of 5.17 points. The mean attitude score before the intervention was 41.54 ± 10.030 , which increased to 55.69 ± 5.501 after the intervention, with a mean difference of 14.15 points. The results of the Wilcoxon signed-rank test indicated a statistically significant difference in knowledge and attitude scores before and after the YouTube video animation intervention ($p < 0.05$).

Conclusion : YouTube animated videos are effective in knowledge and attitudes regarding oral hygiene practices related to periodontal pockets.

Keywords : Animated Video, YouTube, Knowledge, Attitude, Periodontal Pockets

EFEKTIVITAS VIDEO ANIMASI YOUTUBE TENTANG POCKET PERIODONTAL TERHADAP PENGETAHUAN DAN SIKAP PEMELIHARAAN KEBERSIHAN DAN MULUT

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ABSTRAK

Latar Belakang : Berdasarkan Survei Kesehatan Indonesia (SKI) tahun 2023, prevalensi masalah periodontal, termasuk pocket periodontal, di Indonesia mencapai 19,9%. Studi pendahuluan menunjukkan bahwa 93,3% dewasa awal belum mengetahui tentang pocket periodontal. Edukasi melalui video animasi YouTube dilakukan untuk meningkatkan pengetahuan dan sikap pemeliharaan kebersihan gigi dan mulut.

Tujuan Penelitian : Diketuainya efektivitas video animasi melalui YouTube tentang pocket periodontal terhadap pengetahuan dan sikap pemeliharaan kebersihan gigi dan mulut.

Metode Penelitian : Desain penelitian ini adalah *pre-experimental* dengan rancangan *one group pretest-posttest*. Teknik pengambilan sampel menggunakan *purposive sampling* dengan jumlah sampel 48 responden. Variabel independen adalah video animasi melalui YouTube, dan variabel dependen adalah pengetahuan tentang pocket periodontal dan sikap pemeliharaan kebersihan gigi dan mulut. Pengumpulan data menggunakan kuesioner *pretest* dan *posttest*. Analisis data menggunakan uji *Wilcoxon Signed Rank Test*.

Hasil Penelitian : Rata-rata pengetahuan sebelum intervensi sebesar $9,08 \pm 3,918$ dan pengetahuan sesudah intervensi sebesar $14,25 \pm 1,391$ dengan selisih rata-rata sebesar 5,17. Rata-rata sikap sebelum dilakukan intervensi sebesar $41,54 \pm 10,030$ dan sikap sesudah intervensi sebesar $55,69 \pm 5,501$ dengan selisih rata-rata 14,15. Hasil uji *Wilcoxon Signed Rank Test* menunjukkan ada perbedaan bermakna sebelum dan sesudah intervensi video animasi melalui YouTube didapatkan nilai $p < 0,05$.

Kesimpulan : Video animasi YouTube efektif terhadap pengetahuan dan sikap pemeliharaan kebersihan gigi dan mulut terkait pocket periodontal.

Kata Kunci : Video Animasi, YouTube, Pengetahuan, Sikap, Pocket Periodontal