

THE EFFECTIVENESS OF COUNSELING USING POCKET BOOK MEDIA ON MOTHERS' KNOWLEDGE OF CARIES AND MOTIVATION FOR TOOTH FILLING IN PRESCHOOL CHILDREN

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ABSTRACT

Background: Mothers must maintain oral health when their children are 1-5 years old to maintain healthy teeth and teeth. The 2023 Indonesian Health Survey (SKI) showed that 60-70% of children aged 3-6 years experience dental caries, a figure far exceeding the national target of 40%. Pocket books are small, practical to carry and can be stored in a pocket. The contents of the pocket books are structured to present relevant information and support the main material, making it easy to learn. Objective: To determine the effectiveness of counseling using pocket books on mothers' knowledge about caries and motivation for dental restorations in preschool children.

Method: This type of research is One Group Pretest Posttest with a pre-experimental design. The number of samples in this study was 50 respondents. Sampling used a purposive sampling technique with inclusion and exclusion criteria. The influencing variable is counseling using pocket books, and the affected variable is maternal knowledge and motivation for children's tooth filling. The study was conducted in March 2026 at Pertiwi 40 Janten Kindergarten. The research instrument used a questionnaire. The results of the Wilcoxon Signed Rank Test were used to determine the differences before and after the intervention.

Results: Mothers' knowledge about caries after counseling increased to a good category (100%), and children's motivation to have their teeth filled after counseling became high (100%). The results of the Wilcoxon Signed Rank Test showed an Asymp sig (2-tailed) value of $0.001 < 0.05$ and were not normally distributed. 86.7% of children had caries.

Conclusion: Counseling using pocket books is effective in increasing mothers' knowledge about caries and motivation for tooth filling in preschool children.

Keywords: Pocket book, Mothers' Knowledge, Motivation to Have Their Teeth Filled in Preschool Children

EFEKTIVITAS PENYULUHAN MENGGUNAKAN MEDIA BUKU SAKU TERHADAP PENGETAHUAN IBU TENTANG KARIES DAN MOTIVASI PENUMPATAN GIGI PADA ANAK PRA SEKOLAH

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ABSTRAK

Latar Belakang : Upaya pemeliharaan kesehatan gigi dan mulut harus dilakukan oleh ibu pada saat anak berusia 1-5 tahun agar gigi dan anak tetap sehat. Hasil Survei Kesehatan Indonesia (SKI) 2023 menunjukkan bahwa 60-70% anak usia 3-6 tahun mengalami karies gigi, angka ini jauh melampaui target nasional yang ditetapkan sebesar 40%. Buku saku adalah buku berukuran kecil sehingga praktis dibawa dan dapat disimpan di dalam saku. Isi buku saku disusun dengan menyajikan informasi yang relevan dan mendukung materi utama sehingga mudah dipelajari.

Tujuan : Diketuinya efektivitas penyuluhan menggunakan media buku saku terhadap pengetahuan ibu tentang karies dan motivasi penumpatan gigi pada anak pra sekolah.

Metode : Jenis penelitian *One Group Pretest Posttest* dengan desain pre-eksperimental. Jumlah sampel pada penelitian ini 50 responden. Pengambilan sampel menggunakan teknik *purposive sampling* dengan kriteria *inklusi* dan *eksklusi*. Variabel pengaruh yaitu penyuluhan dengan media buku saku, dan variabel terpengaruh yaitu pengetahuan ibu dan motivasi penumpatan gigi anak. Penelitian dilaksanakan pada bulan Maret 2026 di TK Pertiwi 40 Janten. Instrumen penelitian menggunakan kuesioner. Hasil Uji *Wilcoxon Signed Rank Test* untuk mengetahui perbedaan sebelum dan sesudah intervensi.

Hasil : Pengetahuan ibu tentang karies sesudah penyuluhan meningkat menjadi kategori baik 100% dan motivasi penumpatan gigi anak sesudah diberikan penyuluhan menjadi tinggi 100%. Hasil uji *Wilcoxon Signed Rank Test* nilai *Asymp sig(2-tailed)* sebesar $0,001 < 0,05$ dan berdistribusi tidak normal. Anak yang memiliki karies 86,7%.

Kesimpulan : Penyuluhan menggunakan buku saku efektif terhadap peningkatan pengetahuan ibu tentang karies dan motivasi penumpatan gigi pada anak pra sekolah.

Kata Kunci : Buku saku, Pengetahuan Ibu, Motivasi Penumpatan Gigi pada Anak Pra Sekolah