

EFFECTIVENESS OF YOUTUBE SHORT VIDEOS ON PLAQUE CONTROL PRACTICES AND ORAL HYGIENE SCORES AMONG ADOLESCENTS WITH GINGIVITIS

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ABSTRACT

Background: Oral health problems remain a public health concern due to limited public knowledge of maintaining oral hygiene. In 2022, the World Health Organization (WHO) reported that approximately 3.5 billion people, or nearly 50% of the global population, were affected by oral diseases. The 2023 Indonesian Health Survey reported that 7.3% of the population experienced swollen gums and 6.8% experienced bleeding gums.

Objective: To evaluate the effectiveness of short YouTube videos on plaque control skills and oral hygiene scores among adolescents with gingivitis.

Methods: This study employed a one-group pretest-posttest pre-experimental design. The study was conducted in April 2026 among 45 adolescents with gingivitis who were selected using a purposive sampling technique. The independent variable was viewing of short YouTube videos, and the dependent variables are plaque control and oral hygiene scores. Data were collected using plaque control observation sheets and oral hygiene assessments before and after the intervention. Data were analyzed using the Wilcoxon Signed-Rank Test.

Results: The results showed that the mean plaque control score before and after viewing the short YouTube video increased from 4.64 ± 1.282 to 10.64 ± 1.264 , with a mean difference of 6.00. The mean oral hygiene score before and after viewing the short YouTube video decreased from 1.813 ± 0.2492 to 0.529 ± 0.2677 , with a mean difference of -1.284. Statistical analysis with the Wilcoxon Test showed a significant difference between pretest and posttest scores $p = 0,000$.

Conclusion: Short YouTube videos are effective in improving plaque control skills and oral hygiene scores among adolescents with gingivitis.

Keywords: Short, YouTube, plaque, teeth, adolescents, gingivitis

EFEKTIVITAS VIDEO SHORT YOUTUBE TERHADAP PRAKTIK PENGENDALIAN PLAK DAN ANGKA KEBERSIHAN GIGI REMAJA DENGAN GINGIVITIS

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ABSTRAK

Latar Belakang: Masalah kesehatan gigi dan mulut masih menjadi perhatian karena rendahnya pengetahuan masyarakat dalam menjaga kebersihan gigi dan mulut. *World Health Organization* (WHO) pada tahun 2022 melaporkan sekitar 3,5 miliar atau hampir 50% penduduk dunia mengalami penyakit gigi dan mulut. Berdasarkan Survei Kesehatan Indonesia tahun 2023 menunjukkan 7,3% penduduk mengalami gusi bengkak dan 6,8% mengalami gusi berdarah.

Tujuan: Diketuinya efektivitas video *short* YouTube terhadap pengendalian plak dan angka kebersihan gigi dan mulut remaja dengan gingivitis.

Metode: Penelitian ini menggunakan desain *pre-experimental* dengan rancangan *one group pretest-posttest*. Penelitian dilaksanakan pada April 2026 terhadap remaja dengan gingivitis sebanyak 45 responden sebagai sampel yang dipilih secara *purposive sampling*. Variabel bebas yaitu pemberian video *short* YouTube, dan variabel terikat yaitu pengendalian plak dan angka kebersihan gigi dan mulut. Data dikumpulkan melalui lembar observasi pengendalian plak dan pemeriksaan angka kebersihan gigi dan mulut. Analisis menggunakan uji *Wilcoxon Signed Rank Test*.

Hasil: Hasil penelitian menunjukkan nilai mean pengendalian plak sebelum dan sesudah diberikan video *short* YouTube meningkat dari $4,64 \pm 1,282$ dan menjadi $10,64 \pm 1,264$, dengan selisih mean 6,00. Nilai mean angka kebersihan gigi dan mulut sebelum dan sesudah diberikan video *short* YouTube menurun dari 1,813 menjadi 0,529, dengan selisih mean -1,284. Hasil analisa statistik menggunakan uji *Wilcoxon* menunjukkan $p = 0,000$.

Kesimpulan: Video *short* YouTube efektif meningkatkan pengendalian plak dan memperbaiki angka kebersihan gigi remaja dengan gingivitis.

Kata Kunci: *Short*, YouTube, plak, gigi, remaja, gingivitis