

# Increasing Children's Capacity At Al-Azhar Syifa Budi Kindergarten To Maintain Healthy Teeth

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## Abstract

*Children's teeth are a determinant of the growth and development of the oral cavity because the child's milk teeth will determine the child's permanent teeth. Therefore, it is essential to monitor the growth of teeth in children here. The aim of promoting health on the correct way to brush your teeth to students is to increase student's knowledge about the steps for brushing teeth, how to brush teeth correctly and demonstrate the correct way to brush your teeth with the help of a dental phantom so that students can get used to it. To clean and brush teeth. Lifetime life in everyday life. This exercise uses the lecture and demonstration method to brush teeth, question and answer, and discussion. Before counseling is conducted, a post-test is given to students as a material evaluation activity to determine their knowledge about brushing their teeth correctly before and after extension activities. After the lecture and demonstration/demonstration, a question and answer session was held after the counseling material was completed and delivered to participants and delivered. From the results of the tooth brushing education, it can be concluded that Al-Azhar Kindergarten student Syifa Budi can understand the stages of brushing teeth. Al-Azhar Syifa Budi Kindergarten students can practice/demonstrate the method of brushing their teeth properly and correctly. Al-Azhar Kindergarten student Syifa Budi understands how to maintain healthy teeth.*

**Keywords:** teeth, youth, kids, brush

## 1. INTRODUCTION

Dental and oral health is a part of body health that cannot be separated because dental health will affect the health of the body as a whole. If dental and oral hygiene is neglected, it will cause problems, including damage to the teeth, called caries or cavities. The World Health Organization (WHO) 2014 stated that 60-90% of school children aged 5-18 years have dental caries, which often cause pain and affect their quality of life (Amrin, 2020).

Dental caries often occur in children because children tend to prefer sweet foods, which can cause dental caries. Children's dental caries are caused by microbiology, daily diet, and oral hygiene conditions. Children's dental health is a particular concern in this modern era. The problem of dental caries in children is essential because dental caries indicates the success of efforts in maintaining children's dental health. In Indonesia, 41.1% of children aged 3-4 years experience dental caries. Maintaining the dental health of children under five years old still depends on their parents, especially their mothers, because, in general, children under five are closer to their mothers (Khasanah *et al.*, 2019).

Parents' knowledge about preventing caries in their children will significantly determine the health status of their children's teeth in the future. Dental problems are a problem that is very common among children, significantly when they are growing up. Mouth and dental problems often occur: cavities (dental caries), uneven teeth, debris, plaque on teeth, tartar, canker sores, bad breath, and oral thrush (which occurs in babies). The problem that researchers at Al-Azhar Syifa Budi Kindergarten have found is that quite a few children aged 4-6 years experience pain in their teeth (Sofiyah *et al.*, 2020). Of the number of children researchers observed, some experienced dental caries and stomatitis. Some children say they are too lazy to brush their teeth, and they even

don't brush their teeth in a day and brush their teeth in the shower, namely twice a day. They brush their teeth in an irregular direction, from top to bottom.

## 2. METHODOLOGY

Dental and oral health promotion is carried out through a behavior change approach. This approach aims to change children's attitudes and behavior towards better behavior so that they can adopt a healthy lifestyle to improve everyone's health. Health promotion seeks to obtain information about the importance of dental and oral health by brushing your teeth (Ramayanti & Purnakarya, 2013). To tell what is good and right and what foods are good and bad for health. This must be done because children are susceptible to dental diseases and mouth, especially cases of dental caries in children, which are very common, so awareness of dental and oral hygiene must be increased. After receiving new information, it is hoped children understand it in everyday life. The action plan begins by examining the dental and oral problems children often experience and why and how this can occur. The research results show that the caries rate in children is high due to the lack of knowledge of children and parents as an example of implementing healthy behavior. Children like to eat sweet foods that can damage their teeth and are sometimes lazy about brushing them. If this is done continuously, it will slowly cause tooth decay (Senjaya, 2013). Apart from that, the speaker provides information on the following topics:

- The result of laziness in brushing your teeth
- Education about the right time to brush your teeth, namely 2 minutes after breakfast in the morning and in the afternoon before bed
- Explanation of how to brush your teeth correctly and adequately
- Mention foods that are good for healthy teeth, such as fruit, vegetables, and milk
- Foods that can harm dental health include candy, chocolate, and ice cream.
- Health promotion materials are provided through animated videos, posters, and also phantoms.

Health promotion material was delivered by showing animated videos and presenting material from posters, and prizes were given to participants who dared to answer questions the committee had prepared. During the implementation of health promotion, participants looked very enthusiastic; namely, during the question and answer session, they scrambled to answer questions asked by the committee on duty.



Figure 1. Material training

## 3. RESULTS AND DISCUSSION

From the health promotion plan that has been prepared, we use health promotion media in the form of animated videos, posters, and visual aids in the form of phantoms. Health promotion activities were carried out directly to 20 Al-Azhar Syifa Budi Kindergarten students. A written

pre-test and post-test accompanied the activity to determine the participant's level of understanding regarding the health promotion material being explained. Prizes are also given to foster enthusiasm and active participation for participants. The prizes are notebooks, which will be given to three students who actively answer questions.

Details of contributions are as follows:

1. Notebook gift
2. Pre-test and post-test
3. Print HD Posters
4. Frame

With the material presented regarding how to brush your teeth properly and correctly, it is hoped that participants will be able to understand and apply it in their daily lives (Sholekhah, 2021).

**Table 1. Average Pre-test and Post-test value**

Activity	score
Pre-test	40
Post-test	75

The dental and oral health promotional activity entitled "Screening and Counseling on Dental and Oral Health at Al-Azhar Syifa Budi Kindergarten, Surakarta" was held on Friday, 5 June 2023. The activity started around 08:15; there were a few obstacles because the video media was unavailable. It can be played. The duration of the activity is 60 minutes face to face with a series of activities as follows: 1. The MC opened the event by reading the event rundown, 2. MC gave a speech to the supervisor and homeroom teacher of Kindergarten Al-Azhar Syifa Budi, 3— introduction from the Health Promotion organizing committee, 4. Sing jargon/yells together, 5. Do a pre-test before starting the event. 6. Provide children with materials on how to brush their teeth through animated videos and posters. 7. Ice breaking, 8. They provided material explaining brushing teeth correctly and adequately using a tooth model, 9. Question and answer session and participants demonstrating how to brush their teeth properly and correctly will receive a door prize, 10. Conduct a post-test to measure children's understanding, 11. Submission of material conclusions, 12. Group photo session by the committee on duty followed by the event's closing by the MC, 13. Directions back to the hall to brush your teeth together.



(a)



(b)

Figure 2. Screening (a) material poster to kindergarten(b)

#### 4. CONCLUSION

Health promotion activities went well, but previously, there was a slight problem regarding the monitor layer's inability to display animated videos. Ultimately, this was overcome, and the event continued to run smoothly so that the same error did not occur. The committee carried out an evaluation, including: 1. The committee must first prepare/download the video displayed, 2. Checking the facilities and infrastructure should be done a maximum of 1 hour before the event starts so that if there is a problem, at least you won't be in a hurry to fix it. 3. The committee on duty should pay attention to the children so that they do not make noise when delivering the material.

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