

Education Maintenance Tooth And Mouth On Child School Sari Mulya Village Kindergarten, Tebo Regency

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Abstract

Dental and oral health problems can have a negative impact on body health and interfere with activities, especially in preschool children. The community service activity aims to provide education to improve knowledge and skills in caring for teeth and mouth in kindergarten school. The partner for this community service activity was Kindergarten School, at Sari Mulya Village, Tebo Regency and was carried out using counseling methods, demonstrations and tooth brushing practices. Counseling can be carried out well and kindergarten children were able to practice how to brush their teeth properly and correctly. It is recommended for schools to carry out "Tooth Brushing Movements" at school regularly.

Keywords: Education, dental and oral health, kindergarten

A. INTRODUCTION

Dental and oral health is part from body health in a way overall. Disturbance on tooth And mouth can impact negative to health body and interfere with daily activities (Nurhayati et al., 2024). Oral conditions wet, dark And moist very supportive growth And breeding bacteria Which to form plaque on the teeth and can spread to the entire surface of the teeth (Simbolon et al., 2024) (Ardhani & Haryati, 2022). According to the Ministry of Health (2018), around 93 percent of young children in Indonesia have cavities and only 11 percent child age 3-4 year Which behave brushing tooth Which Correct (Octaviani et al., 2022). Brushing teeth is an action that needs to be taught to children in order to make it happen a habit Which Good And Healthy (Rochmawati & Anggraini, 2022). Rubbing tooth is method the easiest and most effective way to keep teeth and gums clean from plaque and food debris (Mudhawaroh et al., 2023) (Amir et al., 2024). Brushing teeth must be done properly and correctly so that food residue can be completely removed from the tooth surface (Wayan et al., 2019) (Pargaputri et al., 2023).

Children are very vulnerable to problems related to dental and oral hygiene. (Nurhalisah et al., 2023) (Razi & Rosmawati, 2018). Generally child age 3-5 year fond of consume sweet foods such as chocolate, candy, and other foods that contain a lot of sugar (Herawati et al., 2022). Consuming foods and drinks that contain excessive sugar and not taking good care of your teeth will result in plaque buildup. (Aldilawati et al., 2023) (Reca & Restuning, 2022). Bacteria in the mouth can convert sugar into acid and erode tooth enamel (Oktaviani et al., 2022) (Kellihu et al., 2024). The average condition of children's dental and oral hygiene is still very poor due to the lack of ability to maintain

good dental and oral hygiene, as evidenced by the survey results obtained that 8 out of 10 students were classified as having poor dental and oral hygiene conditions (Aqidatunisa et al., 2022) (Budiarti & Nurindah, 2021).

Sari Mulya Kindergarten located in Sari Mulya village, Rimbo Ilir sub-district, Tebo district is an institution that organizes learning activities while playing to form the character of intelligent and noble children. Based on interview beginning together Teacher Kindergarten known that child educate in Kindergarten Sari Mulya often experiences toothaches that greatly disrupt the process and concentration of children's learning and playing. In addition, this school year there has been no health counseling tooth And demonstration brushing tooth Which done by officer Health Center. Health education, especially dental and oral health counseling accompanied by a demonstration of how to brush teeth properly and correctly is one of the right educational methods for preschool children to improve their knowledge and skills (Asridiana, 2017). This community service activity aims to provide education to improve knowledge and skills in caring for teeth and mouth in kindergarten (TK) school children in Sari Mulya village, Rimbo Ilir sub-district, Tebo Regency.

B. METHODS

Community service is held as part of the field learning practice of students of the Public Health Science Study Program with one of the PBL activity loci being in Sari Mulya Village, Rimbo Ilir District, Tebo Regency. As a partner of the PkM activity is the Principal of Sari Mulya Kindergarten Which play a role provide place implementation, gather target namely children educate Kindergarten Sari Mulya, as well as preparing other infrastructure that required. Implementation of PkM activities with the following stages:

1. Preparation

The preparation stage for community service activities is to determine the theme counseling, preparation of materials counseling, material or tool For demonstration rub tooth including that must be brought by kindergarten children, determine the schedule and order of the event, and prepare door prizes. Then coordinate with the Principal of Sari Mulya Kindergarten to obtain permission, determine the place, target, and technical implementation of the activity as well as the facilities and infrastructure

needed for the activity community service like projector, *sound system* , And etc. Children Also requested For bring brush toothpaste tooth, And glass for practice rub tooth.

2. Implementation

The Community service activities began with morning exercise with the children in the school yard, then they entered the classroom to take part in direct counseling activities in the form of lectures containing materials about dental health problems and their care, as well as counseling by showing animated videos about how to... rub tooth Which Correct. In give material use easy-to-understand language, and interspersed with games with prizes and singing the song “let’s brush our teeth” so that children are interested and don’t get bored.



Picture 1. Morning exercise together



Picture 2. Dental health counseling

Activity furthermore is do demonstration And practice rub teeth outside the classroom (field). Kindergarten children were divided into several groups to be accompanied by PBL students. In the initial session, PBL students demonstrated good and correct tooth brushing practices. Then asked several children who volunteered and dared to practice how to brush their teeth in front of their friends for all other students to follow. After the joint tooth brushing activity was completed, it was continued with a photo session with the teachers and children of Sari Mulya Kindergarten.



Picture 3 and 4. Demonstration brushing tooth

3. Evaluation

Based on current observations activity community service has been going on since the beginning Until the end, the participants of Sari Mulya Village Kindergarten looked very enthusiastic and happy to participate in the counseling activities with the theme "education on dental and oral care" in an effort to improve knowledge and skills in dental and oral care for children of Sari Mulya Village Kindergarten, Tebo Regency.

C. RESULTS

Activity counseling health tooth And mouth as well as demonstration brushing this tooth followed with very enthusiastic by participant that is 60 child educate school Kindergarten Village Sari Mulya Tebo Regency. This activity is expected to increase health knowledge tooth And mouth And skills in rub tooth Which Good And true in children. Through this PkM activity, it is also hoped that it will be a preference that will become a habitual norm for children in dental and oral health care. The influence of this subjective norm is very likely to be formed by the influence of people around them or education carried out in schools or health facilities (Rachmawati et al., 2020) (Artyas et al., 2019).

The importance of maintaining dental and oral health for a person must start from childhood (Maulina et al., 2023). Poor dental and oral hygiene causes calculus and plaque which cause periodontal disease. (Artemisia et al., 2024) (Yunita et al., 2022). Improving dental and oral hygiene is carried out by maintaining and caring for the teeth and oral cavity so that they are always clean so as to avoid bad breath and caries (Aqidatunisa et al., 2022) (Kamelia et al., 2023). Efforts to optimize dental hygiene and child's mouth pre school applied through program effort health tooth schools (UKGS) through early promotive, preventive and curative actions

(Agustinawati et al., 2019) (Theresia et al., 2022). In the UKGS program the Wrong One his activities is counseling as well as brush tooth mass Which Can become factor Which grow attitude child For apply brush tooth routinely (Septiani et al., 2023) (Amila & Hasibuan, 2020). With counseling, a child's insight and knowledge can be increased (Sarwendah et al., 2021) (Trihandayani et al., 2025).

D. CONCLUSION

Toothbrushing counseling and demonstration activities in an effort to increase knowledge maintenance tooth And mouth on child Kindergarten Village Sari Mulya Regency Tebo has gone well and smoothly according to plan. The students looked enthusiastic in participating. activity This Which seen from amount participant Which present And flavor want to high knowledge. Through this PkM activity, children can understand how to care for and brush their teeth properly and correctly and know the right time to brush their teeth. It is hoped that so that activity "brush tooth together" This done in a way continuous in Kindergarten Sari Mulya so that it becomes part of the culture in children's lives. In addition, it is hoped that cooperation between party school with Health Center in program UKGS more improved in the implementation of dental and oral health check-ups for children every six months

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