

**PENGARUH PENDAMPINGAN ORANG TUA DALAM MENYIKAT
GIGI TERHADAP KEBERSIHAN GIGI DAN MULUT ANAK
TUNAGRAHITA RINGAN DI SLB YKSB CIJEUNGJING
KABUPATEN CIAMIS**

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ABSTRAK

Latar Belakang: Data Riskesdas tahun 2018 menunjukkan gambaran perilaku menggosok gigi di Provinsi Jawa Barat hanya sebanyak 2,8% penduduk yang berperilaku menyikat gigi dengan benar yaitu menyikat gigi setelah sarapan dan sebelum tidur malam. Anak tunagrahita memiliki kekurangan dan keterbatasan mental untuk melakukan pembersihan gigi sendiri secara optimal. Peran pendampingan orang tua sangat penting terutama dalam menjaga waktu yang tepat menyikat gigi dan teknik menyikat gigi yang benar. **Tujuan:** Untuk menganalisis Pengaruh Pendampingan Orang Tua dalam Menyikat Gigi Terhadap Kebersihan Gigi dan Mulut Anak Tunagrahita Ringan di SLB YKSB Cijeungjing Kabupaten Ciamis. **Metode:** *Quasi experimental* dengan rancangan penelitian *one group pre-test and post-test design*. Pengambilan sampel dengan total sampling sebanyak 31 orang anak tunagrahita ringan beserta 31 orang tua anak tunagrahita ringan. Alat ukur untuk mengukur kebersihan gigi dan mulut menggunakan *Oral Hygiene Index Simplified (OHI-S)* dan pemberian intervensi berupa pendampingan orang tua menggunakan lembar kalender menyikat gigi 21 hari. **Hasil:** Hasil uji *Wilcoxon* dengan nilai p value (Asymp. Sig 2-tailed) sebesar 0,000 atau <0.05 , maka dapat disimpulkan bahwa terdapat perbedaan antara kebersihan gigi dan mulut sebelum dan sesudah diberikannya intervensi pendampingan orang tua menggunakan lembar kalender menyikat gigi 21 hari pada anak tunagrahita ringan. **Kesimpulan:** Terdapat pengaruh pendampingan orang tua dalam menyikat gigi terhadap kebersihan gigi dan mulut anak tunagrahita ringan di SLB YKSB Cijeungjing Kabupaten Ciamis.

Kata Kunci: Pendampingan Orang Tua, Menyikat Gigi, *OHI-S*, Anak Tunagrahita Ringan

**THE EFFECT OF PARENTAL ASSISTANCE IN BRUSHING
TEETH ON DENTAL AND ORAL HYGIENE OF MILDLY
RETARDED CHILDREN AT SLB YKSB CIJEUNGJING
CIAMIS REGENCY**

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ABSTRACT

Background: Riskesdas data in 2018 shows a picture of tooth brushing behavior in West Java Province that only 2.8% of the population have the behavior of brushing their teeth correctly, brushing their teeth after breakfast and before going to bed at night. Children with mild mental retardation have deficiencies and mental limitations to perform their own teeth cleaning optimally. The role of parental assistance is very important, especially in maintaining the right time to brush teeth and the correct brushing technique. **Purpose:** To analyze the effect of parental assistance in brushing teeth on dental and oral hygiene of mildly retarded children at SLB YKSB Cijeungjing Ciamis Regency. **Method:** Quasi experimental research with a one group pre-test and post-test design. The sampling technique used total sampling of 31 children with mild mental retardation and 31 parents of children with mild mental retardation. Measuring tools to measure oral hygiene using the Oral Hygiene Index Simplified (OHI-S) and providing interventions in the form of parental assistance using a 21 day tooth brushing calendar sheet. **Result:** The results of the Wilcoxon test with a p value (Asymp. Sig 2-tailed) of 0.000 or <0.05, it can be concluded that there is a difference between dental and oral hygiene before and after the intervention of parental assistance using a 21 day tooth brushing calendar sheet for children with mild mental retardation **Conclusion:** There is an influence of parental assistance in brushing teeth on dental and oral hygiene of mildly retarded children at SLB YKSB Cijeungjing Ciamis Regency.

Keywords: Parental Assistance, Tooth Brushing, Dental and Oral Hygiene, Mental Retardation