

**GAMBARAN KETERAMPILAN, FREKUENSI, DAN WAKTU,  
MENYIKAT GIGI PADA ANAK TUNAGRAHITA RINGAN  
DI SLB YAYASAN PENDIDIKAN PATRIOT  
KOTA TASIKMALAYA**

**INTISARI**

*Vita Maripatullaeli, Emma Kamelia, Lina Rismayani*

**Latar Belakang:** Menyikat gigi merupakan cara yang efektif untuk membersihkan rongga mulut dari deposit lunak yang menempel di gigi. Keterampilan, frekuensi, dan waktu menyikat gigi mempengaruhi efektifitas menyikat gigi. Permasalahan pada motorik tangan yang dimiliki anak tunagrahita mempengaruhi keterampilan menyikat gigi, selain itu anak tunagrahita juga memiliki gangguan adaptif dan intelektual yang membuat anak tunagrahita tidak bisa menjaga kebersihan gigi dan mulutnya secara mandiri.

**Metode Penelitian:** Jenis penelitian yang dilakukan adalah analisis deskriptif, dilakukan dengan cara observasi dengan metode survei, teknik pengambilan sampel menggunakan teknik total sampling dengan jumlah sampel sebanyak 20 anak tunagrahita ringan di SLB Yayasan Patriot Kota Tasikmalaya. Instrument penelitian yang digunakan adalah lembar observasi untuk keterampilan menyikat gigi dan lembar kuesioner untuk frekuensi dan waktu menyikat gigi. Analisa data yang dilakukan dengan distribusi frekuensi.

**Hasil Penelitian:** Hasil penelitian menunjukkan bahwa keterampilan menyikat gigi anak tunagrahita ringan di SLB Yayasan Pendidikan Patriot Kota Tasikmalaya berkriteria perlu bimbingan sebanyak 11 orang (55%) dan berkriteria cukup terampil sebanyak 9 orang (45%). Frekuensi menyikat gigi anak tunagrahita ringan sebagian besar menjawab 2 kali sehari sebanyak 16 orang (80%) dan yang paling sedikit menjawab 1 kali sehari sebanyak 4 orang (40%). Waktu menyikat gigi anak tunagrahita ringan sebagian besar menjawab pagi dan sore setelah mandi sebanyak 10 orang (50%) dan yang paling sedikit menjawab pagi hari setelah mandi sebanyak 4 orang (40%).

**Kesimpulan:** Sebagian besar anak tunagrahita ringan di SLB Yayasan Pendidikan Patriot Kota Tasikmalaya frekuensi menyikat gigi sudah baik tetapi perlu bimbingan dalam menyikat gigi serta waktu menyikat gigi yang kurang tepat.

**Kata Kunci:** *Anak Tunagrahita Ringan, Keterampilan, Frekuensi, dan Waktu menyikat gigi*

**Daftar Pustaka:** 37 Sumber (2016-2023)

**OVERVIEW OF SKILLS, FREQUENCY, AND TIME, BRUSHING  
TEETH IN CHILDREN WITH MILD INTELLECTUAL  
IMPAIRMENT AT SLB PATRIOT EDUCATION  
FOUNDATION TASIKMALAYA CITY**

**ABSTRACT**

*Vita Maripatullaeli, Emma Kamelia, Lina Rismayani*

**Background:** Brushing your teeth is an effective way to clean the oral cavity from soft deposits attached to the teeth. The skill, frequency, and time of brushing your teeth affect the effectiveness of brushing. Problems in hand motor owned by children with intellectual disabilities affect toothbrushing skills, besides that children with intellectual disabilities also have adaptive and intellectual disorders that make children with intellectual disabilities unable to maintain dental and oral hygiene independently.

**Research Methods:** The type of research carried out is descriptive analysis, carried out by observation with survey methods, sampling techniques using total sampling techniques with a total sample of 20 children with mild intellectual impairment at SLB Yayasan Patriot Kota Tasikmalaya. The research instruments used were observation sheets for brushing skills and questionnaire sheets for the frequency and time of brushing. Data analysis is carried out with frequency distribution.

**Research Results:** The results showed that the brushing skills of children with mild intellectual disabilities in SLB Yayasan Pendidikan Patriot Kota Tasikmalaya had the criteria for needing guidance as many as 11 people (55%) and enough criteria as many as 9 people (45%). The frequency of brushing the teeth of children with mild intellectual impairment mostly answered 2 times a day as many as 16 people (80%) and those who answered at least 1 time a day as many as 4 people (40%). When brushing the teeth of children with mild intellectual impairment, most answered morning and evening after bathing as many as 10 people (50%) and the least answered in the morning after bathing as many as 4 people (40%).

**Conclusion:** Most of the children with light limbahita in SLB Yayasan Pendidikan Patriot Kota Tasikmalaya brush their teeth well but need guidance in brushing their teeth and brushing time is not right.

**Keywords:** Children with mild intellectual impairment, skills, frequency, and time of brushing their teeth

**Bibliography:** 37 Sources (2016-2023)