

**HUBUNGAN KETERAMPILAN MENYIKAT GIGI DENGAN
KEBERSIHAN GIGI DAN MULUT SISWA TUNAGRAHITA
DI SLB NEGERI TAMANSARI
KOTA TASIKMALAYA**

ABSTRAK

Latar Belakang: Permasalahan gigi dan mulut dapat diakibatkan oleh faktor perilaku seperti keterampilan menyikat gigi. Data SKI 2023 menunjukkan dari 95,6% masyarakat yang menyikat gigi, hanya 6,2% yang memiliki perilaku kebiasaan sikat gigi yang benar. Keterampilan menyikat gigi yang tidak optimal menjadi salah satu penyebab kurangnya kebersihan gigi dan mulut, termasuk pada kelompok anak berkebutuhan khusus seperti anak tunagrahita. Anak tunagrahita memiliki hambatan dalam hal inteligensi dan keterampilan motorik, yang berdampak pada keterbatasan mereka dalam melakukan perawatan diri, termasuk dalam menyikat gigi secara benar. Tujuan: Menganalisis hubungan antara keterampilan menyikat gigi dengan kebersihan gigi dan mulut siswa tunagrahita di SLB Negeri Tamansari Kota Tasikmalaya. Metode: Metode penelitian yang digunakan adalah observasional analitik dengan pendekatan *cross-sectional*. Sampel penelitian terdiri dari siswa tunagrahita yang dipilih menggunakan teknik *purposive sampling*. Pengukuran keterampilan menyikat gigi dilakukan melalui observasi menyikat gigi, sedangkan kebersihan gigi dan mulut dinilai menggunakan *index OHI-S (Oral Hygiene Index-Simplified)*. Data dianalisis menggunakan uji *rank spearman*. Hasil: Siswa tunagrahita paling banyak memiliki keterampilan menyikat gigi kriteria kurang sebanyak 24 siswa (66,7%) dan *OHI-S* kriteria sedang sebanyak 22 siswa (61,1%). Nilai signifikansi menunjukkan angka 0,001 ($<0,05$) dan nilai korelasi (0,551), dengan kekuatan *correlation coefficient* sedang dan arah hubungan searah. Kesimpulan: Terdapat hubungan antara keterampilan menyikat gigi dengan kebersihan gigi dan mulut siswa tunagrahita di SLB Negeri Tamansari Kota Tasikmalaya.

Kata Kunci: Keterampilan menyikat gigi, *OHI-S*, siswa tunagrahita.

Daftar Pustaka: 46 buah (1964-2025)

**THE RELATIONSHIP BETWEEN TEETH BRUSHING SKILLS AND
DENTAL AND ORAL HYGIENE OF STUDENTS WITH MENTAL
DISABILITIES AT SLB NEGERI TAMANSARI
KOTA TASIKMALAYA**

ABSTRACT

Background: Oral problems can be caused by behavioral factors such as teeth brushing skills. SKI 2023 data shows that of the 95.6% of people who brush their teeth, only 6.2% have the right teeth brushing behavior. Suboptimal teeth brushing skills are one of the causes of lack of dental hygiene, including in groups of children with special needs such as children with mental disabilities. Children with mental disabilities have barriers in terms of intelligence and motor skills, which have an impact on their limitations in carrying out self-care, including in brushing their teeth properly. Objectives: Analyze the relationship between teeth brushing skills and dental and oral hygiene of students with mental disabilities in SLB Negeri Tamansari Kota Tasikmalaya. Methods: The research method used was analytic observational with a cross-sectional approach. The study sample consisted of students with disabilities who were selected using purposive sampling technique. Measurement of teeth brushing skills was carried out through observation of teeth brushing, while dental and oral hygiene was assessed using the *OHI-S* index (Oral Hygiene Index-Simplified). Data were analyzed using the rank spearman test. Results: Most students with mental disabilities have lack of tooth brushing skills as many as 24 students (66.7%) and moderate *OHI-S* criteria as many as 22 students (61.1%). The significance value shows 0.001 (<0.05) and the correlation value (0.551), with a moderate correlation coefficient strength and unidirectional relationship direction. Conclusion: There is a relationship between teeth brushing skills and oral hygiene of students with mental disabilities in SLB Negeri Tamansari Kota Tasikmalaya.

Keywords: Teeth brushing skills, *OHI-S*, students with mental disabilities

Bibliography: 46 item (1964-2025)