

# HUBUNGAN PENGETAHUAN DAN SIKAP ORANG TUA TENTANG MENYIKAT GIGI DENGAN INDEKS PLAK PADA ANAK TUNAGRAHITA DI SLBN 3 JAKARTA

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## ABSTRAK

**Latar belakang:** Anak tunagrahita memiliki keterbatasan perkembangan pada aspek intelektual, mental, emosional, sosial, dan fisik. Kondisi ini menyebabkan anak mengalami kesulitan dalam melakukan perawatan diri, termasuk menyikat gigi secara mandiri. Anak tunagrahita berisiko lebih tinggi mengalami masalah kesehatan gigi dan mulut, sehingga pengetahuan dan sikap orang tua sangat diperlukan dalam membimbing serta mengajarkan anak menjaga kebersihan gigi dan mulut. **Tujuan:** Untuk menganalisis hubungan pengetahuan dan sikap orang tua tentang menyikat gigi dengan indeks plak pada anak tunagrahita di SLBN 3 Jakarta. **Metode:** Jenis penelitian deskriptif analitik dengan pendekatan *Cross Sectional*. Jumlah subjek sebanyak 120 orang tua dan anak tunagrahita dengan teknik *purpose sampling*. Instrumen yang digunakan kuesioner dan lembar pemeriksaan Indeks Plak. Penelitian ini diuji menggunakan *Rank Spearman*. **Hasil:** Hasil penelitian didapatkan sebagian besar pengetahuan orang tua cukup baik (50%), sikap orang tua sebagian besar cukup baik (60%), dan sebagian besar anak tunagrahita memiliki indeks plak dengan kriteria buruk (58,3%). Hasil uji *Rank Spearman* menunjukkan ada hubungan yang signifikan antara pengetahuan dan sikap tentang menyikat gigi dengan indeks plak pada anak tunagrahita ( $p < 0,05$ ). **Kesimpulan:** dari penelitian ini terdapat hubungan signifikan pengetahuan dan sikap orang tua tentang menyikat gigi dengan indeks plak pada anak tunagrahita di SLBN 3 Jakarta.

Kata Kunci: Pengetahuan, sikap, menyikat gigi, indeks plak, anak tunagrahita  
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**THE RELATIONSHIP BETWEEN PARENTS' KNOWLEDGE AND  
ATTITUDES ABOUT BRUSHING TEETH WITH PLAQUE INDEX  
IN CHILDREN WITH INTELLECTUAL DISABILITIES  
AT SLBN 3 JAKARTA**

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**ABSTRACT**

**Background:** Children with intellectual disabilities have developmental limitations that make self-care activities, including toothbrushing, difficult. This condition increases the risk of oral and dental health problems, highlighting the important role of parents' knowledge and attitudes in maintaining children's oral hygiene. **Objective:** This study aimed to analyze the relationship between parents' knowledge and attitudes toward toothbrushing and the plaque index in children with intellectual disabilities at SLBN 3 Jakarta. **Methods:** This study employed a descriptive analytic design with a cross-sectional approach. The population consisted of 142 parents and children with intellectual disabilities, using a total sampling technique. Data were collected using questionnaires to assess parents' knowledge and attitudes and plaque index examination sheets. Data analysis was performed using the Spearman Rank test. **Results:** The results showed that most parents had a moderate level of knowledge (50%) and attitudes (60%) toward toothbrushing. Most children with intellectual disabilities had poor plaque index criteria (58,3%). The Spearman Rank test indicated a significant relationship between parents' knowledge and attitudes toward toothbrushing and the plaque index in children with intellectual disabilities ( $p < 0.05$ ). **Conclusion:** There is a significant relationship between parents' knowledge and attitudes toward toothbrushing and the plaque index in children with intellectual disabilities at SLBN 3 Jakarta.

*Keywords: Knowledge, attitude, tooth brushing, plaque index, children with intellectual disabilities*

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