

**PENGARUH PENYULUHAN DENGAN DEMONSTRASI BERBASIS
METODE *DRILL* TERHADAP KEMAMPUAN MENGGOSOK GIGI
PADA ANAK TUNAGRAHITA RINGAN DI SLB ABCD
MAHMUD MAHMUDAH KABUPATEN GARUT**

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ABSTRAK

Pendahuluan: Masalah kesehatan gigi dan mulut masih menjadi perhatian serius di Indonesia, dengan prevalensi karies gigi mencapai 56,9% pada penduduk usia 3 tahun berdasarkan Survei Kesehatan Indonesia (SKI) 2023. Anak tunagrahita ringan memiliki keterbatasan intelektual dan kemampuan adaptif yang menyebabkan kesulitan dalam melakukan perawatan diri secara mandiri, termasuk menggosok gigi dengan benar. **Tujuan:** mengetahui pengaruh penyuluhan kesehatan gigi melalui demonstrasi berbasis metode *drill* terhadap kemampuan menggosok gigi pada anak tunagrahita ringan **Metode:** pendekatan kuantitatif dengan desain *quasi pra-eksperimen "the one-group pretest-posttest design"*. Populasi dan sampel penelitian adalah 30 siswa tunagrahita ringan yang dipilih menggunakan teknik total sampling. **Hasil:** Sebelum Penyuluhan (*Pretest*): 83,3% anak memiliki kemampuan menggosok gigi kategori "kurang" Rata-rata skor kemampuan: 44% Setelah Penyuluhan (*Posttest*): 60% anak mencapai kategori "baik" 40% anak mencapai kategori "cukup" 0% anak berkategori "kurang" Rata-rata skor kemampuan: 75% Peningkatan: Terjadi peningkatan signifikan sebesar 31 poin (dari 44% menjadi 75%) Analisis Statistik: Uji *Wilcoxon* menunjukkan p-value 0,000 (p 0,05). Hasil ini membuktikan ada perbedaan yang signifikan secara statistik antara kemampuan menggosok gigi sebelum dan setelah penyuluhan. **Kesimpulan:** Demonstrasi berbasis metode *drill* efektif meningkatkan kemampuan menggosok gigi anak tunagrahita ringan, sehingga intervensi ini direkomendasikan sebagai strategi pembelajaran kesehatan gigi yang berkelanjutan di lingkungan sekolah khusus, disertai saran untuk pendampingan rutin dan penguatan latihan di rumah.

Kata kunci: penyuluhan kesehatan gigi, demonstrasi, metode drill, tunagrahita ringan, kemampuan menggosok gigi

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THE EFFECT OF COUNSELING WITH DRILL-BASED DEMONSTRATIONS ON THE ABILITY TO BRUSH TEETH IN CHILDREN WITH MILD DISABILITIES AT SLB ABCD MAHMUD MAHMUDAH GARUT REGENCY

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ABSTRACT

Introduction: Dental and oral health problems are still a serious concern in Indonesia, with the prevalence of dental caries reaching 56.9% in the 3-year-old population based on the 2023 Indonesian Health Survey (SKI). Children with mild disabilities have intellectual limitations and adaptive abilities that cause difficulties in self-care, including brushing their teeth properly. **Objective:** to determine the effect of dental health counseling through drill-based demonstrations on the ability to brush teeth in children with mild disabilities **Methodology:** a quantitative approach with a *quasi-pre-experimental* design "*the one-group pretest-posttest design*". The population and sample of the study were 30 students with mild disabilities who were selected using the total sampling technique. **Results:** Before Counseling (Pretest): 83.3% of children had the ability to brush their teeth in the "poor" category Average ability score: 44% After Counseling (Posttest): 60% of children reached the "good" category 40% children reached the "adequate" category 0% children in the "lack" category Average ability score: 75% Improvement: There was a significant increase of 31 points (from 44% to 75%) Statistical Analysis: The Wilcoxon test showed a p-value of 0.000 (p 0.05). This result proves that there is a significant difference statistically significant between the ability to brush teeth before and after counseling Dental health counseling with a drill-based demonstration method. **Conclusions:** Drill-based demonstrations are effective in improving the ability to brush teeth of mildly disabled children, so this intervention is recommended as a sustainable dental health learning strategy in a special school setting, accompanied by suggestions for regular mentoring and reinforcement of exercises at home.

Keywords: dental health counseling, demonstration, drill method, mild disability, tooth brushing ability

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