

Influence Of Poster Media Health Disclosure On Knowledge Improvement In Tooth Brushing at SDN Wanajaya III, Telukjambe

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Abstract— Dental and oral disease is a public health problem today, especially periodontal tissue disease and dental caries. Both diseases can cause disruption to the masticatory function, which can interfere with the digestion and absorption of food. The Riskesdas 2018 data showed that the prevalence of dental and oral problems was 57.6% and that those receiving dental services were 10.2%. The prevalence of proper brushing behavior was 2.8%. This is due to a lack of knowledge about the importance of maintaining oral and dental health. The purpose of this study was to analyze the effect of health counseling with the use of poster media on increasing knowledge of brushing teeth. The type of research used is a quasi-experiment, using the one-group pre-post test design with a research target of 25 students in 3rd and 4th grade at SDN Wanajaya III. The results showed that most of the respondents were 9 years old, female and 4th grade students. Data analysis techniques using a paired sampled T-test. Paired sample T-test results show no significant results ($p > 0.05$), which means that there is no significant increase in knowledge after health counseling activities with poster media. The value of knowledge before counseling was 2.36, and after counseling was 2.56. The difference between knowledge before and after counseling is 0.2, or only 8%. Further research needs to be done on other behavioral domains that can affect the habit of brushing teeth besides knowledge with the use of other health education media.

Keywords— Toothbrushing, Health Education, Increased Knowledge, Poster.

I. INTRODUCTION

Dental and oral health are an inseparable part of physical health. Tooth and mouth health will affect the overall health of the body. This is due to a lack of knowledge about the importance of maintaining dental and oral health. Dental caries is a chronic disease that is common and quite high in elementary school children aged 6–11 years (CDC, 2020). Dental caries in schoolchildren can cause children to experience a loss of chewing power and disruption of the digestive process, which results in less than optimal growth. This condition will certainly reduce the frequency

of children's attendance at school, interfere with learning concentration, and affect appetite and food intake so that it can affect nutritional status, resulting in impaired physical growth (Husen et al., 2022).

The biggest tooth problems occur in children because they don't know how to keep their teeth and mouth healthy (Sihombing, 2019). In addition, generally, children who enter school have a high risk of caries because, at this age, they like snacks or drinks according to their wishes (Wijaksana, 2019).

WHO (2020) states that 60-90% of school children in the world experience dental caries, the global dental caries index includes children aged 12 years and on average each person experiences tooth decay more than one tooth (World Health Organization, 2020). The 2017 Global Burden of Disease Study found that oral disease affects nearly 3.5 billion people worldwide, with dental caries being the most common condition. Globally, an estimated 2.3 billion people suffer from caries in the permanent teeth and more than 530 million children suffer from caries in the primary teeth (Mulyati et al., 2022).

According to the 2018 Risk Index, the prevalence of dental and oral problems was 57.6%, and those receiving dental services were 10.2%. The prevalence of proper toothbrushing behavior was 2.8%, and brushing is the easiest and cheapest preventive measure. West Java Province has a problem with oral health that slightly exceeds the national rate of 58% (Humayrah, 2022).

Brushing teeth regularly can help reduce the formation of plaque. The ability to brush your teeth properly and correctly is a very important factor in your dental and oral health. One of the factors affecting tooth hygiene and oral hygiene is the knowledge of toothbrushing, which includes the frequency of brushing the teeth, the method or technique of brimming, and the shape of the brushes used (Pudentiana et al., 2015).

The easiest way to prevent caries early is to provide oral health information about cavities and their prevention by brushing teeth (Arista et al, 2021). Meanwhile, the targets of the National Action Plan (RAN) for oral health services in 2020–2025 include children (RAN) for oral health services in 2020–2025 include children aged 12 years with a severity of tooth decay (DMF-T Index) less than or equal to 1.14 (Kemenkes, 2014).

One of the elementary schools in Telukjambe sub-district is SDN Wanajaya III. This elementary school is an educational institution for school-age children aged 6–13 years. This school has a total student population of 72 students. Behavior is strongly influenced by knowledge. Knowledge is the result of knowing someone after sensing a stimulus. Attitude is a closed response in the form of readiness to take action but not yet an action or activity. Meanwhile, behavior is a form of a person's reaction to external stimuli (Arista et al., 2021).

Behavior based on correct knowledge will last longer than behavior that is not based on knowledge, including knowledge about how to maintain proper dental health, which will greatly affect the incidence of caries (Arista et al., 2021). According to Herijulianti et al. (2002), dental health counseling is an effort made to change the behavior of a person, group of people, or community in such a way as to have the ability and habit of a healthy lifestyle in the field of dental health. Health counseling is to provide an understanding of the process of change, growth, and development of the human self towards harmony and the physical, spiritual, and social balance of these humans towards their environment, so that they are able and responsible for overcoming their own health problems and those of their environmental community (Sukarsih & Silfia, 2020).

Conducting promotional activities with counseling aims to change behavior, including unhealthy knowledge, attitudes, and actions towards healthy behavior, so as to create an understanding that can be understood about oral health. In carrying out health counseling activities, it cannot be carried out optimally if it does not use the right counseling media. Media is a tool used to facilitate the delivery and reception of health messages to the target. This counseling medium is a medium or prop for promoting a health problem, defined as a tool for health promotion that can be seen, heard, touched, felt, or smelled to facilitate communication and dissemination of information (Mufidah et al., 2022).

Based on the results of research conducted by Dalimunthe (2022) with the title “The Effect Of Counseling With Lecture Methods And Poster Media On Hand Washing Behavior Use Soap (CPTS)” it shows that counseling using lecture methods and poster media has a significant effect on the level of student behavior about hand washing with soap among Atu Lintang students.

In addition, research by Jumilah et al. in 2017 with the title “Efektifitas Media Poster Terhadap Peningkatan Pengetahuan Tentang Kesehatan Gigi (Studi pada siswasiswi kelas V SD Negeri di Kelurahan Saigon)” shows that there is an increase in knowledge among elementary school students in Saigon Village. After being exposed to posters for 7 and 14 days, this poster medium can be used as a tool for health promotion in order to improve health, especially oral health.

Research conducted by Rambu (2022) with the title “Gambaran Efektifitas Penyuluhan Media Poster terhadap Pengetahuan dan Ketampilan Menyikat Gigi pada SD Negeri Balfai Kabupaten Kupang Tahun 2022” showed that there was an increase in knowledge of how to brush

teeth in high criteria before being given counseling by 50% to 80% after being given counseling using poster media. There was an increase in the skill of how to brush teeth with good criteria by 43.3% to 80% after being given counseling on how to brush teeth using poster media.

Meanwhile, research conducted by Mufidah et al. (2022) entitled “Efektivitas Penyuluhan Menggunakan Media Flipchart dan Poster Dalam Meningkatkan Pengetahuan Kebersihan Gigi Dan Mulut (Pada Anak SD Kelas V di SDN Sokobanah Daya 1 Sampang)” It was found that flipchart media was more effective in increasing knowledge of dental and oral hygiene among fifth grade students at SDN Sokobanah Daya 1 Sampang Madura in 2022.

Based on the previous research, it can be seen that health counseling with poster media can increase knowledge and skills in brushing teeth. Posters are one of the medium that use large and clear letters, accompanied by images, contains announcements, advertisements, or important information about something that is posted in public places (Sinaga & Eriyani, 2023 ; Nurhasanah et al., 2023). Posters have characteristics including being simple, pouring ideas or ideas and having a goal to achieve one goal, color, having clear writing, interesting, varied writing, having a slogan, and being patterned. The function of the poster itself is to attract the attention of readers to the information that we convey through the poster also aim to influence someone to act on something (Sinaga & Eriyani 2023 ; Nurhasanah et al., 2023). The purpose of the poster is to convey information to the general public about what information we want to convey. Through posters, people can also more easily find out about information (Sinaga & Eriyani, 2023).

Poster media can be more effective as a counseling medium because it helps stimulate students' sense of sight. The visual aspects of poster images make it easier to receive information or educational material (Linisari, 2017). Based on preliminary observations on November 18, 2023, of 3rd and 4th grade students at SDN Wanajaya III with a total of 25 students, it was found that health counseling had never been held before regarding brushing teeth, so that promotional and preventive efforts are needed by providing health counseling about brushing teeth properly and correctly.

So the purpose of this study was to determine the effect of health counseling with poster media on increasing knowledge of brushing teeth at SDN Wanajaya III, Telukjambe. To improve the oral health knowledge of SDN Wanajaya III students, dental health counseling with poster media is needed as a tool that can attract students' interest and maximize the use of students' senses, one of which is poster media in the form of images, which are expected to attract more students from the visual aspect (Sukarsih & Silfia, 2020).

II. LITERATURE REVIEW

A. Definition of Tooth Brushing

Brushing teeth is a basic technique for controlling and preventing bacterial infections in the mouth. Brushing teeth is the process of mechanically removing dirt and bad breath from the mouth using toothpaste and rinsing with clean water (Putri & Suri, 2022).

B. Purpose and Benefits of Brushing Teeth

The purpose of brushing teeth is to reduce microorganisms and bad breath, prevent caries and cavities, and maintain proper tooth texture and integrity. The benefits of brushing teeth include the prevention of cavities. If we brush our teeth at night and again in the morning after eating breakfast, the risk of plaque buildup in our oral cavity will automatically decrease, reducing the risk of cavities (Putri & Suri, 2022).

C. Teeth Brushing Time

The right time to brush your teeth is twice a day after breakfast and at night before bed. Brushing your teeth in the morning and evening while bathing can increase the risk of tooth decay, such as cavities and plaque, which form from deposits of food debris. That's why we should brush our teeth twice a day after breakfast and at night before bed (Putri & Suri, 2022).

D. Steps for Brushing Teeth

The correct steps for brushing your teeth are as follows:

1. Grasp the toothbrush by placing the angle of the brush head slightly tilted with a position forming an angle of 45 degrees, so it does not stick the entire surface of the bristles on the teeth.
2. Start brushing from the front teeth or molars on one side of the mouth. Brush the teeth in a circular motion from top to bottom for 20 seconds per section. This technique works so that the bristles can remove plaque that is tucked at the gum line. During brushing, make sure to keep the position of the bristles slightly tilted to form a 45-degree angle.
3. Brush the teeth that are usually used for chewing, namely the part of the teeth that is close to the cheeks and tongue, with slow back and forth movements. After the upper part is brushed, brush the lower part. Make sure all tooth surfaces are brushed so that plaque or food debris attached to the teeth can be removed.
4. To clean the inner surfaces of the front row of teeth, we must hold the toothbrush vertically. Use the tip of the toothbrush head and brush in an upward and downward motion, from the edge of the gums to the top of the teeth.
5. Similar to step four, point the toothbrush slightly upright to clean the lower front teeth, moving the brush up and down slowly.
6. Sometimes, brushing the teeth in the same way makes other parts that are not usually passed can be neglected. That's why, if needed, you can change the usual brushing pattern. Brushing teeth can take about 2–3 minutes to brush all parts of the teeth (Putri & Suri, 2022).

E. The Dangers of Not Brushing Your Teeth

They are as follows:

1. Cavities Germs and bacteria that are rarely cleaned clearly make holes in the teeth. Not only does it hurt, chewing food becomes imperfect if there are many cavities in the teeth. One of the main reasons for diligently washing hands is to minimize the transfer of viruses and bacteria through our hands. If you rarely wash your hands, the transfer of viruses or bacteria will make it easy to catch a cold.
2. Respiratory problems Lazy brushing of teeth apparently affects the lungs. Various diseases related to respiratory problems also appear. For example, asthma, infections, lung cancer, and others.
3. Bleeding gums Infections in the tissues and bones that support teeth can occur if the contents of the mouth are rarely cleaned. The gums are prone to bleeding and cause these infections.
4. Bad breath A problem that is quite disturbing as a result of being too lazy to take care of dental health is the appearance of bad breath. Because bad breath frequently emits an unpleasant odor while speaking to others, it lowers self-confidence. To prevent bad breath, you must maintain a healthy diet, brush your teeth twice a day, and do routine checks with the dentist every six months (Putri & Suri, 2022).

According to research conducted by Sri Handayani, (2017) with the research title "The effect of counseling on proper tooth brushing on increasing student knowledge" shows that it is effective to brush teeth using a soft toothbrush and active toothpaste (Putri & Suri, 2022).

III. METHODS

The initial survey for SDN Wanajaya III was conducted on November 18, 2023. Meeting with the principal to agree on the implementation of health counseling. Preparation of health counseling instruments, tools, and materials, including pre- and post-test questionnaires, posters, toothbrushes, and milk as gifts.

At the beginning of the activity, a pre-test was conducted by filling out a questionnaire about the knowledge of how to brush teeth among 3rd and 4th grade students of SDN Wanajaya III. Counseling using poster media by lecturing and demonstrating in the classroom. Evaluation of the activity was carried out by filling out a post-test questionnaire on knowledge of how to brush teeth in 3rd and 4th grade students of SDN Wanajaya III.

The type of research used is quasi-experimental research, using the one-group pre-post test design, namely measurements taken before and after the intervention group. The targets in this study were all 3rd and 4th grade students of SDN Wanajaya III, Wanajaya Village, Telukjambe District, Karawang Regency, totaling 25 students. This research is located at SDN Wanajaya III, Wanajaya Village, Telukjambe District, Karawang Regency. The research was conducted on November 21,

2023. The method of collecting behavioral data on tooth brushing knowledge using the observation method. Behavioral data on tooth brushing knowledge before and after counseling will be analyzed to determine whether there is a change in the behavior of how to brush the teeth of grade 3 and 4 students of SDN Wanajaya III. It will be tested using the paired samples T-test.

IV. RESULTS AND DISCUSSION

Based on the results of health counseling activities from filling out questionnaires given before and after the intervention to students in grades 3 and 4 of SDN Wanajaya III, Telukjambe, the subsequent information was gathered :

Table 1 shows that the number of respondents was 25. Most of the respondents were dominated by 9-year-olds at 44%, females at 60%, and students in grade 4 at 56%.

Table 1. The characteristics of respondents seen in this study include age, gender, and class.

Category	Characteristics	Frequency (n)	Percentage
Age (th)	8	4	16%
	9	11	44%
	10	10	40%
Gender	Male	10	40%
	Female	15	60%
Class	3	11	44%
	4	14	56%
	Total	25	100%

Table 2 shows the p-value on the knowledge difference variable before health counseling obtained $p = 0.301$, so it can be concluded that the data on the knowledge difference variable is normally distributed. Thus, the statistical test requirements can be met.

Table 2. Knowledge normality test using the Shapiro-Wilk test

Variabel	Mean	Std.deviasi (Sd)	df	Asymp.sig (2-Tailed)
Knowledge Difference	1,12	2,027	25	0,301

Based on the results of the Paired Sample T-Test Test in Table 3, it shows that the results of the average value of tooth brushing knowledge before (pre-test) and after (post-test) given poster media show a difference of -0.200 with a p-value of 0.203. $p > 0.05$, which means that there is no significant increase in knowledge after the intervention using poster media.

Table 3. Differences in the increase in respondents' tooth brushing knowledge scores before and after the intervention

Knowledge	Paired Differences		Df	Sig. (2-Tailed)
	Mean ± Std. Deviasi	Se		
Poster	-0,200	± 0,153	-	24 0,203
Media	0,764			1,309

Table 4 shows that the results of statistical tests obtained show that the average difference in knowledge before and after getting health counseling with poster media before the intervention was 2.56 with a standard deviation of 0.651 and after the intervention was 2.36 with a standard deviation of 0.757. The results of the Paired Samples T-Test statistical test obtained a p value of 0.203. If the p value is < 0.05 , then H_0 is accepted. This means that there is no significant effect of health counseling with poster media on increasing knowledge about brushing teeth.

Table 4. The effect of health education before and after poster media on increasing knowledge of brushing teeth at SDN Wanajaya III

	Before Intervention		After Intervention	
	Mean ± SD	P-Value	Mean ± SD	P-Value
Knowledge	2,36 ± 0,757	0,151	2,56 ± 0,651	0,130

It is known that in terms of the level of knowledge of students before and after counseling, there are 21 students as much as 84% who have good knowledge, and there are only 4 students as much as 16% who have less knowledge. After the counseling was given, there were 23 students, as many as 92%, who had good knowledge, and there were only 2 students, as many as 8%, who had poor knowledge. This shows that before counseling, students of SDN Wanajaya III already had a good level of knowledge about brushing teeth properly.

Table 5 shows the comparison of the increase in students' knowledge categories before and after health counseling activities. Before the counseling was conducted, it turned out that 21 students, or 84%, were in the category of having good enough knowledge, and only 4 students, or 16%, were in the category of having less. After the counseling activities, there was a change in the knowledge category of three students. 23 students, or 92%, were in the good enough knowledge category, and only 2 students, or 8%, were still in the poor knowledge category.

Table 5. Distribution of students' knowledge level before and after health counseling with poster media on increasing knowledge

Knowledge Level	Before Intevention		After Intervention	
	n	%	n	%
Poor	4	16	2	8
Fair	8	32	7	28
Good	13	52	16	64
Total	25	100	25	100

Based on the implementation of planned activities in health counseling, The researcher found that the use of poster media to increase knowledge about brushing teeth did not have a significant effect on increasing knowledge because the material presented was already known by respondents beforehand, and most respondents had a good knowledge category before health counseling activities were carried out. Although not very significant, the poster media was able to increase the knowledge of 2 respondents who were previously in the insufficient category to sufficient and 1 student who was previously in the sufficient category to good.

Contrary to theory and previous research, which shows that poster media has a significant effect on increasing knowledge of brushing teeth. This research is in line with research conducted by Utami et al. (2020) After research in the experimental and control groups, there were different results. In the control group, there was an increase in knowledge value; this was because students had received educational information or received health education, most of which had increased, but there were several respondents who experienced a decrease (Elsa et al., 2020).

According to Wiji & Fitri (2020), the factors that influence health counseling are aspects of the selection of methods, target tools or media, and the number of target groups, meaning that to get the maximum extension results, these three factors are very influential. The media used is determined by the intensity of the media in providing learning experiences to students. Posters are loaded with visual displays of images so that they involve more of the student's sense of sight; what students see only involves 30% of the sense of sight. The more senses that are used to receive something, the more and the clearer the understanding or knowledge obtained (Ngambut, 2016).

Poster media can be more effective as a counseling medium because it helps stimulate the senses of vision. The visual aspects of poster images make it easier to receive information or educational material (Notoatmodjo, 2012). The effectiveness of the use of posters in dental health counseling is influenced by image illustrations, attractive writing displays, and poster themes that are brief and easy to understand, making it easier for respondents to understand the contents of the message from the posters they read to others. The output achieved was an increase in knowledge about how to brush teeth properly and correctly in grade 3 and 4 students of SDN Wanajaya III, Telukjambe.

V. CONCLUSION

The effect of health counseling with poster media on increasing knowledge in brushing teeth, it can be concluded that before counseling using poster media, how to brush the teeth of grade 3 and 4 students of SDN Wanajaya III is quite good. There was no significant increase in knowledge after receiving counseling on how to brush teeth properly and correctly using poster media because the difference in knowledge scores before and after counseling activities was not much different. There is no effect of health counseling using poster media on

increasing knowledge of brushing teeth because the category of student knowledge before the intervention is quite good. It is recommended for future researchers to conduct further research on other behavioral domains that can affect the habit of brushing teeth, besides knowledge, with the use of other health education media.

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