

Knowledge of Mothers' Behavioral Training About Oral Hygiene of Elementary School Children at RSGM Baiturrahmah

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ABSTRACT

Background: Parents need to know, how to teach and train their children to take care of their teeth from early age because an early age children have reached motor maturity followed by intellectual development. Parents who have low knowledge of children's care tend to ignore and not support their children's dental health. Parents and children must work together to maintain good oral hygiene. It can be seen that poor parental attitudes generally reflect poor oral health in children and vice versa. **Objective:** to describe mothers' knowledge about oral hygiene attitudes and practices and the role of mothers in maintaining children's teeth and to determine the health of children's teeth. **Methods:** using questionnaires and descriptive analysis of probability sampling approach by combining aspects of stratification and cluster sampling in the IKGA (Ilmu Kedokteran Gigi Anak) lab room, Baiturrahmah University, around 30 respondents were sampled in each place and randomly selected. **Results:** from the results of the study, it was found that mothers who graduated from school were 34.72% and mothers who graduated with a diploma/bachelor were 65.28% of the population, 10 (35%) have only attended elementary school, and 20 (65%) mothers who graduated. **Conclusion:** Moms who have only completed elementary school know less about dental hygiene, the value of cleaning their teeth, and going to the dentist. Because mothers set an example for their children, it is the duty of the government and health service providers to educate them about oral health.

Keywords: Knowledge of Attitudes and Practices, Oral Hygiene, Parents, early childhood

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INTRODUCTION

Mother's knowledge is the knowledge that is acquired early in life. and mother's knowledge is also one of the determinants in shaping a child's behavior. Mother's knowledge is obtained from the five senses, which are the eyes and ears, then obtained and influenced by the educational experience of the mass media and the environment. Mothers' knowledge of dental and oral health plays an important role in children's health. The growth and behavior of a child were formed from the knowledge given by parents to children. Low knowledge of dental and oral health is one of the predisposing factors and is a behavior that does not support children's dental and oral hygiene¹.

The role of the mother in efforts to maintain children's dental and oral hygiene is very large, especially for children aged less than 7 years so that children get used to living healthily. Children like to eat candy, chocolate, and other sweet foods that are sticky and are not balanced with good dental and mouth cleaning. The motivation of parents in caring for children's teeth before more severe tooth decay occurs can help reduce the prevalence of tooth decay in children, which the success of treatment in the field of children's dental and oral health is determined by many things, including the guidance of parents in healthy behavior. The behavior and attitudes of parents, especially mothers in maintaining dental health affects the behavior of children. Children who still have primary teeth should still be given serious attention by parents because the growth of children's permanent teeth is determined by the condition of the primary teeth. Many parents think that deciduous teeth are only temporary and will be replaced by permanent teeth, so parents still often assume that damage to primary teeth is not a problem².

Because dental and oral health have an impact on overall body health, they cannot be separated from one another as components of body health. One strategy to enhance dental and oral health is to maintain good dental and

oral cleanliness. The oral cavity plays a significant role in human health and wellbeing. Oral health is crucial for sustaining overall health since, in addition to having a healthy body, a person is often considered to have a healthy mouth and teeth³.

It is important to take into account dental and oral health in Indonesian society. In Indonesia, dental and oral conditions rank among the top ten illnesses in a number of areas⁴. The Riskesdas 2018 statistics also demonstrate that whereas 93% of young children experienced tooth decay, the Indonesian dental caries index from one adult, or 32, averages 7 teeth being damaged. This means that only seven percent of children in Indonesia are free from dental caries⁵, and 29.6% of the population with dental-oral problems receive care or treatment from medical personnel⁶.

Considering the high number of dental and oral diseases in Indonesia, especially the number of dental caries and also frequent toothaches which are indirectly closely related to behavior in dental and oral care. The relationship between parental behavior on dental and oral health in children itself can be seen from the child's understanding or awareness of children in carrying out dental care which children only take care of their teeth when there is a direction from their parents, but without parental supervision, children ignore dental care every day either before or after meal time⁷.

Dental and oral hygiene status in children is generally worse than the dental and oral health status of adults. Oral hygiene factors affect the incidence of caries, if someone does not maintain oral hygiene, plaque will form on the teeth, which is one of the triggering factors for caries. Plaque is a soft deposit that forms a biofilm or thin layer that accumulates on the surface of the teeth, oral cavity, and other hard tissues. The formation of the biofilm community begins with the interaction of bacteria with teeth, followed by physical and physiological

interactions between the various species present in the microbial².

When brushing your teeth, the technique and approach used should not harm the teeth's and gums' structural integrity while removing plaque and food particles. the removal of teeth that are infected and unable to be maintained, as well as the cleaning of tartar and cavity filling by a dentist. regardless of whether there are complaints or not, routine appointments to the dentist every six months³.

In addition to attitudes and behavior, the success of maintaining children's dental and oral health is also influenced by parental knowledge about children's dental and oral hygiene. Knowledge of dental and oral hygiene should be given from an early age because, at an early age, children begin to understand the importance of health and prohibitions that must be avoided or habits that can affect the condition of their teeth. The provision of dental and oral health knowledge should be given to school-age children. Elementary school is a very strategic group for the prevention of dental and oral disease⁸.

MATERIAL AND METHODS

The subjects of this study were randomly selected, children were selected for this study and each of them was given a questionnaire for the study. Each questionnaire contained 15 questions. The research subjects were the parents of the child.

Using a probability sampling approach by combining aspects of stratification and

cluster sampling in the IKGA (Ilmu Kedokteran Gigi Anak) lab room, at Baiturrahmah University, about 30 respondents were sampled in each place and randomly selected.

The research was conducted by giving questionnaires to parents, especially mothers, based on school graduation and diplomas to see the knowledge of oral hygiene in children. Then fill out the questionnaire by the patient's parents.

DATA ANALYSIS

The study was conducted at the IKGA (Ilmu Kedokteran Gigi Anak) Department of RSGM (Rumah Sakit Gigi dan Mulut) Baiturrahmah from September - December 2019 with a sample of 30 parents, especially mothers with knowledge of their children's oral hygiene and they were asked to answer questionnaires, from the results of the study it was found that 34.72% of mothers graduated from elementary school and mothers who bachelor/ diploma.

RESULT

Questionnaires were prepared to find out parents' attitudes towards oral hygiene, and mothers who had graduated from the elementary school stated that they did not care if there was no pain in their cavities, 32% said they would only try to solve it, 20% would go to the dentist. Meanwhile, 85% of mothers who finished their diploma/degree said they would go to the dentist.

Table 1. Research Results

Criteria	Graduation	
	Elementary School	Bachelor /diploma
Teeth should be checked regularly by a dentist		
a. agree	3	8
b. do not agree	5	5
c. do not know	5	4
Teach kids to brush their teeth		
a. agree	9	10
b. do not agree	9	2
Reasons for brushing teeth		
a. Bright teeth	3	6
b. Prevent spoilage	3	12
c. rotten breath	2	4
What to do, when there are signs of tooth decay		
a. Does not matter	5	3
b. Try to overcome	2	2
c. Visit the dentist	3	10
d. Toothache	4	1
Dental disease prevention		
a. Brushing teeth	2	7
b. Fluoride toothpaste	3	2
c. Fissure sealant	3	6
d. Fluoride app	1	5
Can bacteria and sugar cause tooth decay?		
a. agree	2	10
b. do not agree	5	2
c. do not know	6	4
Frequency of visits to the dentist		
a. 6 months	5	12
b. 12 months	8	5
As a parent, do you check your child's teeth condition after brushing?		
a. Regularly	6	5
b. Sometimes	4	5
c. Never	5	5

DISCUSSION

Data analysis can be seen from the attitudes of parents with diplomas and elementary school education. Parents who graduated or hold a diploma feel the need to teach their children to brush their teeth and take their children to the dentist if there are signs of tooth decay.

Ignorance of the risk if dental problems are left unchecked is one of the factors that affect people's impatience with dental health. The predisposing factor of an attitude that does not support children's dental health is the low knowledge of parents about dental health^{9,10}.

Based on the results of the study, shows that parents have carried out their roles well to their children in the form of accompanying children when brushing their teeth, reminding children to brush their teeth, and giving advice to children if children do not want to brush their teeth. The good role given by parents can also be due to high parental education, the higher a person's education level, the easier it is for them to receive information from outside and the more information obtained about how to support the development of their children so that from the information obtained, parents will play a more active role. in supporting the development of their children^{11,17}.

According to research, Pontunuwu et al explained that the right knowledge affects health behavior in improving health, especially dental and oral health. On the other hand, lack of knowledge causes dental and oral health problems, including caries¹².

This study was conducted to evaluate the effect of parental education on the knowledge, attitudes, and practices of caregivers regarding children's oral and dental health.

The majority of parents in this study were women. Mothers are the closest people to their children. Mothers most often pay attention to the needs of their children, both physical, psychological, and health problems. The attitudes and behavior of parents, especially

mothers, in maintaining dental health have a significant influence on children's behavior¹³.

Parents are role models for their children, and habits adopted during childhood when the child was completely dependent on the mother are a powerful way to shape new behaviors in children, such as brushing their teeth. Therefore, parents themselves have good knowledge and attitudes toward dental and oral health to instill good oral habits in their children.

Parents' knowledge and ability to maintain children's dental health can be influenced by several things, including age, education, socioeconomic status, experience, mass media, and environmental information.

CONCLUSION

Moms who have only completed elementary school know less about dental hygiene, the value of cleaning their teeth, and going to the dentist. Because mothers set an example for their children, it is the duty of the government and health service providers to educate them about oral health..

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