

The Effect of Triwanto Model Counseling on Tooth Brushing Knowledge of Elementary School Students Bawahan Selan 2 Banjar Regency

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KEYWORDS

Counseling, triwanto model, tooth brushing skills.

ABSTRACT

Based on the results of a preliminary study conducted on October 23, 2023, on 10 children at State Elementary School Bawahan Selan 2, Banjar Regency, it is known that the results of 10 children have 8 children experiencing high dental caries, and of the 10 children 9 of them do not know exactly how to brush their teeth properly. This study aims to determine the effect of Triwanto model counseling on tooth brushing knowledge of students of State Elementary School Bawahan Selan 2, Banjar Regency with a total population of 110 students, the sample was taken by purposive sampling in students aged 7-9 years as many as 37 people. This research is a Quasi-Experimental research with one group pre-test and post-test design. This study used the Paired Sample test statistical test. The results of this study indicate that the average tooth brushing skills mean difference is 2.35, with p value = 0.000, so it is smaller than α 0.05 or ($p = 0.000 < \alpha$ 0.05), in other words, H_0 is rejected and H_a is accepted. The conclusion of this study shows that there is a significant effect of Triwanto model counseling on the tooth brushing knowledge of students of State Elementary School Bawahan Selan 2, Banjar Regency. So it is expected that it is necessary to carry out continuous activities with cooperation between the school and the dental therapist of the community health centers in carrying out care service efforts at elementary schools about improving oral health brushing skills in school children.

1. Introduction

The high rate of oral and dental diseases is currently strongly influenced by several factors, one of which is the behavioral factors and knowledge of people who are not aware of the importance of maintaining oral and dental health. This can be seen from 22.8% of the Indonesian population who do not brush their teeth and from 77.2% who brush their teeth, only 8.1% brush their teeth on time (Herijulanti, 2011).

Oral health knowledge 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. This group of elementary school-age children is a vulnerable group for oral health cases, so it needs to be watched out for or managed properly and correctly (Pradita, et al, 2014).

The realization of optimal health status for the community, it is necessary to carry out health efforts with a health maintenance approach including health promotion (promotive), disease prevention (preventive), disease healing (curative), and health recovery (rehabilitative), which is carried out in a comprehensive, integrated and sustainable manner (Kemenkes RI, 2014).

One way to minimize the morbidity rate that occurs is by prevention which is carried out by conducting health promotion for school-age children, this health promotion is carried out by providing health education which is intended to provide knowledge and provide a good understanding of dental health problems such as dental caries and how to brush teeth properly and correctly, because school-age children's education is the foundation for basic child development. Children who receive guidance, coaching and stimulation from an early age will improve health, physical and mental development which will have an impact on learning readiness in the end the child will be better able to be independent and optimize the potential they already have (Hardianti, 2017).

School age is a group that is still easy to give an understanding related to knowledge, behavior, and attitudes that can later affect when they get older or more mature. Teaching good things to children from an early age will be a key to the success of this research. Because children have a nature that is very easily saturated, in inviting children to understand a problem parents will usually use various props and a game that is used to provoke children's interest in learning. For children to learn effectively by providing information alone is not enough, but children must also be given an experience (Notoatmodjo, 2017).

Health counseling in the community must be in line with the times, in the counseling process is also required to

be able to create an active, innovative, creative and fun atmosphere. The extension worker must be able to make the learning process interesting and active to form a good interaction between the extension worker, the community, and the learning material taught so that not only the extension worker is the center of learning (teacher center learning) but also the recipient of the extension will be more interested in learning actively (student center learning). In addition, people try to find new information, solve problems, and express their opinions so that the extension process can succeed as intended (Sardiman, 2017).

Generally, dental health counseling that is usually carried out for school children only uses the lecture method with graphic media such as posters and flip charts, or uses powerpoint media and some do not use learning media, so that many students are not interested in learning because no media attracts their attention and no media that makes their passion for learning (Hasmi, 2018). In this study, to invite children to understand the counseling material provided, researchers used the Triwanto counseling model.

Each individual has a different level of knowledge and experience depending on age, life and education. The age of an old individual does not necessarily mean that his or her level of education is higher than that of a young individual. For example, people's knowledge about efforts to maintain oral health to prevent dental and oral diseases. Individual experience when suffering from dental caries and the level of knowledge possessed in preventing dental caries is still low, indicated by poor oral conditions and high caries rates. This means that lack of knowledge causes ignorance about something and needs special attention so that prevention and treatment are sought (Maulana, Kusmana and Primawati, 2017).

The high rate of oral and dental disease is currently strongly influenced by several factors, one of which is the behavioral factors of people who are not aware of the importance of maintaining oral and dental health, where behavior or attitude is influenced by various factors including knowledge (Notoatmodjo S, 2015). Efforts to increase knowledge can be done with health counseling. The target of counseling is more emphasized on groups of school children, because the population of school children aged 6-12 years reaches 40-50% of the general community, so health counseling efforts on the target of school children are the first and main priority (Notoatmodjo S, 2015).

Efforts to prevent oral and dental diseases through dental health promotion efforts, routine health control, and also through the UKGS program. Through the implementation of promotive and preventive programs, efforts are shown to prevent dental and oral diseases by always maintaining oral health. However, the success rate of the program has not been optimally implemented, based on the results of a preliminary study conducted on October 23, 2023 on 10 children at State Elementary School Bawahan Selan 2, Banjar Regency, it is known that the results of 10 children have 8 children experiencing high dental caries, and of the 10 children 9 of them do not know exactly how to brush their teeth properly. From the interview with the Principal, it is known that there has never been any counseling or information about dental health given to school children, besides that there are quite a lot of students who complain of having toothache, and seek treatment at the community health centers for dental caries treatment. It is clear that in this school, the intensity of research and counseling on oral health is still low (Bawahan Selan, 2023).

This shows the lack of running a promotive and preventive program, because so far the counseling has only used lecture methods, demonstrations and props that have the effect of increasing the knowledge and skills of the participants. However, to support success, it is necessary to develop other methods and media in oral health promotion.

Based on the description of the background above, it is necessary to research to prove the effect of Triwanto model counseling on the knowledge of brushing teeth of students of State Elementary School Bawahan Selan 2, Banjar Regency, so that researchers feel interested in using the combination of these methods in a Triwanto model in increasing the knowledge of brushing teeth in students at the school. Based on the above problems, the problem formulation in this study is "Is there an effect of Triwanto model counseling on the knowledge of brushing teeth of students of State Elementary School Bawahan Selan 2, Banjar Regency?"

This study aims to determine the effect of Triwanto model counseling on students' tooth brushing knowledge at Elementary School Bawahan Selan 2, Banjar Regency. This study will compare students' knowledge before and after counseling to measure the impact. Theoretically, this research is expected to add insight and become a reference for related agencies and students, especially in the field of dental health. Practically, the results of the study are expected to help in oral health planning, increase students' knowledge about how to brush their teeth,

and provide input for school children's dental health education programs.

2. Research Methods

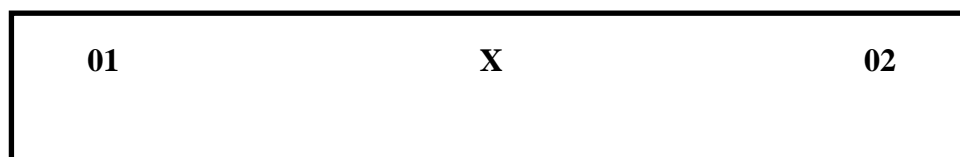
Type of Research

The type of research used in this study is a quasi-experimental study where this research is used to determine the effect of Triwanto model counseling on tooth brushing knowledge of students of State Elementary School Bawahan Selan 2, Banjar Regency.

Research Design

This research design is a one group pre-test post-test design (Notoatmodjo, 2015). This design is carried out by measuring the initial knowledge of brushing school children's teeth (pretest) then conducting a triwanto model counseling intervention in the group, then measuring by conducting a tooth brushing knowledge questionnaire to determine the final knowledge (posttest).

This form of design is described as follows:



Description:

01 : Knowledge before counseling

X : Conducting Counseling with Triwanto Model

02 : Knowledge after counseling.

This research was conducted at State Elementary School Bawahan Selan 2, Banjar Regency. The research was conducted starting from the preparation of the proposal in October 2023, until the completion of the research report in April 2024.

Population and Sample

The population of this study were all students of State Elementary School Bawahan Selan 2, Banjar Regency with a total of 113 people. The sampling technique used in this study used purposive sampling technique. Purposive sampling is a sampling technique with certain considerations determined by the researcher based on predetermined characteristics Sugiyono, (2019).

The characteristics used in this study are age considerations that match the model used in the study, namely the Triwanto counseling model, where the age of 7-9 years is the right group as research subjects. So the number of samples in this study were students aged 7-9 years, namely 47 people, but because 10 students had already done a preliminary study, so the total sample that could be used was 37 students.

Data Collection Methods

Primary data is the level of knowledge obtained from respondents by giving questionnaires before and after counseling. Secondary data is data that is already available at the research site and taken from the school concerned, in the form of: name, gender, age.

Data Processing

To determine the skills of brushing teeth in children, the data collected is processed with the SPSS program so that it can determine changes in pre and post test respondent skills using the SPSS program test so that it can determine changes in the average pretest t and posttest respondent skills using the Paired Sample T-Test test then continued with the Independent Sample-test analysis (Santoso, I., 2013).

3. Research Results

Description of tooth brushing skills with Triwanto Model counseling

Table 1. Description of tooth brushing skills (pre and post) with Triwanto Model counseling

Tooth brushing skills	Mean	Std. deviation	N
Pre	5,45	0,605	37
The post	7,8	0,938	

Source: Primary Data

From table 1. above, it can be seen that the average value of tooth brushing skills before (pre) was given counseling with the Triwanto Model counseling of 5.45, with a standard deviation of 0.605, while the average value of tooth brushing skills after (post) was given counseling with the Triwanto Model was 7.8 with a standard deviation of 0.938.

Difference in tooth brushing skill scores

Table 2: Difference in mean scores of tooth brushing skills with Triwanto Model counseling

Extension	Pre	The post	Difference
Triwanto Model	5,45	7,8	2,35

Source: Primary Data

From table 2. above, it can be seen that the average value of tooth brushing skills before counseling with the Triwanto Model is 5.45, and the average value of tooth brushing skills after counseling with the Triwanto Model is 7.8, so that the average difference in tooth brushing skills between before and after counseling with the Triwanto Model is 2.35. From the results of tooth brushing skills, there is an average difference of 2.35 which shows that there is an increase in students' tooth brushing skills after counseling with the Triwanto Model.

The effect of counseling with the Triwanto Model on tooth brushing skills of 7-9 year old students at Elementary School Bawahan Selan 2, Banjar Regency.

Table 3. Paired Test Analysis Results of Triwanto Model counseling on students' tooth brushing skills at State Elementary School Elementary School Bawahan Selan 2, Banjar Regency.

Group	Mean	Sig.	t	df	Std deviation
Triwanto Model	2,35	0,000	16,692	36	0,85687

Source: Primary data

From table 3. above where the analysis on the average tooth brushing skills with the Triwanto Model counseling, using the paired t test, found a mean difference (average difference) of 2.35, with a known t value of 16.692, p value (probability value) of the test shows $p = 0.000$, so it is smaller than $\alpha 0.05$ or ($p = 0.000 < \alpha 0.05$), otherwise it shows there is a significant effect of counseling with the Triwanto Model on the teeth brushing skills of children aged 7-9 years at State Elementary School Bawahan Selan 2, Banjar Regency. $\alpha 0.05$), in other words, it shows that there is a significant effect of counseling with the Triwanto Model on the teeth brushing skills of children aged 7-9 years at State Elementary School Bawahan Selan 2, Banjar Regency.

4. Discussion

Problem Analysis

Based on the data obtained from table 5.5. above, it can be seen that the average value of brushing teeth skills before counseling with the Triwanto Model is 5.45, and the average value of brushing teeth skills after counseling with the Triwanto Model is 7.8, so that the average difference in brushing teeth skills between before and after counseling the Triwanto Model is 2.35. From the results of tooth brushing skills, there was an average difference of 2.35, which showed that there was an increase in students' tooth brushing skills after counseling with the Triwanto Model.

The results showed that the Triwanto Model counseling is better in providing the results of tooth brushing skills of students of State Elementary School Bawahan Selan 2, Banjar Regency, in accordance with Edgar Dale's theory of the cone of experience in the learning process (Dale's Cone of Experience) 1969. The cone shows that a person's learning outcomes are obtained from direct experience (concrete), the reality that exists in a person's

living environment, then through artificial objects, to verbal symbols (abstract). The higher the more abstract but the more directly related to experience, the more concrete the results will be (Swastika, et al, 2018).

Based on the results of the analysis on the average tooth brushing skills on the Triwanto Model counseling, using the paired t test, it was found that the mean difference (average difference) was 2.35, with a known t value of 16.692, p value (probability value) of the test showed $p = 0.000$, so it was smaller than $\alpha 0.05$ or ($p = 0.000 < \alpha 0.05$), otherwise it showed that there was a significant effect of counseling with the Triwanto Model on the teeth brushing skills of children aged 7-9 years at State Elementary School Bawahan Selan 2, Banjar Regency. $\alpha 0.05$), in other words, it shows that there is a significant effect of counseling with the Triwanto Model on the teeth brushing skills of children aged 7-9 years at State Elementary School Bawahan Selan 2, Banjar Regency.

The results of the study are in accordance with the following explanation, where promotive efforts in the health sector are a form of learning process, because these efforts aim to change people's behavior towards a healthy lifestyle. Given this, the existence of learning methods in proper counseling must be considered by health workers, for which health workers are expected to be able to use the right method for the target given counseling.

The hypothesis stating that there is a significant effect of counseling using the Triwanto Model on the skills of brushing teeth of children aged 7-9 years at State Elementary School Bawahan Selan 2, Banjar Regency, shows that the Triwanto Model counseling has an effect in providing additional value of tooth brushing skills to the target, which can simply be described that the Triwanto Model counseling is sufficient to involve the respondent's participation in understanding the object being discussed, so that the results are sufficient to provide motivation and enthusiasm for student learning. In addition, the media in the Triwanto Model is one of the interactive methods that involves the participation of the target to be directly involved in terms of understanding the material provided, thus causing more concrete results in terms of experience of the material provided.

The results of this study are in accordance with research where it was found that the average value of knowledge before counseling with phantom media was 6.25 and after counseling it increased to 8.35. The average value before counseling using animated video media was 6.45 after counseling increased to 9.20. The results showed the effect of counseling using animated video media and phantoms with an asym. Sig. 0.001, so it can be concluded that counseling using animated media and phantoms is effective for increasing knowledge (Khairunnisa, A, 2019).

The research is also in accordance with the following explanation that the teaching and learning process can succeed well, if students are invited to utilize all their senses, one of which is with an animated video where the counselor seeks to display stimuli (stimulus) that can be processed with various senses. The more senses that are used to receive and process information, the more likely the information is understood and can be retained in memory. Thus, students are expected to be able to receive and absorb easily and well the messages in the material presented (Pakpahan, D. P. 2020).

The basis of development in providing learning involves the number of senses that participate during the reception of the teaching content or message. Direct experience through animated videos will give the fullest and most meaningful impression of the information and ideas contained in the experience because it involves the senses of sight, hearing, feeling, smell and touch. This is known as learning by doing, for example, participation in small doctor activities at school, of course this for those who have never done it will have a direct impact on the acquisition and growth of tooth brushing skills, skills and attitudes (Pakpahan, D. P. 2020).

Problem-Solving

According to the 2018 Riskesdas, 76.6% of Indonesians brush their teeth every day during the morning or evening shower. Erroneous habits are almost equally high across all age groups. This can be seen from 22.8% of Indonesians not brushing their teeth and from 77.2% who brushed their teeth, only 8.1% brushed their teeth on time.

Brushing your teeth is one of the procedures to maintain dental health. Oral hygiene will be maintained by brushing teeth, avoiding the formation of cavities and tooth and gum disease. Teeth should be brushed in the morning after breakfast and before bed because during sleep saliva is reduced, the acid produced by plaque will be more concentrated so that the ability to damage teeth becomes greater (Wardani K W et al, 2017).

Lack of knowledge and skills about brushing teeth will result in many suffering from dental caries, especially in children, so promotive efforts are needed to increase knowledge of brushing teeth. By giving counseling about

brushing teeth using the Triwanto Model counseling, children will be more concerned about oral health. In addition, health workers can also innovate various kinds of media to conduct counseling so that the objectives of the counseling are achieved and a UKGS program, routine Dental Nursing Care from the Puskesmas or the nearest health worker is held.

Based on the results of this study, according to researchers, the existence of an interactive counseling strategy using the Triwanto Model counseling can make children's thinking develop. Helping children remember and accelerate children's understanding and can change the behavior and skills of brushing teeth.

Thus, educators and health workers can use the Triwanto Model counseling for counseling and can develop its use to increase knowledge insight, especially about dental health.

5. Conclusions

Based on the results of the research that has been carried out and the explanation in the previous chapter, it can be concluded as follows:

1. The tooth brushing skills of students at State Elementary School Bawahan Selan 2, Banjar Regency before counseling with the Triwanto Model had an average of 5.45.
2. The tooth brushing skills of students at State Elementary School Bawahan Selan 2, Banjar Regency after counseling with the Triwanto Model averaged 7.8.
3. There is a significant effect of counseling using the Triwanto Model on the teeth brushing skills of 7-9-year-old students at State Elementary School Bawahan Selan 2, Banjar Regency.

6. Suggestion

Based on the above conclusions, the authors put forward the following suggestions:

1. For Dental Health Workers at Puskesmas

Develop more appropriate techniques and models of counseling for students in schools, especially those that involve more active roles from students, for example using simulations, and methods of modifying some props combined with audio-visual and three-dimensional-based counseling, discussions and with interesting and appropriate learning media tools.

2. For the School

It is necessary to carry out continuous activities with cooperation between the school and the dental therapist of the Health Center in carrying out care service efforts at elementary schools about improving oral health brushing skills in school children.

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