INTISARI

Kecemasan pada prosedur dental merupakan keadaan dari rasa takut terhadap perawatan gigi baik sebelum dan saat prosedur perawatan dilakukan. Hal yang dapat dilakukan untuk mengurangi tingkat kecemasan anak sebelum melakukan pemeriksaan radiografis yaitu pemberian manajemen perilaku pendekatan non farmakologis dengan metode *tell-show-do* dan *modeling*. Tujuan penelitian ini adalah untuk mengetahui perbedaan pengaruh *video modeling* dan *tell-show-do* dalam pemeriksaan radiografis gigi terhadap kecemasan anak usia 5-7 tahun di RSGM Prof. Soedomo UGM.

Penelitian ini dilakukan dengan metode kuantitatif melalui rancangan *the pretest-posttest control group design*. Pengumpulan data diperoleh menggunakan kuesioner *Modified Dental Anxiety Scale* (MDAS) dan formulir pengukuran kecemasan fisiologis dengan tensimeter digital Omron Hem 6161. Indikator kecemasan yang dinilai adalah jawaban melalui kuesioner MDAS, tekanan darah sistolik, diastolik, dan denyut nadi. Analisis data menggunakan uji *Paired t-test* dan *One Way ANOVA* sebagai uji parametrik, *Wilcoxon* dan *Kruskal Wallis* sebagai uji non parametik.

Hasil penelitian terhadap 146 sampel menunjukkan bahwa terdapat perbedaan skor tingkat kecemasan MDAS, tekanan darah, dan denyut nadi dari *pre-test* ke *post-test* yang signifikan antara seluruh kelomopok ($p < 0,05$). Kelompok B (*Tell-Show-Do*) memiliki nilai tertinggi dalam menurunkan kecemasan sebesar $3,74 \pm 2,62$, kelompok A (*Video Modeling*) sebesar $3,33 \pm 2,30$, dan diikuti kelompok C (Kontrol) sebesar $0,92 \pm 2,33$. Kesimpulan dalam penelitian ini adalah metode *Tell-Show-Do* dan *video modeling* dapat menurunkan kecemasan gigi anak usia 5-7 tahun yang menjalani pemeriksaan radiografis gigi.

Kata kunci: Teknik *Modeling*, Teknik *Tell Show Do*, Pemeriksaan Radiografis Gigi, Kecemasan Anak.

ABSTRACT

Dental procedure anxiety is a state of fear of dental care both before and during the treatment procedure. Things that can be done to reduce effect the level of anxiety in children before undergoing a radiographic examination are providing non-pharmacological behavioral management approaches with the tell-show-do and modeling methods. The purpose of this study was to find out the difference between video modeling and tell-show-do in dental radiographic examinations on the anxiety of children aged 5-7 years at RSGM Prof. Soedomo UGM.

Dental procedure anxiety is a state of fear of dental care both before and during the treatment procedure. Things that can be done to reduce the level of anxiety in children before undergoing a radiographic examination are providing non-pharmacological behavioral management approaches with the tell-show-do and modeling methods. The purpose of this study was to examine the comparison of modeling and tell-show-do in dental radiographic examinations on the anxiety of children aged 5-7 years at RSGM Prof. Soedomo UGM.

This study is conducted using a quantitative method through the pretest-posttest control group design. Data collection was obtained using the Modified Dental Anxiety Scale (MDAS) questionnaire and a physiological anxiety measurement form with an Omron Hem 6161 digital tensiometer. Data analysis used the Paired t-test and One Way ANOVA as parametric tests and Wilcoxon and Kruskal Wallis as non-parametric tests.

The results of the study on 146 samples showed that there was a significant difference in MDAS anxiety scores, blood pressure, and pulse rate from pre-test to post-test between all groups (p<0.05). The Tell-Show-Do group had the highest score in reducing anxiety by 3.74 ± 2.62, the Video Modeling group by 3.33 ± 2.30, and followed by the Control group by 0.92 ± 2.33. The conclusion of this study is that the Tell-Show-Do method and Video Modeling can reduce dental anxiety in children aged 5-7 years who undergo dental radiographic examinations at RSGM UGM Prof. Soedomo.

Keywords: Modeling Technique, Tell Show Do Technique, Dental Radiographic

Examination, Child Anxiety.