

ABSTRACT

Background: Children with intellectual disabilities have limited intelligence, including oral and dental hygiene knowledge. This is due to a lack of knowledge about maintaining dental and oral health for children with intellectual disabilities. Education plays an important role in increasing the understanding of children with intellectual disabilities, a method that is often carried out on children with disabilities using tell-show-do. The education model (PPT, booklets, toothbrushing demonstrations, and mentoring) was implemented for children with intellectual disabilities at SLB Negeri 1 Sleman and SLB Tunas Bhakti, Yogyakarta.

Objective: To determine the influence of the health education model in improving knowledge of dental and oral health maintenance of children with intellectual disabilities in the intervention and control groups.

Method: The research is a quasi-experiment with a pre-test and post-test design with a control group. The research sample is children with intellectual disabilities aged 9-16 years chronologically who attend SLB Negeri 1 Sleman and SLB Tunas Bhakti. The research was conducted in November-December 2024. Data collection was carried out using a demographic data questionnaire, a dental and oral health knowledge questionnaire consisting of 15 items modified from Ratmini (2011) consisting of the domain of tooth layers, dental function, plaque, brushing, preventive measures, and foods that are good for dental health. The analysis of the outcome data using the Mann-Whitney Test was used to analyze the difference in knowledge scores before and after between the case group and the control.

Result: The results showed that there was a significant difference in knowledge scores in the two groups ($p < 0.003$), the intervention group's knowledge score was 13.93 (-57-100) and the control group's knowledge score was 11.20 (-13-60).

Conclusion: The health education model increases the knowledge of dental and oral health maintenance for children with intellectual disabilities aged 9-16 years chronologically.

Keywords: Health Education Model, Knowledge, Maintenance of Dental and Oral Health, Intellectual Disability.

INTISARI

Latar belakang: Anak disabilitas intelektual merupakan anak yang memiliki keterbatasan kecerdasan, termasuk pengetahuan tentang kebersihan mulut dan gigi. Hal ini disebabkan pengetahuan tentang kesehatan gigi dan mulut anak disabilitas dalam kategori kurang. Edukasi memegang peranan penting dalam peningkatan pengetahuan anak disabilitas intelektual, metode yang sering dilakukan pada anak disabilitas dengan menggunakan *tell-show-do*. Model edukasi (edukasi menggunakan *PowerPoint*, *booklet*, demonstrasi menyikat gigi, dan pendampingan) dilakukan pada anak disabilitas intelektual di SLB Negeri 1 Sleman dan SLB Tunas Bhakti, Yogyakarta.

Tujuan: Untuk mengetahui pengaruh model edukasi kesehatan dalam meningkatkan pengetahuan pemeliharaan kesehatan gigi dan mulut anak disabilitas intelektual pada kelompok intervensi dan kontrol.

Metode: Penelitian merupakan quasi-experiment dengan rancangan *pre-test* dan *post-test with control group*. Sampel penelitian adalah anak disabilitas intelektual usia kronologis 9-16 tahun yang bersekolah di SLB Negeri 1 Sleman dan SLB Tunas Bhakti. Penelitian dilakukan bulan November-Desember 2024. Pengumpulan data dilakukan menggunakan kuesioner data demografi, kuesioner pengetahuan pemeliharaan kesehatan gigi dan mulut yang terdiri dari 15 item yang dimodifikasi dari Ratmini (2011) terdiri dari domain lapisan gigi, fungsi gigi, plak, menyikat gigi, tindakan pencegahan, makanan yang baik bagi kesehatan gigi. Analisis data menggunakan Uji *Mann-Whitney* digunakan untuk menganalisis perbedaan selisih skor pengetahuan sebelum dan sesudah antara kelompok kasus dan kontrol.

Hasil: Hasil menunjukkan bahwa ada perbedaan bermakna selisih skor pengetahuan pada kedua kelompok ($p < 0,003$), skor pengetahuan kelompok intervensi 13,93 (-57-100) dan skor pengetahuan kelompok kontrol 11,20 (-13-60).

Kesimpulan: Model edukasi kesehatan meningkatkan pengetahuan pemeliharaan kesehatan gigi dan mulut anak disabilitas intelektual usia kronologis 9-16 tahun.

Kata kunci: Model Edukasi kesehatan, Pengetahuan, Pemeliharaan Kesehatan Gigi dan Mulut, Disabilitas Intelektual