



ABSTRAK

Latar Belakang: Anak disabilitas intelektual memiliki masalah kesehatan gigi dan mulut usia 8-15 tahun. Sikap anak disabilitas intelektual dalam melakukan pemeliharaan kurang dengan skor rata-rata 64,6%.

Tujuan: Melihat pengaruh edukasi kesehatan terhadap sikap kesehatan gigi dan mulut anak disabilitas intelektual.

Metode: Rancangan *quasy experiment pre-test and post-test with control group design* dengan teknik *consecutive sampling* yang telah memenuhi kriteria inklusi dan eksklusi. Kelompok intervensi terdiri dari 40 anak di SLB Negeri 1 Bantul dan kelompok kontrol 39 anak di SLB Negeri Pembina Yogyakarta, berusia 9–16 tahun. Penelitian dilakukan pada Maret-Mei 2025. Edukasi kesehatan kelompok intervensi menggunakan *tell-show-do* dengan 4 pertemuan menggunakan *powerpoint*, *booklet*, poster, demonstrasi, pendampingan, serta tindak lanjut melalui grup *whatsapp*. Kelompok kontrol memperoleh materi bina diri dari sekolah serta *booklet*. Instrumen yang digunakan yaitu kuesioner sikap kesehatan gigi dan mulut yang terdiri dari domain kognitif, afektif, dan konatif. Analisis data menggunakan *paired t-test*, *unpaired t-test*, dan *Mann-Whitney*.

Hasil: Ada perbedaan bermakna selisih skor sikap kesehatan gigi dan mulut pada kelompok intervensi dan kontrol sebelum dan sesudah intervensi. Skor sikap kelompok intervensi memiliki nilai median 7,00 dengan skor maksimum 30 dan minimum 0, sedangkan kelompok kontrol memiliki median 2,00 dengan skor maksimum 18 dan minimum -12.

Kesimpulan: Terdapat pengaruh yang signifikan antara edukasi kesehatan terhadap sikap kesehatan gigi dan mulut anak disabilitas intelektual dengan usia kronologis 9-16 tahun.

Kata Kunci: edukasi kesehatan, sikap, kesehatan gigi dan mulut, anak, disabilitas intelektual



ABSTRACT

Background: Children with intellectual disabilities tend to have poor oral health. This issue is prevalent among those aged 8–15 years.

Objective: To examine the effect of health education on the oral health attitudes of children with intellectual disabilities.

Method: This study employed a quasi-experimental pre-test and post-test control group design using consecutive sampling that met the inclusion and exclusion criteria. The intervention group included 40 children from SLB Negeri 1 Bantul, and the control group included 39 children from SLB Negeri Pembina Yogyakarta, aged 9–16 years. The study was conducted from March to May 2025. The intervention group received health education using the tell-show-do method over four sessions, delivered through PowerPoint, booklets, posters, demonstrations, guidance, and follow-up via WhatsApp. The control group received self-care materials from the school and a booklet. The instrument used was a questionnaire on oral health attitudes. Data were analyzed using paired t-test, unpaired t-test, and Mann–Whitney test.

Results: A significant difference was found in attitude scores between the groups ($p = 0.001$). The intervention group showed a median increase of 7.00 (min 0, max 30), while the control group had a median of 2.00 (min -12, max 18).

Conclusion: There is a significant effect of health education on the oral health attitudes of children with intellectual disabilities aged 9-16 years.

Keywords: Health education, attitudes, oral health, children, intellectual disabilities.