

INTISARI

Prevalensi karies gigi dan penyakit periodontal pada anak retardasi mental masih tinggi. Salah satu upaya pencegahan yang dapat dilakukan adalah penyuluhan kesehatan gigi dan mulut. Penyuluhan dapat dilakukan baik dengan metode konvensional maupun metode dongeng menggunakan boneka tangan yang merupakan alternatif yang digunakan saat ini. Keduanya membantu meningkatkan pengetahuan anak dengan menarik perhatian mereka. Penelitian ini bertujuan untuk mengetahui perbedaan penyuluhan metode dongeng menggunakan boneka tangan dengan metode konvensional terhadap tingkat pengetahuan kebersihan mulut anak retardasi mental ringan.

Jenis penelitian ini adalah eksperimental semu dengan *pretest-posttest group design*. Penelitian ini dilakukan di SLB Dharma Rena Ring Putra II dan SLB Bakti Siwi terhadap 36 subjek yang dibagi ke dalam 2 kelompok. Kelompok I (18 anak) diberi penyuluhan dengan metode dongeng dan kelompok II (18 anak) diberi penyuluhan dengan metode konvensional. Penyuluhan pada setiap kelompok dilakukan selama 3 kali dalam seminggu dengan 2 kali pengulangan materi di setiap pertemuan. *Pretest* dilakukan pada hari pertama sebelum penyuluhan dan *posttest* dilakukan di setiap akhir dari rangkaian penyuluhan. Perbedaan tingkat pengetahuan sebelum dan sesudah diberi penyuluhan pada masing-masing kelompok dianalisa menggunakan uji *Wilcoxon*. Untuk mengetahui perbedaan antara kedua metode penyuluhan terhadap tingkat pengetahuan kebersihan mulut anak digunakan uji *U Mann Whitney*.

Hasil penelitian menunjukkan adanya perbedaan yang signifikan antara tingkat pengetahuan kebersihan mulut anak retardasi mental ringan kelompok metode dongeng dan metode konvensional ($p < 0,05$). Penyuluhan metode dongeng menggunakan boneka tangan lebih cepat meningkatkan pengetahuan kebersihan mulut anak retardasi mental ringan dibandingkan metode konvensional. Dapat disimpulkan bahwa penyuluhan metode dongeng menggunakan boneka tangan lebih meningkatkan pengetahuan kebersihan mulut anak retardasi mental ringan dibandingkan metode konvensional.

Kata kunci: pengetahuan kebersihan mulut, anak retardasi mental ringan, dongeng-boneka tangan, metode konvensional

ABSTRACT

Prevalences of caries and periodontal diseases in children with mild mental retardation are still high. One of the prevention ways that can be done is dental health education. Dental health education can be done with either conventional methods or storytelling methods by using hand puppets which are the alternative that is used today. Both are helping to increase the knowledge of children by interesting their attention. The aim of this study is to find out the different between counseling with storytelling methods by using hand puppets and conventional methods toward oral hygiene knowledge levels of children with mild mental retardation.

Type of this study was quasi experimental with pretest-posttest group design. This study was conducted in SLB Dharma Rena Ring Putra II and SLB Bakti Siwi to 36 subject which were divided into 2 groups. First group (18 children) was given counseling by using storytelling methods and second group (18 children) was given counseling by using conventional methods. Dental health education of each group was done three times in a week with two repetition of material in every meeting. Pretest was held on the first day before dental health education began and posttest was held in every ending of the dental health education series. The differences between knowledge level before and after given a counseling of each group were analyzed by Wilcoxon test. To know the differences between both counseling methods toward oral hygiene knowledge level of children, U Mann Whitney test was used.

The result showed a significant difference between oral hygiene knowledge level of children with mild mental retardation in storytelling methods group and conventional methods ($p < 0,05$). Counseling with storytelling methods by using hand puppets was faster than conventional methods in increasing oral hygiene knowledge of children with mild mental retardation. Thus, it could be concluded that counseling with storytelling methods by using hand puppets increased more oral hygiene knowledge of children with mild mental retardation than conventional methods.

Key words : oral hygiene knowledge, mild mental retardation children, storytelling using hand puppets, conventional methods