



Journal of Indonesian Public Health Service (1) (2024): 26-29

Doi: <https://doi.org/10.60050/jiphs.v1i1.32>

YOUR HEALTHY SMILE: DENTAL HEALTH EDUCATION IN AN EFFORT TO CHANGE BEHAVIOR IN THE CORRECT WAY OF BRUSHING YOUR TEETH

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Received: May 27, 2024; **Reviewed:** May 28, 2024; **Revised:** May 28, 2024; **Accepted:** May 29, 2024

ABSTRACT

Introduction to dental hygiene at an early age is very important. This is because dental health will be able to improve the overall quality of health of children. The aim of carrying out this community service activity was to train pre-school children in brushing their teeth properly and correctly, so that they are able to do it independently. This activity was carried out at An-Nur Kindergarten, Peterongan, Jombang with the target being all 150 students at An-Nur Kindergarten, Peterongan, Jombang. This community service activity was carried out on May 27, 2024. Preparations for this community service activity were carried out 2 weeks beforehand, starting from the process of preparing the activity to applying for permits and preparing the materials to be provided. As a form of final evaluation, the activity was attended by 150 students, where the students participated in the activity enthusiastically. The implementation of these community service activities ran on time and smoothly.

Keywords: Pre-School Children, Brushing Teeth, Dental Health, Health Education.

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E-ISSN

XXXX-XXXX

P-ISSN

XXXX-XXXX

INTRODUCTION

Brushing your teeth regularly is not enough to maintain maximum oral and dental health. Apart from diligently

brushing your teeth, a person also needs to apply the correct method of brushing their teeth and carry out extra dental care.

Even though it is done regularly twice a day, brushing your teeth is actually not enough because it cannot clean between the teeth and the corners of the mouth properly, especially if done in a hurry or in the wrong way. Therefore, we need to know how to brush our teeth properly and correctly.

Some people may feel that brushing their teeth harder and longer produces cleaner results. This way of brushing your teeth is actually not correct. Brushing your teeth too hard and for a long time can actually damage your teeth permanently. Friction during toothbrushing can also cause the soft gum tissue to experience severe stress and injury. As a result, the gums can bleed and become inflamed. In addition, friction that is too strong can also erode the tooth enamel layer. Thinning of the tooth enamel layer is the origin of sore and sensitive teeth. Although it is recommended to brush your teeth every day, you are not recommended to do it more than three times a day. Experts agree that brushing your teeth twice a day in the morning and evening is quite helpful in maintaining healthy teeth and mouth.

OBJECTIVES

General Purpose

After carrying out this health education, it is hoped that students will be able to brush their teeth properly and correctly independently.

Special Purpose

After being given this health education, it is hoped that you will be able to:

1. Know how to brush your teeth properly and correctly;
2. Practice good and correct tooth brushing.

PLAN OF ACTION

Strategy Pan

Several stages of preparation are carried out by implementers of community service activities before carrying out the activities, including:

1. Coordinate with the principal of An-Nur Kindergarten, Peterongan, Jombang to request permission to implement health education as a nursing program and to help provide useful knowledge to the students of An-Nur Kindergarten, Peterongan, Jombang;
2. Establish a time contract with the school for implementation; and
3. Providing health education about brushing teeth properly and correctly.

Implementation

Some of the actions carried out by implementers of community service activities during the implementation of activities include:

1. Contact the principal of An-Nur Kindergarten, Peterongan, Jombang to request permission to carry out this activity and gather the students of An-Nur Kindergarten, Peterongan, Jombang to carry out the activity;
2. Prepare a place and media for outreach;
3. Delivery of material to students at An-Nur Kindergarten, Peterongan, Jombang regarding proper and correct procedures for brushing teeth; and
4. Discussion and Q&A.

Setting

This community service activity was carried out on May 27 2024 at An-Nur Kindergarten, Peterongan, Jombang.

Target

The targets for implementing this

community service activity are all 150 students at An-Nur Kindergarten, Peterongan, Jombang.

RESULTS AND DISCUSSION

This community service activity was carried out on May 27 2024 starting at 07.30 WIB and ending at 10.15 WIB. The activity was carried out at An-Nur Kindergarten, Peterongan, Jombang, which was attended by all 150 An-Nur Kindergarten, Peterongan, Jombang students. The program for this community service activity includes group gymnastics guided by the teacher, introduction to dental health, motivating participants to maintain their dental health, conducting questions and answers, and practicing how to brush their teeth properly and correctly. During the activity, participants seemed very enthusiastic about taking part in this community service activity. This community service activity was carried out in a very conducive, safe and smooth manner. Participants in this community service activity did not leave the room before the event was over. The results of the final evaluation of the practice of brushing teeth properly and correctly showed that the participants appeared to be able to brush their teeth properly and correctly.



Picture 1. The process of introducing the correct way to brush your teeth.



Picture 2. Giving appreciation to dental health education participants who dare to sing the song about the importance of brushing teeth.



Picture 3. Implementation of correct teeth brushing.

CONCLUSION

The implementation of community service activities with the theme "Your Healthy Smile: Dental Health Education In An Effort To Change Behavior In The Correct Way Of Brushing Your Teeth" has had a real impact on the students of An-Nur Kindergarten, Peterongan, Jombang, so that they are able to brush their teeth properly and correctly independently. This will indirectly affect the health and growth of pre-school children.

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