

## ABSTRAK

# PENGARUH EDUKASI MELALUI MEDIA AUDIO KINESTETIK (GERAK DAN LAGU) TERHADAP PENINGKATAN PENGETAHUAN MENYIKAT GIGI PADA ANAK USIA 10-12 TAHUN

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Anak-anak merupakan kelompok yang rentan terhadap permasalahan kesehatan gigi dan mulut. Cara mencegah permasalahan tersebut adalah dengan menyikat gigi. Perilaku menyikat gigi yang didasari oleh pengetahuan akan bertahan lebih lama. Peningkatan pengetahuan dapat dilakukan melalui pemberian edukasi menyikat gigi. Media audio kinestetik (gerak dan lagu) dipilih sebagai media edukasi karena melibatkan indra penglihatan, pendengaran, dan peraba sehingga memungkinkan anak dapat menerima informasi lebih jelas. Tujuan penelitian ini untuk mengetahui pengaruh edukasi melalui media audio kinestetik (gerak dan lagu) terhadap peningkatan pengetahuan menyikat gigi pada anak usia 10-12 tahun. Jenis penelitian ini adalah quasi eksperimental dengan rancangan penelitian *pre-test post-test with control group design*. Pengambilan data dilakukan melalui pengisian kuesioner dengan total responden berjumlah 159 anak. Hasil *pre-test* dan *post-test* dianalisis dengan uji *Wilcoxon Signed Rank Test* sedangkan hasil selisih *pre-test* dan *post-test* dianalisis dengan uji *Kruskal Wallis*. Hasil penelitian menunjukkan terdapat pengaruh penggunaan media audio kinestetik (gerak dan lagu) terhadap peningkatan pengetahuan menyikat gigi ( $p < 0,05$ ) serta terdapat perbedaan efektivitas edukasi menyikat gigi yang signifikan antara kelompok perlakuan media audio kinestetik (gerak dan lagu), kelompok kontrol positif media *power point*, dan kelompok kontrol negatif tanpa perlakuan ( $p < 0,05$ ). Simpulan penelitian ini adalah terdapat pengaruh edukasi melalui media audio kinestetik (gerak dan lagu) terhadap peningkatan pengetahuan menyikat gigi pada anak usia 10-12 tahun.

**Kata kunci:** edukasi menyikat gigi, media audio kinestetik (gerak dan lagu), pengetahuan menyikat gigi

## ABSTRACT

# **THE INFLUENCE OF EDUCATION THROUGH KINESTHETIC AUDIO MEDIA (MOVEMENT AND SONG) ON INCREASING TOOTHBRUSHING KNOWLEDGE IN CHILDREN AGED 10-12 YEARS**

*(Study of Elementary School Students in the Working Area of East Purwokerto Health Center II)*

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*Children are a group that is vulnerable to dental and oral health problems. The way to prevent this problem is by brushing your teeth. Toothbrushing behavior that is based on knowledge will last longer. Increasing knowledge can be done through providing toothbrushing education. Kinesthetic audio media (movement and song) was chosen as educational media because it involves the senses of sight, hearing, and touch, thereby enabling children to receive information more clearly. The aim of this research was to determine the effect of education through kinesthetic audio media (movement and song) on increasing toothbrushing knowledge in children aged 10-12 years. Method of this study used quasi experimental research design with pre-test and post-test with control group design. Data was obtained by filling out a questionnaire with a total of 159 children as respondents. The results of the pre-test and post-test were analyzed using Wilcoxon Signed Rank Test, while the results of the difference between pre-test and post-test were analyzed using Kruskal Wallis test. The results of the study showed that there was an effect of using kinesthetic audio media (movement and song) on increasing toothbrushing knowledge ( $p < 0,05$ ) and there was a significant difference in the effectiveness of toothbrushing education between treatment group with kinesthetic audio media (movement and song), a positive control group with power point media, and a negative control group without treatment ( $p < 0,05$ ). The conclusion of this research is that there is an influence of education through kinesthetic audio media (movement and song) on increasing toothbrushing knowledge in children aged 10-12 years.*

**Keywords:** *kinesthetic audio media (movement and song), toothbrushing education, toothbrushing knowledge*