

ABSTRAK

PENGARUH PENGGUNAAN MEDIA EDUKASI PERMAINAN PAPAN “GELIGI” TERHADAP PENGETAHUAN TENTANG MAKANAN KARIOGENIK DAN MENYIKAT GIGI ANAK USIA 8-9 TAHUN

(Studi di Wilayah Kerja Puskesmas Kembaran I)

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Anak-anak rentan terhadap karies yang dapat disebabkan karena konsumsi makanan kariogenik dan perilaku menyikat gigi yang kurang tepat. Pencegahan terhadap hal ini dapat dilakukan dengan upaya edukasi untuk meningkatkan pengetahuan. Penggunaan permainan papan atau *board game* sebagai media edukasi dipilih karena permainan ini menyediakan aktivitas yang menarik, menyenangkan, memicu keaktifan, interaksi, kerja sama, kompetisi, serta belajar sambil bermain yang sesuai dengan karakteristik anak sehingga informasi dapat lebih mudah dipahami. Penelitian ini bertujuan untuk mengetahui pengaruh penggunaan media edukasi *board game* “Geligi” terhadap pengetahuan tentang makanan kariogenik dan menyikat gigi anak usia 8-9 tahun di wilayah kerja Puskesmas Kembaran I. Jenis penelitian ini adalah kuasi eksperimental dengan rancangan penelitian *pre-test post-test with control group design*. Data didapat melalui kuesioner pengetahuan dengan total responden berjumlah 120 anak. Hasil *pre-test* dan *post-test* dianalisis menggunakan uji *Wilcoxon Signed Rank Test* sedangkan hasil selisih *pre-test* dan *post-test* dianalisis menggunakan uji *Kruskal-Wallis* dengan uji *Post Hoc Mann Whitney*. Hasil penelitian menunjukkan terdapat pengaruh penggunaan media *board game* “Geligi” terhadap pengetahuan tentang makanan kariogenik dan menyikat gigi ($p < 0,05$) serta terdapat perbedaan pengaruh edukasi yang signifikan antara kelompok perlakuan media *board game* “Geligi”, kelompok kontrol positif media *power point*, dan kelompok kontrol negatif tanpa perlakuan ($p < 0,05$). Kesimpulan penelitian ini adalah terdapat pengaruh penggunaan media edukasi *board game* “Geligi” terhadap pengetahuan tentang makanan kariogenik dan menyikat gigi anak usia 8-9 tahun di wilayah kerja Puskesmas Kembaran I.

Kata kunci : media edukasi kesehatan, pengetahuan makanan kariogenik, pengetahuan menyikat gigi, permainan papan,

ABSTRACT

THE EFFECT OF USING EDUCATIONAL BOARD GAME “GELIGI” ON CARIOGENIC FOODS AND TOOTHBRUSHING KNOWLEDGE AMONG CHILDREN AGED 8-9 YEARS

(Study in The Working Area of Puskesmas Kembaran I)

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Children are vulnerable to dental caries, which can be caused by the consumption of cariogenic foods and improper tooth brushing behavior. Prevention of this condition can be achieved through education to increasing knowledge. The use of board games as an educational media was chosen because they provide engaging and enjoyable activities that stimulate activeness, interaction, cooperation, competition, and learning through play that align with children's characteristic so that the information is easier to understand. This study aims to determine the effect of using the educational board game “Geligi” on cariogenic foods and tooth brushing knowledge among children aged 8-9 years in the working area of Puskesmas Kembaran I. Method of this study used quasi experimental research design with pre-test post-test with control group design. Data was obtained by filling out a questionnaire with total 120 childres as respondents. The result of the pre-test and post-test were analyzed using Wilcoxon Signed Rank Test, while the result of the difference between pre-test and post-test were analyzed using Kruskal Wallis test with Post Hoc Mann Whitney test. The result of the study showed that there was an effect of using board game media on on cariogenic foods and toothbrushing knowledge ($p < 0,05$) and there was a significant difference effect between treatment group with board game media, a positive control group with power point media, and a negative control group without treatment ($p < 0,05$). The conclusion of this study is that there is an effect of using the educational board game media on cariogenic foods and toothbrusing knowledge in children aged 8-9 years in the working area of Puskesmas Kembaran I.

Keywords: board game, cariogenic food knowledge, health education media, tooth brushing knowledge