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**Effectiveness of Training on the Improvement
of Knowledge and Dental Health Care Ability**
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ABSTRACT: Brushing ability can be increased through training using appropriate media and methods. The method of this study was action research. It took place in SDN 2 Kijang Tegallanggal/PesebelTuban, in August until September 2015. The population was 40 students. The data was collected using questionnaire, brushing ability observation, OHI-S index and analysed using Paired Sample T-test. The result shows the average of knowledge before the training was 4.30, after 11 days is 5.62, and after 21 days is 8.62. Those who brush teeth properly is increased from 0% to 12.50% after 11 days, 85% after 21 days. The dental hygiene before training was intermediate, while afterwards is good. Paired Sample test value is Sig = 0.002, shows mean difference on knowledge level, ability before and after the training. As the conclusion, the socialization and training using audio-visual media and edutainment is effective on the knowledge and ability improvement.

KEY WORDS: Audio-Visual, Dental Health, Edutainment, Improvement, OHI-S, Training.

INTRODUCTION

Oral and dental disease is a public health problem today, especially periodontal tissue disease and carious teeth. Both of these diseases will cause interference with the masticatory function, so it can interfere with the digestion and absorption of food [1]. The statistical data shows that dental and oral diseases almost affect everyone. This disease reaches more than 80% of children in developed and developing countries. Oral and dental disease in developing countries in adults is worse, due to the accumulation of various untreated diseases [2]. The results of the Basic Health Research (Indonesian Basic Health Research) in 2007 showed that most people (91.1%) had brushed their teeth every day, but only a small proportion of society (7.3%) brushed their teeth on time, i.e. in the morning after breakfast and the night before going to bed. The population who had dental and oral health problems in the Province of Bali in 2007 was 22.5%, received treatment from dental medical personnel as much as 42.4%, and 1.7% lost their original teeth. The prevalence of dental caries in Bali is 56.8%. The results of the study at the Sukawati I Gianyar Health Centre showed that, of the 40 study samples, only one person (2.5%) behaved properly with brushing. The situation indicated that the joint brushing program needed to be improved through dental health education using the right media and method [3].

Dental and oral health status indicators have been established which refer to the Global Goals for Oral Health 2020 developed by FDI and WHO. One of the technical programs developed by the Department of Non-Communicable Disease Prevention and Health Promotion is to suggest that countries in the world develop the dental and mouth disease prevention policies and improve dental and oral health promotion efforts, especially for school-age children and adolescents [4]. One form of health education is health training. Health education is an opportunity planned for everyone to be able to learn about health problems, and make changes voluntarily through their behaviour. Health education programs involve providing information, exploring values and attitudes, making decisions, and practicing ability that enable behavioural change [5].

Good dental health training should use appropriate methods and media, both in accordance with the material provided and with the objectives of the training itself [6]. The use of assistive devices in the form of communication media is needed in the counselling activities [7]. The use of media through television is effective for conveying messages to targets, because today most of the time is spent by children watching television [8]. The forms of edutainment learning are diverse, one of which is learning by playing. Playing is one of the activities to please, playing is often helped by certain tools. In essence, playing is an effort to make children happy, comfortable, and excited. Playing besides causing pleasure is also beneficial for the development of children, so it is very important to combine learning by playing

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