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Related actions mother in the maintenance of dental health and the mouth of the status of hygiene teeth and mouth in children pre-school in Aminah kindergarten Banda Aceh

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ABSTRACT

Dental hygiene and the child's mouth Pre-school age is very much dependent on parents because pre-school children are not able to perform oral hygiene independently. Therefore, the act of maintaining oral hygiene done by parents influences the status of the dental and oral hygiene of their children. The purpose of this study was to determine the relationship between maternal actions in maintaining oral health with dental and mouth hygiene status of preschool-aged children at Aminah Banda Aceh Kindergarten.

This type of research is the analytic with design *cross-sectional*. The population in the study the population in this study were all pupils of Aminah Banda Aceh Kindergarten class a totaling 105 people consisting of students and mothers, while the sample amounted to 52 mothers and children. Univariate data analysis was used to determine the frequency distribution of each variable and bivariate analysis using the test *chi-square* with a value of $\alpha = 0.05$.

The results showed that the PHP-M index of the most children in the bad category was 53.8% with the most actions of mothers in the unfavorable category of 67.3%. statistical test results *Chi-square* showed a significant relationship between maternal actions with oral and dental hygiene status in children in Aminah Banda Aceh Kindergarten with *p-value* = 0.001 ($p < 0.05$).

This study concludes that there is a significant relationship between maternal actions with the status of dental and oral hygiene in children in Aminah Banda Aceh Kindergarten. It is recommended to mothers to further enhance their actions in maintaining oral health by maintaining children's dental health, brushing their teeth at least 2 times a day after eating and before going to sleep to prevent dental and mouth disease.

Keywords: Maternal Actions, Dental and Oral

INTRODUCTION

Hygiene Health is one of the main concerns in human life, including oral health. Dental and oral health is a part of physical health that cannot be separated from one another. Impaired dental and

oral health can be a sign or even be a factor for other health problems. (Lossu FM, Pangemanan DHC, wowor VNS: 2015) [12] Good.

Oral hygiene can be realized through good and right knowledge and behavior towards maintaining oral health. Knowledge is a factor that shapes a

person's behavior. Lack of knowledge will shape the wrong behavior and attitude towards maintaining oral health. The more five senses involved in receiving something, the more complex the knowledge gained. According to research, the absorption of the five senses is not the same. Each of the five human senses has its own characteristics in the absorption of lessons. A person's learning process by using the sense of sight reaches 82%, hearing 11%, touches 3.5%, taste 2.5%, and smell 1%, so that vision is the most important senses in receiving knowledge. (Wiroatmojo P, Sasonoharjo: 2002) [25]

Knowledge refers to the ability to absorb the meaning or material learned. Knowledge or comprehension has a very important and fundamental meaning for someone because with the knowledge that someone has will be able to put something in proportion to it (Sardiman, 1996: 42) [18].

Behavioral factors are one of the factors that affect the level of dental and oral hygiene. Behavior is a form of experience and interaction of individuals with their environment, especially regarding knowledge and attitudes about health and actions related to health. The most important factor in the effort to maintain oral and dental hygiene is the awareness and behavior factor in maintaining oral health personally because their activities are carried out at home without any supervision from anyone, entirely depends on the knowledge of understanding, awareness, and willingness of the individual to maintain oral hygiene. (Widi, ER, 2003)

According to Budiharto (2009) states, behavioral factors play an important role in influencing a person's oral health, including how to maintain dental hygiene by brushing teeth. Dental care is an effort to prevent tooth decay and gum disease. Dental care is very important because it can prevent caries, reduce pain in children, infections, and even malnutrition.

At the age of 2 years the identification process occurs which is the process of adopting the nature, attitudes, views of others and made into their own traits, attitudes and views. Children will do everything by imitating it. Parents will be an example and role models to emulate. This role model task will be more difficult if parents start it in the wrong way so that it is necessary to spend time correcting these errors when the child is

already bound by his behavior. Therefore, at this time parents need firmness to familiarize children with positive activities. This age is the best time to start teaching children to use a toothbrush. (Halim MP, 2012) [9]

The formation of children's behavior starts at home by teaching their children to want to start good habits or children who adopt mother's behavior. Adoption of behavior begins with children's activities at home, especially for mothers who do a lot of activities at home so that the frequency of meeting with children more often than mothers who work outside the home. The motivation of good behavior from mother to child is no less important, this can be a means of correction for the child and mother to sort out good habits and suitable for both, besides that the relationship between mother and child will be more intimate and more positive. (Gianna, et, al, 2012)

Behavior, attitude and attention of a mother is learning material for children, whether realized or not realized by the mother herself. Therefore, it can be concluded that the mother is the first educator for children. In this regard, the number of female employees married in the 21st century is increasing every year, this can be used as evidence that the more married women work outside the home, the less time mothers and children meet at home. Without the mother, the child's nutritional needs and children's hygiene will only be taken care of as much as the baby sitter can, so the mother's behavior both the attitude and attention taught and imitated directly by the child will not exist in the early days of the child's motor development (Mani, et, al. 2010).

The activity of cleaning teeth is done before the child sleeps at night and after breakfast and lunch. Children learn to brush their teeth and help their mother from behind using a child's toothbrush. Children are taught to rinse by imitating their mothers rinse by using boiled water. If the child is 2 years old, all deciduous teeth have started to grow, the child is expected to start brushing their teeth with parental supervision. Brushing teeth 3 times a day after breakfast, after lunch and before going to bed at night. After eating, make it a habit to rinse with water. After the child can communicate with his parents smoothly, approximately 3 years old the child is expected to brush his teeth with toothpaste containing fluoride. Then can gargle with water and parents accustom

children to not consume foods that contain sweeteners, coloring, and preservatives that can trigger dental caries for example since children aged 2 years parents introduce various kinds of fruits and vegetables. (Sariningsih, 2012). [19]

The percentage of Indonesians who behave correctly in brushing their teeth is still very low at 7.3%, Nanggroe Aceh Darussalam is ranked third out of five provinces with the highest caries prevalence of 30.5%, this shows the lack of knowledge about health care teeth where of the 87.6% who brush their teeth every day, only 10% brush their teeth with the correct time ie after breakfast and 20.8% brush their teeth before going to bed at night. The percentage of correct behavior brushing teeth is only 4.9% and improper behavior in brushing teeth by 95.1%, from the data it appears that the public has not realized the importance of maintaining oral health. (MOH, 2014)

According to the 2013 RISKESDAS (Basic Health Research data, the national prevalence of dental and mouth problems in Indonesia is 25.9%. A total of 16 provinces have a prevalence of dental and mouth problems above the national prevalence rate, one of which is Aceh of 30.5%. The increase in the prevalence of dental caries in Indonesia, namely patients with active dental caries increased by 9.8% from 43.4% in 2007 to 53.2% in 2013.

A report on the results of the Basic Health Research (RISKESDAS) in 2013 stated that the prevalence average population of Indonesia aged 5-9 years with dental and mouth problems of 28.9% with the highest percentage of 30.5% at the age of 35-44 years. This shows the percentage of dental and mouth problems at the age of 5-9 years have entered a fairly high number.

According to the results of research conducted by Triska Yolanda Worang (2014) with the title "The relationship of parents' level of knowledge with children's dental and mouth hygiene in Tunas Bhakti Manado Kindergarten" shows that most of the respondent parents in Manado Tunas Bhakti Kindergarten have good knowledge, namely as many 32 people (45, 70%) out of 70 respondents' parents got a score of > 27 or included in the criteria both in the assessment questionnaire given. Knowledge of parents can be influenced by several things including age, education, socioeconomic status, experience, information/mass media and the environment.

Based on the results of OHIS examinations on 70 respondents at the Tunas Bhakti Manado Kindergarten, the results of the assessment showed the percentage of dental and oral hygiene status of children with good categories by 27.2%, medium categories 65.7%, and bad categories 7.1%. From these results also showed that the average OHIS of children in Tunas Bhakti Manado kindergarten was 1.65. Based on the OHIS category, the value is in the moderate category.

Based on preliminary examination results on 15 Aminah Banda Aceh kindergarten students using the PHP-M index, the average value of the 15 students examined was in the bad category (31), and of the 15 students examined, as many as 8 children had caries trays. The results of interviews with 15 parents of students, found that 10 parents rarely told children to brush their teeth before going to bed and children rarely brush their teeth the night before going to sleep. Therefore researchers interested in researching with the title "The Effect of Mother's Action in the Maintenance of Dental and Mouth Health with Dental and Oral Hygiene Status in Pre-School Children in Aminah Banda Aceh Kindergarten in 2019".

Problem formulation

Is there any influence of maternal actions in maintaining oral health with dental and oral hygiene status in pre-school children in Aminah Banda Aceh Kindergarten in 2019?

The scope of the study

The scope of this study was: This study looked at the effect of the actions of mothers with the status of dental and oral hygiene of children in Aminah Banda Aceh Kindergarten.

Purpose of this study was

To determine the effect of maternal actions in maintaining oral health and dental and oral hygiene status in preschool in Aminah Banda Aceh Kindergarten in 2019

Research benefits

- For mothers : To increase a mother's knowledge in maintaining oral health care for children properly and correctly
- For children :To encourage children's habits to maintain oral and dental hygiene as early as possible

- For researchers : It can add insight to knowledge health, especially about oral health.

METHODS

Type of research is analytic with the cross-sectional design that is to determine the relationship of maternal actions in the maintenance of dental and oral health with dental and oral hygiene status in pre-school children in Aminah Banda Aceh Kindergarten Population in research. These are all pupils of Aminah Banda Aceh kindergarten class A amounting to 105 students and mothers totaling 105 mothers. The samples taken in this study were 52 people. Data obtained from the examination results were analyzed, namely:

Univariate analysis

Aims to describe the research variables in the form of frequency distribution and presentation of each independent variable, namely the mother's

actions in maintaining oral and dental health and the dependent variable, namely the dental and oral hygiene status of children.

Analysis bivariate

That this analysis is to determine the relationship between the independent variables are measures of mothers in the maintenance of oral health with the dependent variable is the status of oral hygiene of children by using statistical test Chi-Square α 0:05

RESULT

Based on the research that has been done regarding the relationship of maternal actions in maintaining oral health with dental and oral hygiene status in pre-school children in Aminah Banda Aceh Kindergarten, the results of data processing that have been obtained are as follows:

Univariate Analysis of Gender

Table 5.1 Frequency Distribution Based on Gender of children in Aminah Kindergarten Banda Aceh in 2018

| Gender | N | % |
|--------------|-----------|--------------|
| Men | 25 | 48.1 |
| Women | 27 | 51.9 |
| Total | 52 | 100.0 |

Based on the frequency distribution table above, it is known that the majority of children in Aminah Banda Aceh Kindergarten are 27 girls (51.9%).

Age of Mother

Table 5.2 Frequency Distribution Based on the age of mothers in Aminah Banda Aceh Kindergarten Year 2018

| Mother Age | N | % |
|--------------|-----------|--------------|
| 25-35 | 15 | 28.8 |
| 36-45 | 35 | 67.3 |
| 46-55 | 2 | 3.8 |
| Total | 52 | 100.0 |

Based on the frequency distribution table shows that the majority of maternal age children in

Aminah Banda Aceh kindergarten aged between 36-45 years were 35 mothers (67.3%).

PHP-M Index

Table 5.3 Frequency Distribution Based on PHP-M Examination in Aminah Banda Aceh Kindergarten 2018

| Index PHP-M | N | % |
|--------------|-----------|--------------|
| Good | 21 | 40.4 |
| Poor | 28 | 53.8 |
| Very good | 2 | 3.8 |
| Very bad | 1 | 1.9 |
| Total | 52 | 100.0 |

Based on the frequency distribution table above shows that the PHP-M index of children in Aminah

Banda Aceh kindergarten was mostly in the bad category of 28 children (53.8%).

Maternal actions

Table 5.4 Frequency Distribution Based on Maternal Actions in Aminah Banda Aceh Kindergarten in 2018

| Actions | N | % |
|--------------|-----------|--------------|
| Good | 17 | 32.7 |
| Not good | 35 | 67.3 |
| Total | 52 | 100.0 |

Based on the Table above frequency distribution shows the mother's actions in maintenance dental and mouth health is mostly in the unfavorable category of 35 respondent mothers (67.3%).

Bivariate Analysis

Relationship of maternal actions in the maintenance of dental and oral health with dental and oral hygiene status in preschool children in Aminah Banda Aceh Kindergarten child dental and oral hygiene status

Table 5.5 Relationship of maternal actions within Aminah Banda Aceh in 2018

| Actions | Index PHP-M | | Total | | | | Test results | | | | | |
|-----------|-------------|------|-------|------|-----------|------|--------------|-----|----|-----|-----------------|--|
| | Very Good | | Good | Poor | Very Poor | | | | | | | |
| | N | % | N | % | N | % | N | % | N | % | P = 0.001 | |
| Good | 2 | 11.8 | 12 | 70.6 | 3 | 17.6 | 0 | 0 | 17 | 100 | $\alpha = 0.05$ | |
| Less Good | 0 | 0 | 9 | 25.7 | 25 | 71.4 | 1 | 2.9 | 35 | 100 | df = 3 | |

Based on Table 5.5 about the relationship of mother's actions with the status of dental and oral hygiene of children in Aminah Banda Aceh Kindergarten, out of 52 mothers and child respondents studied showed that mothers who had actions both in maintaining oral health, the PHP-M index in children is also in the good category (70.6%), whereas for mothers who have poor actions in maintaining oral health, the PHP-M index in children is in the category that is bad (71.4%). Statistical test results *Chi-square* obtained a value of $p = 0.001$ ($p < 0.05$), where there is a significant relationship between maternal actions in maintaining oral health with dental and mouth

hygiene status in children in Aminah Banda Aceh Kindergarten.

DISCUSSION

The results of the study showed that there was a significant relationship between the actions of mothers in maintaining oral health and dental and oral hygiene status of children in Aminah Banda Aceh Kindergarten. It was found that the dominant mothers who had good actions showed a PHP-M index of students also in the good category of 70, 6% while the dominant mothers with poor actions showed that the PHP-M index of students was also in the bad category at 71.4%. Based on the

researchers' assumptions, most parents do not accompany and educate their children to take care of their teeth, which indirectly accustoms their children to lazy to take care of their teeth, and also mothers pay less attention to the types of food their children eat.

Statistical test results *Chi-square* obtained a value of $p = 0.001$ ($p < 0.05$), where there is a significant relationship between the actions of mothers with dental and oral hygiene status in children in Aminah Banda Aceh Kindergarten.

According to Murphy (2004), behavioral or action factors are one of the factors that can affect a person's health status. Changing human behavior is not an easy endeavor. This is because humans are individuals who have different attitudes, personalities and socioeconomic backgrounds. For this reason, seriousness is needed from various components of society to contribute to changing behavior (Herijulianti et al, 2001).

Every child is happy about sweet food. It is not only the taste that appeals to young children, but also the shape and color. Some parents also let children eat sweet foods, even though they know sweet foods are very dangerous for teeth. Not many parents tell their children to brush their teeth or at least rinse out white water after eating sweet foods. Even though much information has been disseminated, there are still many parents who are not aware of the child's dental health. There are still many of them who think their teeth are not permanent, but they will also lose their permanent teeth (Mangoenprasodjo AS, 2004).

Most of the children in Aminah Banda Aceh kindergarten have plaque index in the bad category, this is due to the parents' poor actions in maintaining oral health in children. To prevent the occurrence of dental and oral disease in children, parents and the active participation of officers in providing counseling about teeth is needed. Actions of mothers in maintaining dental hygiene in children can be done by encouraging their children to brush their teeth 3 times a day, reducing the consumption of foods containing sugar and checking with the dentist at least once every 6 months. Government programs through Dental Health Enterprises (UKG) with dental health counseling for adults, especially for those who have pre-school age children are important, besides oral hygiene of children through efforts to maintain dental hygiene regularly and correctly and reduce consumption of foods containing sugar to reduce the number of caries for pre-school-aged children.

CONCLUSIONS

From the results of research on the relationship of maternal actions in maintaining oral health with dental and oral hygiene status in pre-school age children at Aminah Banda Aceh Kindergarten, it can be concluded that there is a significant relationship between maternal actions with oral and dental hygiene status. in pre-school age children in Aminah Banda Aceh Kindergarten with p -value = 0.001.

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