

Socialization of the Importance of Maintaining Dental Health and Washing Hands Before Eating in Children at Subang Mewah Sanggar Guidance

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ABSTRACT

Dental and hand hygiene are two important aspects of maintaining children's overall health. However, children's awareness and knowledge about dental care and washing hands before eating are still relatively low, especially in non-formal educational environments such as Sanggar Bimbingan. This Community Service Activity (PKM) aims to enhance the understanding and healthy behaviors of children at Sanggar Bimbingan Subang Mewah through interactive and educational outreach. The methods used include lectures, discussions, question and answer sessions, and practical demonstrations, as well as the distribution of toothbrushes and toothpaste. The results of the activity showed an increase in children's knowledge and enthusiasm in adopting the habit of brushing their teeth regularly and washing their hands before eating. With this program, it is hoped that healthy habits will be formed from an early age, which can contribute to the quality of life of children in the future.

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INTRODUCTION

Health is one of the important aspects of human life that plays a significant role in a person's quality of life and productivity. For children, maintaining health is not just about preventing diseases, but also about building healthy habits that can be applied throughout their lives. Two things that are often overlooked but are very important for children's health are dental health and hand hygiene. These two factors play a very important role in preventing various diseases that can enter the body and disrupt the growth and development process of children (Syahreni, 2011). Cleanliness has become an obligation that must be applied in daily life, starting from personal hygiene to environmental cleanliness. Cleanliness reflects the character of each individual, so it can be seen and defined how each person lives their life.

Clean living behavior, commonly known as personal hygiene, is an effort made by every individual to maintain cleanliness to stay healthy and avoid all kinds of diseases (Rahayu et al., 2022). Related to personal hygiene, it is not only practiced by adults or those who already understand what is clean and what is dirty. Early childhood children should also start being taught how to maintain cleanliness, especially personal hygiene (Ramdhanie et al., 2022). Data from the Ministry of Health shows that more than 80% of children in Indonesia experience dental cavities during their school age. These dental problems not only cause pain that can disrupt daily activities but also affect the quality of life of children, including eating, speaking, and socializing. Poor dental health can also affect a child's physical and psychological development.

In addition, hand hygiene is equally important in disease prevention. Hands contaminated with germs can become a medium for spreading various types of infectious diseases, including diarrhea, flu, and other respiratory illnesses. Washing hands with soap and running water is one of the most effective ways to prevent the spread of these diseases. However, the habit of washing hands before eating is still not fully practiced by children due to a lack of knowledge. Early childhood refers to children under the age of six. Children are a source of potential who will become agents of change in efforts for personal hygiene and PHBS (Asthiningsih et al., 2019).

Clean and Healthy Living Behavior (PHBS) refers to actions aimed at providing education both individually and in groups to enhance knowledge, raise awareness, and enable the implementation of clean and healthy living behaviors (Sukmadani et al., 2020).

The instillation of Clean and Healthy Living Behavior (PHBS) values in children should be done from an early age. This is due to the still low immune system of children, which makes them susceptible to various diseases. Therefore, parents play an important role in helping to instill personal hygiene in preschool-aged children. In practicing personal hygiene, it must be done properly and correctly so that cleanliness and a healthy life can also be realized. One of the things that can be taught to children is to maintain dental and oral health by not forgetting to brush their teeth and wash their hands before eating.

Dental and oral health issues in Indonesia have become a special concern for healthcare workers because they are very important in health development. The most common dental and oral diseases suffered by the community are caries, gum inflammation, and cavities. The causes are an unhealthy lifestyle and poor eating habits. World Health Organization (WHO) in the Global Goals for Oral Health 2020 target states that the DMF-T index should be less than one for children aged 12 years and an increase in the number of caries-free primary teeth in children aged 6 years. Data shows that 57.6% of the Indonesian population has dental and oral problems, and 67.3% of 5-year-old children have a high rate of caries. Dental diseases are considered very vulnerable to occur in early childhood because children often consume foods high in sugar or are not accustomed to brushing their teeth, resulting in cavities or caries. Cavities are a dental health issue commonly experienced by children because teeth and the mouth are entry points for germs and bacteria (Yuniati et al., 2022).

The habit of washing hands is also one of the proactive learning actions of personal hygiene that needs to be taught to young children. Unconsciously, hands become a conduit for germs to enter the human body. Germs can survive for up to two hours on the surface of the skin; beyond that, they will enter the body and become diseases that reside in the human body, such as diarrhea, cough, cold, and fever (Safitri et al., 2020). Washing hands with soap is more effective in removing dirt and dust that adhere to the surface of the skin (Harahap et al., 2022). Based on WHO data, handwashing has been proven to reduce the risk of contracting diarrhea by up to 45%. Getting used to a healthy and clean lifestyle can minimize health problems that may arise in each individual's body. Health problems are often complained about by young children and the general public, caused by improper parenting, lack of knowledge about personal hygiene, which leads to negative impacts (Putra, Sari et al., 2021).

Based on field results, the students of Subang Mewah Sanggar Guidance still lack concern for dental health and washing their hands before meals. Subang Mewah Sanggar Guidance is a non-formal educational institution of the Republic of Indonesia government aimed at ensuring Indonesian citizen children (WNI) from Indonesian migrant workers (PMI). Especially the children of migrant workers who do not have official documents, thus lacking access to formal education in Malaysia (Dewi et al., 2023).

From the aforementioned issues, considering the importance of knowledge related to Clean and Healthy Living Patterns (PHBS), the solution is through socialization or counseling. Socialization is a process of social interaction and the transfer of knowledge, behavior, and rules carried out within a group or community (Elyas et al., 2020). The purpose of socialization is to educate about the importance of maintaining health and instilling healthy habits from an early age. This socialization is focused on providing education on how to properly and correctly maintain dental health, as well as how to thoroughly wash hands for children. This is based on the fact that children are considered to have a very high level of memory retention.

Students as participants in the International Partnership Community Service Program (KKN-KI) who are distributed to several Guidance Centers are part of the Community Service at the International level. The existence of this activity is a solution in helping Indonesian children abroad to obtain the same educational rights according to their age development. Community Service Program (KKN) is a form of real work through empowerment in the community environment that directs students to utilize knowledge, the ability to analyze community conditions, and provide solutions in various fields (Apriadi et al., 2022).

The Community Service Program based on International Partnership Education (KKN Dik-KI) is participated in by all Muhammadiyah 'Aisyiyah Higher Education Institutions (PTMA) in collaboration with the Education and Culture Attaché (KBRI) Kuala Lumpur Malaysia. Therefore, one of the programs in this Community Service is to conduct socialization focused on educating children on how to maintain good and proper dental health, how to wash hands, and providing comprehensive health tools to children who are considered to have a very high level of memory retention, so that the children at Subang Mewah Sanggar Guidance can absorb knowledge well and implement it in their daily lives. According to Pakaya (2020) in his service, the socialization of handwashing and tooth brushing, accompanied by practice, can enhance children's understanding, knowledge, and application of proper handwashing and tooth brushing techniques. Thus, reducing the incidence of diseases.

METHOD

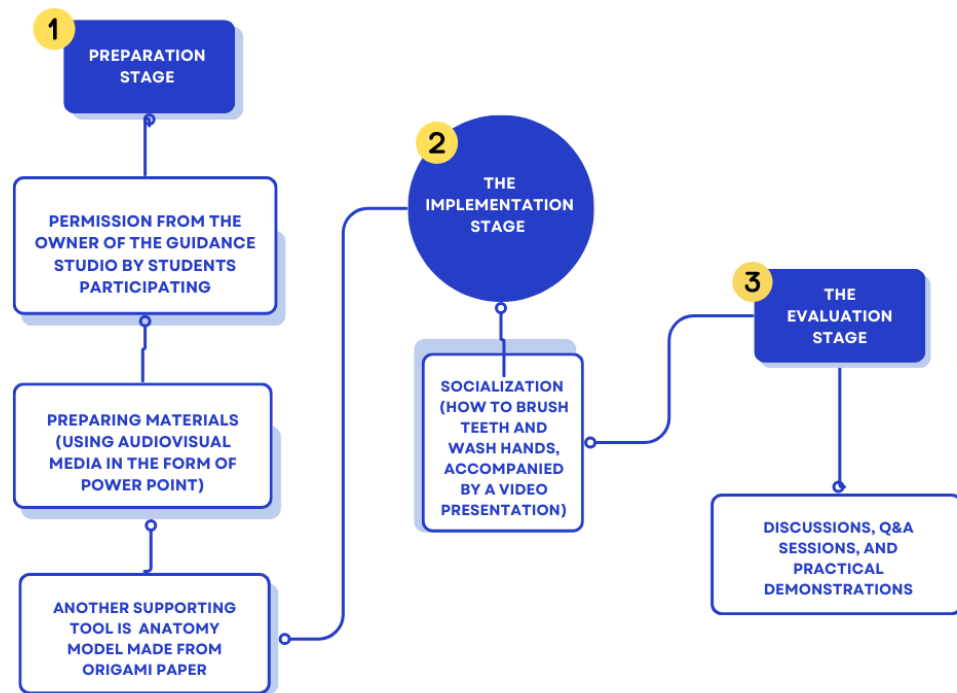


FIGURE 1. Practice Proper Handwashing
(Source: Personal Document)

The method of implementing this community service is socialization related to clean and healthy living behaviors (PHBS) that focuses on the importance of maintaining dental health and washing hands before and after meals, accompanied by practice for young children.

This community service program focuses on educating young children about clean and healthy living behaviors (PHBS). The implementation of this activity refers to a series of stages, namely the preparation stage, the implementation stage, and the evaluation stage (Shabrina et al., 2022).

In the preparation stage, which involves obtaining permission from the owner of the Guidance Studio by students participating in the International Partnership Community Service Program (KKN-KI), preparing materials related to maintaining dental health and proper handwashing using audiovisual media in the form of Power Point presentations through lectures, discussions, Q&A sessions, and practical demonstrations. Audio-visual media is a tool that contains several elements of sound and images in conveying information (Setiyawan, 2021).

Another supporting tool in this socialization is a teaching aid in the form of a dental anatomy model made from origami paper. Equipment such as an infocus screen and sound system are also needed to display the explanatory video.

The implementation stage involves socialization by delivering material on how to brush teeth and wash hands, accompanied by a video presentation. In the evaluation stage, discussions, Q&A sessions, and practical exercises were conducted as a benchmark to ensure that the children of Subang Mewah Sanggar Guidance could apply them in their daily lives. The technical aspect of the practice is that each child is divided into several groups.

RESULTS AND DISCUSSION

The implementation of community service activities in the International Partnership Community Service Program (KKN-KI) at Subang Mewah Sanggar Guidance on November 14, 2022, was attended by 9 (nine) people from grades V and VI.

This service takes the theme "Socialization on the Importance of Maintaining Dental Health and Washing Hands Before Eating." The socialization provided serves as a platform to impart knowledge and skills for maintaining a clean and healthy lifestyle from an early age, starting with oneself, so that children can independently apply it in their daily lives.

Based on the implementation results, it was found that the initial condition of the children before the socialization did not fully understand the importance of maintaining dental hygiene regularly. This is evident from several children who only brush their teeth once and are unaware of the negative impact of this habit. The same goes for handwashing; most children rarely wash their hands because they do not yet have a deep understanding of the right times and methods.

Dental and oral hygiene are the primary factor that influences the occurrence of cavities. There is also one of the factors that causes poor dental hygiene in children, namely incorrect tooth brushing techniques (Rudi Haryanto et al., 2021). Similarly, handwashing is the most fundamental technique in the process of eliminating dirt and dust, and it is also an effective method for preventing infectious diseases (Kunang & Puspariny, 2021).

The socialization of the importance of maintaining dental health and handwashing was given through lectures and practical demonstrations. Through this method, it has been proven to facilitate quick understanding and increase children's enthusiasm (Gustina et.al, 2020). During the implementation, the children actively interacted, which was due to the media used to support the delivery of the material (Zahwa & Syafi'i, 2022).



FIGURE 2. Socialization and Delivery of Materials on Clean and Healthy Living Behaviors Focusing on Maintaining Dental Health and Handwashing
(Source: Personal Document)

The use of media in delivering socialization material is PowerPoint. PowerPoint is an engaging multimedia application and part of Microsoft Office, making presentations interesting with text, videos, and images that are easy to understand (Astutik, 2021). In addition, during the socialization, there are dental anatomy teaching aids made from origami paper as supporting tools. Origami is paper used as a material to form or create a piece of handcrafted art that results in a creative shape (Pertiwi et al., 2022). The

activity of proper and correct tooth brushing by children is directly supervised by the service team. This is done so that the children receive guidance. In the implementation of the practice, each student also brings the toothbrush and toothpaste that have been provided. The practice of brushing teeth is carried out by teaching the correct technique, such as gentle and even circular motions on all tooth surfaces, and don't forget to brush the tongue (Faragó, Egri, Kovács, & Rucska, 2025). The children showed high enthusiasm when asked to practice brushing their teeth correctly. Most of them were able to follow the given instructions well, although some children needed guidance to ensure the correct movements. This practice has proven effective in teaching children how to properly maintain their dental health.



FIGURE 3. Practice The Correct Way to Brush Teeth
(Source: Personal Document)

In terms of proper and correct handwashing techniques, it turns out that the children at Subang Mewah Sanggar Guidance have not yet understood them. The background reason is the lack of habit in practicing proper handwashing methods by those around them. This can happen because the formation of children's habits can be influenced by the environment, namely, parents, family, and society. Therefore, efforts to cultivate habits for the maintenance and improvement of health should also start from an early age, even during pregnancy (Sulaeman et al., 2022). Handwashing practices are also carried out by providing explanations and demonstrations of the correct handwashing technique according to the procedures recommended by the World Health Organization (WHO). There are six steps with a duration of 20-30 seconds for proper handwashing. Before starting, wet your palms with clean water and add enough soap. First, use both palms to rub the soap; second, place the right palm on the back of the left hand, then rub the back of the left hand and the spaces between the fingers of the left hand, and do the same with the right hand; fourth, rotate the left thumb in the grip of the right hand and do the same with the left thumb; and sixth, rub by rotating the tip of the left thumb in the grip of the right hand (Rufikah et al., 2024).

After demonstrating the correct way, the facilitator gave the children the opportunity to practice it directly. This activity received a very positive response because the children felt more confident in washing their hands properly every time they engaged in activities like eating or playing outside.



FIGURE 4. Practice Proper Handwashing
(Source: Personal Document)

With the presence of this socialization activity that invites and teaches the children of Subang Mewah Sanggar Guidance through communication and practice processes that not only influence knowledge but also skills, the socialization can achieve optimal results. In line with the research conducted by Alim (2021), it shows that through counseling, students can correctly practice the proper handwashing technique, which can then be applied in daily life.

After all the socialization materials had been presented and practiced, the service team posed discussion questions to the children. This is because before the children of Subang Mewah Sanggar Guidance were given the material, many of them did not yet know how to properly maintain dental and hand hygiene. However, after participating in the socialization provided by the service team, most of the children were able to answer questions about the importance of brushing teeth and washing hands correctly. In addition, they can also explain the correct steps in brushing teeth and washing hands.

In the socialization, it was also explained that hands are the part of the body that are most often contaminated with germs (Kartika et al. 2017). Children were given an understanding that washing hands properly, especially before eating and after playing or using the toilet, is very important to prevent germs and bacteria from entering the body, which can cause various diseases such as diarrhea and other gastrointestinal infections. This socialization successfully raised their awareness about the importance of hand hygiene in maintaining overall body health (Bhattacharya, 2022).

The monitoring process was carried out a few weeks after the activity to see how far these habits were applied in daily life. The monitoring results showed that most children started brushing their teeth regularly twice a day and washing their hands before and after meals. Some children even proudly show their toothbrushes and soap and use them every day. This shows that with the socialization of maintaining dental health and handwashing, it has successfully formed positive healthy living habits among children both at home and outside. Overall, the instillation of Clean and Healthy Living Behaviors (PHBS), specifically brushing teeth and washing hands, at the Subang Mewah Sanggar Guidance successfully achieved the goal of enhancing children's understanding and habits in maintaining dental health and hand hygiene. The children showed a significant improvement in their understanding of the importance of healthy living habits.

CONCLUSION

The community service program conducted at Subang Mewah Sanggar Guidance on November 14, 2022, aims to provide education about clean and healthy living behaviors (PHBS) focusing on maintaining dental health and proper handwashing to children. Based on the implementation of the activities, it can be concluded that this program has a positive impact in increasing awareness, understanding, and the application of healthy living habits among children.

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