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**Level of Knowledge About Oral Health Maintenance and  
Tooth Brushing Skills in Grade V Students of SDN 10 Sumerta  
East Denpasar in 2023**

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**ABSTRACT**

Background : Oral health is one of the things that needs attention, poor oral conditions can cause various kinds of oral and dental diseases. The level of knowledge and skills can affect oral health. Knowledge about oral health can be improved through health promotion such as counseling. Brushing skills can be seen from the method, time and frequency of brushing teeth. Methods: This type of research is descriptive research with a survey design. The data used in this study are primary and secondary data. In the form of a test sheet of 15 items and direct observation with an observation sheet and a list of student names. Results: The results of research on dental health knowledge good criteria 56.90%, sufficient criteria 22.41%, less criteria 20.69% with an average knowledge of 73.12 (sufficient). The results of tooth brushing skills research criteria are very good 25.86%, good criteria 25.86%, sufficient criteria 22.42%, criteria need guidance 25.86% and average skills 67.89 (sufficient). conclusion : The conclusion of the level of student knowledge is the highest result with good criteria and the lowest result with insufficient criteria. The average level of knowledge of oral health maintenance is 73.12 with sufficient criteria. The percentage of tooth brushing skills is the lowest result with the criteria that need guidance. The average tooth brushing skills amounted to 67.89 with sufficient criteria.

Keywords: Knowledge, Tooth Brushing Skills, Elementary School Children



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## INTRODUCTION

Knowledge is the result of knowing, and this occurs after people make senses of a particular object. Sensing occurs through the human five senses, namely the senses of sight, hearing, smell, taste and touch. Most human knowledge is obtained through the eyes and ears (Notoatmodjo, 2014).

Behavior is all human activities or activities, both those that can be observed directly, and those that cannot be observed by outsiders. Health behavior is a person's response to a stimulus or object related to illness and disease, the health care system, food and drink and the environment (Notoatmodjo, 2014).

Brushing is a commonly recommended way to clean all soft deposits and plaque on the teeth. The effectiveness of brushing depends not only on the frequency and method of brushing but also on the timing of brushing (Herry and Nia, 2018).

Based on the results of the 2018 Basic Health Research in Bali Province, 58.45% experienced oral and dental problems, in the 5-9 age group who experienced oral and dental problems as much as 73.22% and in the 10-14 age group as much as 53.47%. In Bali Province, 92.89% brushed their teeth every day and 5.33% of people brushed their teeth at the correct time. In the 5-9 age group, 94.90% brushed their teeth every day and 2.40% brushed their teeth at the correct time. Whereas in the age group 10-14 who brushed their teeth every day as much as 97.58% and with the correct time to brush their teeth as much as 3.68%. In Denpasar city, 59.64% experienced oral and dental problems, 96.92% brushed their teeth every day and 5.16% of the community brushed their teeth

at the correct time (RISKESDAS 2018).

Elementary school children generally have a lack of knowledge about dental and oral hygiene, therefore elementary schools are a very strategic group for dental and oral health management. Therefore, elementary school children need to get special attention in terms of maintaining oral health (Pristiono, 2017).

## METHOD

This research is a descriptive study conducted with a survey design. This research was conducted at SDN 10 Sumerta East Denpasar in April 2023. The population in this study were all students of class VA and VB SDN 10 Sumerta East Denpasar which amounted to 58 people.

In this study using primary data. Primary data is obtained by giving a 15-item test sheet to determine the level of knowledge about oral health maintenance and an observation sheet to determine tooth brushing skills in fifth grade students of SDN 10 Sumerta East Denpasar in 2023. Data collection technique

Data on the level of knowledge of oral health maintenance was collected by giving a test sheet with 15 questions and data on tooth brushing skills were collected by direct observation of tooth brushing skills in VA and VB class students through simulation using a toothbrush and phantom (tooth model), the observation results were given a score on the observation sheet.

## RESULTS

This section presents the results that have been processed based on the type of research used. This section presents the data presented in tables and diagrams and their interpretations



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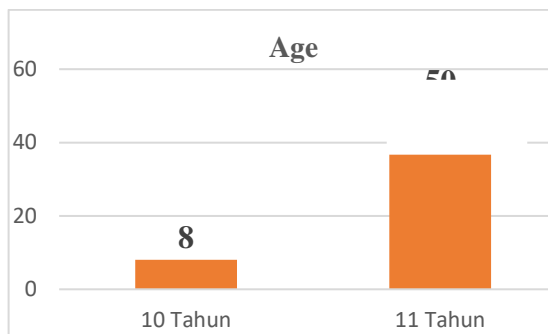
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clearly. The interpretation in the results section is not just reading out the data that has been obtained, but the data obtained is interpreted clearly and precisely accordingly.

## 1. Characteristics of research subjects

Based on the results of research on 58 fifth grade students of SDN 10 Sumerta East Denpasar in 2023, the characteristics of the research subjects can be presented as follows:

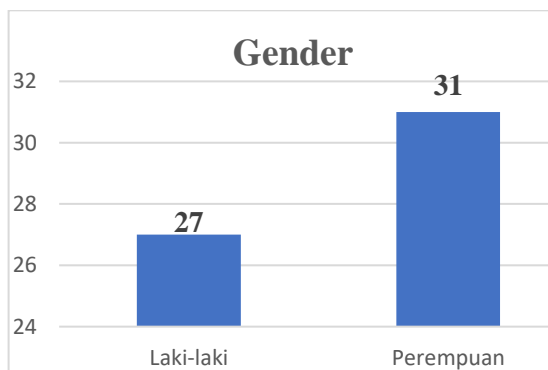
The characteristics of grade V students by age are as follows:



**Figure 1: Characteristics of Grade V Students by Age**

Figure 1 shows that the fifth grade students of SDN 10 Sumerta, East Denpasar, were mostly eleven years old, totaling 50 students (86%).

a. The characteristics of grade V students based on gender are



**Figure 2: Characteristics of Grade V Students by Gender**

Figure 2 shows that the fifth grade students of SDN 10 Sumerta East Denpasar were mostly female, totaling 31 people (53%).

## 1. Results of observations of research subjects

**Table 1**  
**Frequency Distribution of Knowledge Level of Dental and Oral Health Maintenance in Fifth Grade Students of SDN 10 Sumerta East Denpasar in 2023**

No.	Knowledge Level	f	%
1	Good	33	56,90
2	Simply	13	22,41
3	Less	12	20,69
Total		58	100,00

Table 1 shows that most students who have a level of knowledge about maintaining oral health in fifth grade students of SDN 10 Sumerta East Denpasar in 2023 are highest with good criteria, namely 33 students (56.90%) and the lowest with less criteria as many as 12 students (20.69%).

a. The average level of knowledge about maintaining oral health of fifth grade students of SDN 10 Sumerta East Denpasar in 2023 was 73.12 (sufficient criteria).

b. The percentage of fifth grade students who have tooth brushing skills with very good, good, sufficient and need guidance criteria at SDN 10 Sumerta East Denpasar in 2023 in the following table:



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Table 5  
Frequency Distribution of Tooth Brushing  
Skills in Class V Students

SDN 10 Sumerta East Denpasar Year 2023

No.	Tooth Brushing Skills	f	%
1	Very good	15	25,86
2	Good	15	25,86
3	Simply	13	22,42
4	Need Guidance	15	25,86
Total		58	100,00

Table 2 shows that tooth brushing skills in fifth grade students of SDN 10 Sumerta, East Denpasar, were the lowest with sufficient criteria as many as 13 students (22.42%).

- c. the average tooth brushing skills of fifth grade students at SDN 10 Sumerta East Denpasar in 2023 were 67.89.

## DISCUSSION

The results of research conducted on fifth grade students of SDN 10 Sumerta East Denpasar in 2023 which amounted to 58 students showed that those who had a level of knowledge about maintaining oral health with good criteria were 33 students (56.90%), with sufficient criteria as many as 13 students (22.41%) and with less criteria as many as 12 students (20.69%). The average level of knowledge about maintaining oral health of grade V students is 73.12 with sufficient criteria.

The level of knowledge about oral health maintenance is mostly good criteria as many as 33 students (56.90%) and the least with less criteria as many as 12 students (20.69%). This is likely due to the fact that most fifth grade

students know about oral health maintenance through information media such as the internet and some other fifth grade students lack information or counseling about oral health maintenance. According to the results of interviews conducted with the principal of SDN 10 Sumerta East Denpasar, the lack of knowledge of grade V students regarding oral health maintenance is due to lack of counseling and UKGS activities from the puskesmas run less optimally so that it affects the level of knowledge about oral health maintenance of grade V students of SDN 10 Sumerta East Denpasar Year 2023. This is supported by the statement of Notoatmodjo (2014) which states that knowledge is the result of knowing, and this occurs after people perceive a certain object.

Based on the observation of tooth brushing skills, it was found that 15 students (25.86%) brushed their teeth very well, 15 students (25.86%) brushed their teeth well, 13 students (22.42%) brushed their teeth moderately and there were still students brushing their teeth with criteria that needed guidance as many as 15 students (25.86%). The average skill of students brushing their teeth is 67.89 with sufficient criteria. This means that most students already know how to brush their teeth properly, although there are still students who need guidance for brushing skills. This is likely due to the lack of knowledge and information in fifth grade students of SDN 10 Sumerta East Denpasar in 2023 about how to brush their teeth properly. This is supported by Arleta's (2019) statement which states that skills can indicate the specific action displayed or the nature in which the skill is carried out. Students' skills in brushing their teeth are only basic skills without adequate knowledge of how to brush their teeth properly and correctly so that



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students only brush their teeth using the basic skills they know.

## CONCLUSIONS

Percentage of knowledge level about oral health maintenance of fifth grade students of SDN 10 Sumerta East Denpasar in 2023, the highest result with good criteria and the lowest result with insufficient criteria. The average level of knowledge of oral health maintenance of class V amounted to 73.12 with sufficient criteria. The percentage of tooth brushing skills of class V students of SDN 10 Sumerta East Denpasar Year 2023 the lowest result with the criteria needs guidance. The average tooth brushing skills of fifth grade students of SDN 10 Sumerta East Denpasar in 2023 amounted to 67.89 with sufficient criteria.

## Conflict of Interest

The author has no conflict of interest with the respondents.

## Acknowledgement

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