

# PROMOSI KESEHATAN GIGI DAN MULUT DENGAN METODE CERAMAH INTERAKTIF DAN DEMONSTRASI DISERTAI ALAT PERAGA PADA GURU SEKOLAH DASAR SEBAGAI FASILITATOR

## DENTAL AND ORAL HEALTH PROMOTION WITH INTERACTIVE LECTURE AND DEMONSTRATION METHOD ACCOMPANIED WITH LEARNING TOOLS FOR ELEMENTARY SCHOOL TEACHERS AS FACILITATOR

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### Abstrak

#### Latar Belakang:

Penyakit gigi dan mulut banyak dialami siswa SD. Guru SD berperan sebagai *health educator* di sekolah. Promosi kesehatan dengan metode ceramah dan demonstrasi disertai alat peraga merupakan salah satu langkah dalam menyampaikan pengetahuan kesehatan gigi dan mulut serta keterampilan komunikasi verbal dan non verbal kepada guru SD. **Tujuan:** menguji pengaruh metode ceramah interaktif dan demonstrasi disertai alat peraga, terhadap peningkatan pengetahuan dan keterampilan komunikasi tentang kesehatan gigi dan mulut pada guru SD, serta perbedaan pengetahuan dan keterampilan komunikasi verbal dan non verbal guru SD pada kelompok perlakuan dan kelompok kontrol. **Metode:** Jenis penelitian yang digunakan *quasi experiment* dengan rancangan *pretest-posttest with control group design*. Subjek penelitian dibagi atas kelompok perlakuan (20 orang) dan kelompok kontrol (17 orang). Sampel penelitian berdasarkan *purposive sampling*. Kuesioner untuk mengukur pengetahuan dan *check list* untuk mengukur keterampilan. Analisis data menggunakan *paired t-test* dan *independent t-test*. **Hasil:** Uji *paired t-test*, pengetahuan, serta keterampilan komunikasi verbal dan non verbal guru pada kelompok perlakuan meningkat secara signifikan setelah mendapatkan pelatihan ( $p < 0,05$ ). Melalui *independent t-test*, ada perbedaan yang signifikan pada pengetahuan dan keterampilan komunikasi verbal dan non verbal antara kelompok perlakuan dan kelompok kontrol. **Kesimpulan:** Metode ceramah interaktif dan demonstrasi disertai alat peraga memiliki pengaruh dalam peningkatan pengetahuan dan keterampilan komunikasi guru serta ada perbedaan pengetahuan dan keterampilan komunikasi guru pada kelompok perlakuan dan kontrol.

**Kata kunci:** promosi kesehatan gigi dan mulut, guru SD, metode ceramah interaktif dan demonstrasi, alat peraga

## Abstract

**Background:** Many oral and dental diseases are experienced by elementary school students. Elementary school teachers act as health educators for elementary school students. Health promotion with an interactive lecture and demonstration method accompanied with learning tools is one step in the delivery of dental and oral health knowledge and skills of verbal and non-verbal communication to elementary school teachers. **Objective:** To test the influence of health promotion with an interactive lecture and demonstration method accompanied with learning tools, to increase knowledge and skills of verbal and non-verbal communication about oral and dental health for elementary school teachers, as well as the difference in the teachers' knowledge and skills of verbal and non-verbal communication in the experiment group and the control group. **Method:** This was a quasi experiment study with pretest-posttest with control group study design. Research subjects were divided into the experiment group (20 people) and the control group (17 people). The study sample was based on purposive sampling . Questionnaire is used to measure the knowledge and checklist to measure skills. Data analysis used Paired t -test and independent t-test. **Result:** Paired t-test, knowledge and communication skills in the treatment group improved significantly after getting training ( $p < 0.05$ ). Through independent t-test, there was a significant difference in the knowledge and skills of verbal and non-verbal communication between the experiment and the control group. **Conclusion:** Dental and oral health promotion with an interactive lecture and demonstration method accompanied with learning tools had influence in improving the teachers' knowledge and skills of verbal and non-verbal communication and there was a difference in teachers' knowledge and skills of verbal and non-verbal communication in the experiment and the control group.

**Keywords:** dental and oral health promotion, elementary school teachers, interactive lectures and demonstrations, learning tools