

Overview of the Mother's Level of Knowledge About Dental and Oral Health In Toddlers at Paud Al Barokah

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Abstrack Dental and oral health is a key indicator of overall health, well-being and quality of life. Knowledge of children's dental health is a must for a mother for the development of children. The purpose of this study is to provide an overview of mothers' level of knowledge about dental and oral health. This study is a type of quantitative research with a cross-sectional research design. The sample in the study was 30 people with a total sampling technique. Data collection uses a questionnaire on the level of maternal knowledge; data analysis uses frequency distribution. The study's results showed that the characteristics of age were mostly in the early adult category of 70.0%, non-working work as much as 73.4%, high school education level as much as 50.0%, and most mothers have a high level of knowledge as much as 73.0%. Good knowledge will encourage mothers to always improve their children's dental and oral health. This research can be used as information to maintain dental and oral health.

Keywords: Maternal Knowledge, Dental and Oral Health

1. BACKGROUND

Dental health is important, especially for children's development. Dental caries is one of the dental health disorders formed because food residues are attached to the teeth, eventually leading to calcification (Sinaga, 2020). Several things must be done to get healthy teeth and mouth, including brushing teeth, *flossing* with dental floss, eating foods that are healthy for teeth, reducing sweet and sticky foods, checking with the doctor at least once every six months or if there are complaints (Ramdhan, 2019).

Healthy teeth are a healthy state free from pain, infections, cuts and diseases that limit an individual's ability to bite, chew, smile, and speak (Yep, 2017). Dental and oral health are also very important in supporting the health of the body in general (Glick et al., 2016).

While unhealthy teeth are dental caries, dental caries are one of the health disorders formed because food residues are attached to the teeth, which eventually causes tooth calcification (Sinaga, 2020). Oral health is the most vital organ in the human body, and we can communicate, breathe, eat, and drink (Subarja, 2019). Maintaining healthy teeth and mouth is very important because, if not done, it can cause dental and oral health problems. Therefore, increasing awareness of maintaining dental and oral health is vital (Kusumawardani, 2019).

Knowledge is the result of the realm of knowledge, and this happens because a person senses certain objects through the five human senses. Knowledge about children's dental health is a must for a mother for the development and growth of good children's teeth. Parents' knowledge and ability to maintain children's dental health can be influenced by several things, including age, education, socioeconomic status, experience, mass media information, and

environment (Rompis et al., 2019).

Parents' knowledge, especially mothers in dental maintenance, significantly influences the health of children's teeth and mouth because mothers are the closest people to children. The role of parents is indispensable in guiding, understanding, reminding, and providing facilities to children so that children can maintain dental and oral hygiene (Sukmono, 2020). Generally, children who have just entered school have a high risk of caries because, at this school age, children usually like to snack on food and drinks as they wish. Parenting, especially mothers, plays an important role in changing bad habits for children's health. Parents' attitudes, behaviors, and habits are always seen, assessed, and imitated by their children, which then, consciously or unconsciously, will be infused and become habits for their children (Rompis et al., 2019).

According to research by Hidayah Nurul et al. (2021), it was found that the results of data analysis were that 68% of respondents had a high level of knowledge of dental and oral health (Hidayah Nurul et al., 2021). The results of Nandia et al.'s (2021) research on the overview of parents' knowledge about children's dental and oral health in Kenten Laut Village, Banyuasin Regency, South Sumatra, showed that mothers' knowledge about children's dental and oral health with a good category was 28 respondents (50.9%), a sufficient category of 18 respondents (32.7%), and a poor category of 9 respondents (16.3%).

Based on the results of interviews by previous researchers at the Kebonromo Kulon Progo hamlet posyandu, the total number of toddlers at the Kebonromo posyandu is 36 people consisting of 20 boys and 16 girls; the researcher has examined ten toddlers and some of them have caries, through interviews with ten mothers it was found that most of the mothers had low knowledge in maintaining their teeth and oral health (Nurfatimah et al., 2019). Meanwhile, from the results of a preliminary study conducted by researchers at PAUD Al-barakah on January 12, 2024, in the mothers of 5 toddlers, 3 of them according to the mothers of the parents of toddlers had dental caries or cavities. Mothers' knowledge about dental and oral health was assessed by random interviews with five mothers under five. Three mothers already understand the importance of dental and oral health, while the rest still do not understand the importance of dental and oral health.

2. RESEARCH METHODS

Research Design

This type of research is quantitative, with a *cross-sectional* approach.

Population, Samples, and Sampling

This study's population is mothers with toddlers in Paud Al Barokah, with as many as 30 respondents. The sample was 30 people, and a total sampling technique was used.

Instruments

The questionnaire used in this researcher used a questionnaire. Questionnaire on dental and oral health adopted from Afif Fauziah, (2015). The validity and reliability test was carried out with the result of the validity test of 0.7 (Riwidikdo, 2008). And the Reliability test is 0.896.

Procedure

First, take care of the research permit by bringing a letter from the campus to PAUD Al-Barokah, then ask for permission from the PAUD to conduct research, explain to respondents, and provide *informed consent* and questionnaires. After completion, the researcher continued to process the data that had been collected and then analyzed and presented in the discussion.

Data Analysis

The data analysis in this study, namely univariate analysis, aims to explain or describe the characteristics of each research variable (Notoatmojo, 2018). The variables analyzed univariately in this study were age, education, occupation, and level of knowledge of the mother. The form of univariate analysis is presented in the form of frequency distribution.

3. RESULT

Table 1. Characteristics of Demographic Data

| Characteristic | N | % |
|-------------------------|----|------|
| Age | | |
| Late Youth (17-25) | 1 | 3.3 |
| Early Adulthood (26-35) | 21 | 70.0 |
| Late Adulthood (36-45) | 8 | 26.7 |
| Early Seniors (46-49) | 0 | 0 |
| End-of-Life (>50) | 0 | 0 |

| | | |
|-----------|----|------|
| Education | | |
| SD | 4 | 13,3 |
| SMP | 11 | 36,7 |
| SMA | 15 | 50,0 |
| College | 0 | 0 |
| Work | | |
| Private | 1 | 3,3 |
| Farmer | 7 | 23,3 |
| IRT | 22 | 73,4 |
| PNS | 0 | 0 |
| Buruh | 0 | 0 |
| Wiraswasa | 0 | 0 |

Based on the study results in Table 1, the demographic data of respondents aged 26-35 years (70.0%) is explained. The results of educational demographic characteristics were mostly high school educated as many as 15 respondents (50.0%). The results of most work characteristics were IRT as many as 22 respondents (73.4%).

Table 2. Knowledge Distribution

| Physical Activity | N | % |
|-------------------|----|------|
| Tall | 22 | 73,4 |
| Keep | 4 | 13,3 |
| Low | 4 | 13,3 |

Based on Table 2 of the distribution of respondents with knowledge characteristics, it was found that most had high knowledge, as much as 73.4%.

4. DISCUSSION

Characteristics of mothers by age

The experience that respondents have in daily life will affect a person's level of knowledge. The distribution of respondents by age showed an average of 26-35 years. The older you get, the more experience and knowledge you get to increase mental and intellectual maturity. A person's age greatly affects knowledge in terms of understanding the information available, and the older a person gets, the better the knowledge also increases to mature, Notoatmodjo (2011).

Characteristics of mothers by occupation

The distribution of respondents by occupation showed that most IRT mothers were women. One of the factors that the knowledge of housewives who are not working is included

in the high criteria is that with free time when at home, housewives look for more information for dental and oral health care for their children obtained through newspapers, magazines, television, radio, and social media (Rahmawati, 2019).

This is in line with the research of Yulianti (2011), which stated that most of the research respondents were housewives, so they had more opportunities to pay attention to their children's dental and oral health conditions. This result is also supported by Hamdani (2015), who states that working parents tend to pay less attention to their children's health and spend less time with them. According to him, parents need to know, teach their children good things, and train them from an early age to maintain their dental and oral health.

Characteristics of mothers based on Education

The characteristics of the respondents can be seen in that of the 30 mothers who became respondents, the highest level of education of the respondents was high school education of 15 people (50%). According to Tauchid (2013), education is one of the most important national development. Knowledge is closely related to education, and it is hoped that a person with higher education will have a wider range of knowledge. Through the educational process, an individual will acquire health knowledge and give rise to individual and community activities to produce better health. One of the goals of education is to change behavior towards healthy behavior to achieve a degree of health that will be supported. **Overview of the level of knowledge of mothers about dental and oral health in children under five**

Based on the results, it can be seen that of the 30 mothers who were respondents in this study, it shows that mothers who have high knowledge are 22 respondents (73.4%). Knowledge results from knowing, which happens after a person senses a certain object. Sensing occurs through the five human senses: sight, hearing, smell, taste and touch. Most of human knowledge is acquired through the eyes and ears. Mothers with high knowledge obtain information because of personal experience and easy access to find and get information. Meanwhile, mothers with poor knowledge may be caused by a lack of enthusiasm for maintaining or neglecting dental health.

From the study results, data with high maternal knowledge was obtained with a percentage of 73%. This study disagrees with the research of Safiitri (2015), which explains that a good level of knowledge will encourage parents/mothers to always maintain and improve the dental health status of their children. This means that parents' knowledge about dental and oral health has little impact on their children's dental and oral health.

The results of this study are from Jayanti's (2012) research, which states that mothers' knowledge about dental and oral health is at an average high level. According to her, dental

and oral health knowledge is a great knowledge or understanding of mothers. It is also supported by an environment that makes getting information about dental and oral health easier.

Most mothers actually understand that before going to bed, the child should brush their teeth, but sometimes the child refuses to brush his teeth, and finally, the mother lets the child fall asleep without brushing his teeth first.

According to researchers, maternal knowledge is very important in underpinning the formation of behaviors that support or do not support children's dental and oral hygiene. This knowledge can be obtained naturally or planned through the educational process. Parents with low knowledge about dental and oral health are a predisposing factor for behaviors that do not support children's dental and oral health.

In this study, the overview of mothers' knowledge level about dental and oral health in children under five is categorized as a high level of knowledge. This can be supported by the characteristics of respondents who are mostly IRT or not working, whereas housewives are more focused on the needs of their children. In addition, mothers' education level is mostly high school, which is higher than that of other respondents; in this case, no one is highly educated in higher education.

Researchers are aware of limitations in the implementation of research. The limitation is that the number of respondents is only 30 people, and more is needed to describe the real situation. In the data collection process, the information provided by respondents through questionnaires sometimes needs to show the true opinion of the respondents. Because some respondents only answered the questionnaire spontaneously.

5. CONCLUSION

Based on the results of the research, the characteristics of the respondents showed that the age of the respondents was mostly early adult, most of the jobs were not working, the last education was mostly at the high school level, and the level of maternal knowledge about dental and oral health in toddlers was mostly included in the high category.

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