



Applications for empowerment of junior high school students with special needs to improve maintenance of dental health: A literature review

Ida Chairanna^{*}, IGA Kusuma Astuti, Agus Marijanto

Department of Dental Health, Poltekkes Kemenkes Surabaya, Indonesia

Abstract

Background: Poor oral hygiene and periodontal disease are the most common problems found in children with mental retardation, there are various limitations, especially those who are unable to clean their oral cavity themselves. So this increases the risk factor for damage to the teeth and soft tissues of the surrounding oral cavity.

Objective: to determine the impact of the Inclusion Junior High School student empowerment program on the maintenance of oral health.

Discussion: Dental and Oral Health Efforts are carried out through empowering junior high school students in the form of improving dental and oral health care. Children with special needs are children who have mental, physical and emotional limitations that are different from normal children, so they need help in keeping their teeth and mouth clean, and need the help of other people around them, be it parents, family members, caregivers, or teachers at school. Dental and oral health in children with special needs is lower than normal children because of the difficulties experienced by children with special needs, namely their low motor and cognitive abilities.

Conclusion: Empowerment programs for children with special needs can improve knowledge and skills in maintaining dental and oral hygiene.

Keywords: empowerment, children with special needs, knowledge, practice, oral health maintenance

Introduction

Children with Special Needs are children with physical, psychological, cognitive, and/or social limitations who are late in achieving their goals and maximum potential, including those who are deaf, blind, physically disabled, mentally retarded, speech disorders, and emotional disorders. According to WHO, the number of children with special needs in Indonesia is around 7-10% of the total number of children. In children with special needs, the risk of dental and oral health problems is higher because of their limitations (Yvatrani, 2015).

Poor oral hygiene and periodontal disease are the most common problems found in children with mental retardation (Stefanovska, 2010; Azzahra, 2014). Therefore, children with special needs require more attention than normal children. Others because of various limitations, especially not being able to clean their own oral cavity. So this increases the risk factor for damage to the teeth and soft tissues of the surrounding oral cavity. (Dessy Rachmawati, 2019).

The results of the 2018 Basic Health Research (RISKESDAS) for dental and oral health, recorded the proportion of dental and oral problems by 57.6% and those receiving services from dental medical personnel at 10.2%. The proportion of correct tooth brushing behavior is 2.8%

The results of Dessy Rachmawati's research, 2019 showed that the level of oral hygiene of autistic students at Branjangan Special School was mostly moderate (57.1%) and most of the students examined had moderate caries and periodontal disease (70%). All students who were examined had caries, both students with good, moderate and poor levels of oral hygiene. It is

recommended to the autistic student to always maintain the cleanliness and health of his oral cavity.

According to Progestine (2020) stated that dental and oral health in children with special needs is lower than normal children because of the difficulties experienced by children with special needs, namely their low motor and cognitive abilities. An interesting thing was stated by Nowank (1995) that as age increases, the level of dental and oral health problems in mentally retarded children will be higher so that dental and oral health care must always be maintained in line with increasing age.

Some parents think that these molars are still changing, so they don't pay much attention to it. After the tooth was exposed to caries and taken to the dentist, then they received an explanation about the tooth, only then did the parents know that there was no replacement for the tooth (Silaban, Gunawan and Wicaksono, 2015). Children with special needs are children who have mental, physical and emotional limitations that are different from normal children, so they need help in maintaining oral hygiene (Vivie, 2015), and need help from other people around them, be it parents, family members, caregivers and school teachers. The purpose of this study was to determine the impact of the Inclusion Junior High School student empowerment program on the maintenance of oral health.

Discussion

Children with special needs are children who have physical attributes or learning abilities that are different from normal children, either above or below, without always showing

physical, mental, or emotional disabilities, thus requiring individual programs in special education (SLB) because they have special needs. supporting equipment that is more complete and suitable for them according to Heward and orlansky (1992) cit Handayani, 2015).

Social problems in children with special needs affect the educational needs of these children, including children with special needs who have insufficient knowledge, especially knowledge in the field of dental and oral health. Knowledge of how to maintain low dental health supports the high caries rate in children with special needs. This means that children with special needs require more types of health services than normal children in general. (Tulangow *et al*, 2015) [6].

Inclusive schools are regular schools that accept students with special needs and provide a customized education service system for regular and special needs children. Inclusive schools are starting to accept children with special needs at certain levels such as autism and Down syndrome. Children with special needs in the form of blind, deaf, mentally retarded, quadriplegic, still many attend special schools (Handayani, 2015).

Empowerment programs to increase knowledge of dental health maintenance for students of SMP Inclusion Galuh Handayani Surabaya using the book Dental Health Maintenance for Children with Special Needs is one of the efforts to improve the dental and oral health of children with special needs. In addition, the use of demonstration methods with phantom and the practice of how to brush their teeth properly and correctly independently is another effort to increase the skills of how to brush teeth properly and correctly in junior high school students who have special needs.

Conclusion

Empowerment programs for children with special needs are urgently needed, this is an effort to increase knowledge and skills in maintaining dental and oral hygiene in children with special needs.

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