

**PENGARUH PENDIDIKAN KESEHATAN DENGAN MEDIA BERMAIN  
PUZZLE TERHADAP KETERAMPILAN MENGGOSOK GIGI PADA  
ANAK USIA SEKOLAH DI SD BANGUNKERTO TURI SLEMAN  
YOGYAKARTA**

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**INTISARI**

**Latar Belakang :** Hasil Riset Kesehatan Daerah (RISKESDAS) tahun 2013 oleh Departemen Kesehatan RI (Depkes RI) menunjukkan prevalensi anak yang mengalami masalah kesehatan gigi dan mulut berdasarkan karakteristik umur adalah 5-9 tahun sebesar 28,9%, umur 10-14 tahun sebesar 25,2% dan terjadi di pedesaan sebesar 25,9%. Anak dapat diajarkan cara memelihara kesehatan gigi dan mulut secara lebih rinci, sehingga akan menimbulkan rasa tanggung jawab terkait kebersihan dirinya sendiri. Metode pendidikan kesehatan dengan media *puzzle* sangat cocok dalam mengajarkan anak saat menyikat gigi dengan benar karena lebih menarik, interaktif, melatih kekuatan dan kemampuan motorik halus anak.

**Tujuan Penelitian :** Diketahui pengaruh pendidikan kesehatan dengan media bermain *puzzle* terhadap keterampilan menggosok gigi anak usia sekolah di SD Bangunkerto Turi, Sleman, Yogyakarta.

**Metode Penelitian :** Jenis penelitian eksperimen semu dengan menggunakan pendekatan kuantitatif. Rancangan penelitian adalah *One group Pre test – Post test*". Sampel diambil dengan teknik *simple random sampling* yaitu 50 siswa. Instrumen penelitian adalah lembar observasi dan media *puzzle*. Hasil penelitian dianalisis dengan uji *Wilcoxon*.

**Hasil penelitian :** Keterampilan menggosok gigi anak sebelum diberikan pendidikan kesehatan dengan media bermain *puzzle* kategori kurang sebesar 44%. Keterampilan menggosok gigi anak setelah diberikan pendidikan kesehatan dengan media bermain *puzzle* kategori baik sebesar 88%. Rata-rata keterampilan menggosok gigi anak setelah diberikan pendidikan kesehatan dengan media *puzzle* mengalami kenaikan sebesar 2,10. Hasil uji *Wilcoxon* diperoleh *p-value* 0,000.

**Kesimpulan :** Ada pengaruh pendidikan kesehatan dengan media bermain *puzzle* terhadap keterampilan menggosok gigi anak usia sekolah di SD Bangunkerto Turi, Sleman, Yogyakarta,

**Kata kunci :** media bermain puzzle, keterampilan menggosok gigi

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**THE EFFECT OF HEALTH EDUCATION WITH PUZZLE TOWARD THE  
RUBBING DENTAL SKILLS ON CHILDREN IN ELEMENTARY  
SCHOOL OF BANGUNKERTO TURI SLEMAN  
YOGYAKARTA**

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**ABSTRACT**

**Background:** The results of Regional Health Research in 2013 by the Ministry of Health showed the prevalence of children with dental and oral health problems based on age are five to nine years old as much 28.9%, age 10-14 years as much 25.2 % and occurred in rural areas around 25.9%. Children can be taught how to maintain oral hygiene in more detail, so that will lead to a sense of responsibility related to cleanliness itself. Health education method with puzzle media is very suitable for children to learn about dental rubbing properly because it is more interesting, interactive, train their motor skills and abilities.

**Research Method:** To know the effect of health education with puzzle media toward the rubbing dental skills on children on elementary school of Bangunkerto Turi, Sleman, Yogyakarta.

**Research Method:** This research was quasi experiments with quantitative approach. Research design was *One group Pre test – Post test*". Sample taken by *simple random sampling technique* about 50 respondents. The research instrument was observation sheet and puzzle. Research result was analyzed by *Wilcoxon test*.

**Research Result:** The children's rubbing dental skills before got the health education with puzzle was on fewer categories as much as 44% and increased in after given the health education was good categories as much as 88%. The average of children's rubbing dental skills after given the health education with puzzle media increased as many 2,10. With the significant level of *Wilcoxon test* obtained *p-value* 0,000 or < 0,001.

**Conclusion:** There was effect of health education with *puzzle* media toward the rubbing dental skills on elementary school age children in Bangunkerto Turi, Sleman, Yogyakarta,

**Keywords** : health education with *puzzle* media, rubbing dental skills

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