

THE RELATIONSHIP BETWEEN PARENTS' ROLE IN DENTAL CARE AND CHILDREN'S ABILITY TO BRUSH THEIR TEETH AT ELEMENTARY SCHOOL 06 PEKANBARU

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Abstract

Oral and dental health plays a crucial role in children's lives, particularly in their growth and development. Dental health issues, such as tooth decay, remain a significant problem among elementary school-aged children due to poor dental hygiene and low awareness of the importance of proper tooth brushing. Data show that the prevalence of tooth decay in preschool and elementary school children remains high, with one contributing factor being the lack of parental involvement in providing motivation and guidance in maintaining children's dental hygiene. This study was conducted at SDN 06 Pekanbaru, with results showing that 60% of children were unable to brush their teeth properly. The purpose of this study was to determine the relationship between parental roles and children's tooth brushing abilities at SDN 06 Pekanbaru. This study used a correlational cross-sectional design. The analysis showed that parental roles influence children's tooth brushing abilities. The results showed a significant relationship between parental roles and children's tooth brushing abilities (P Value < 0.001). Therefore, it is necessary to increase parental awareness and involvement in guiding children to maintain dental and oral health from an early age.

Keyword: Role of Parents, Children's Ability to Brush Their Teeth

INTRODUCTION

Oral health is a crucial aspect of a child's life, especially during growth and development. Dental health issues such as tooth decay remain a common problem among elementary school-aged children. Poor oral hygiene is caused by a lack of awareness among children about the importance of proper tooth brushing and a lack of parental motivation and guidance. According to data from the WHO and the Indonesian Ministry of Health, the prevalence of tooth decay among school-aged children in Indonesia remains high, reaching 60–90%. Most children do not brush their teeth at the appropriate times, namely after breakfast and before bed.

This study aimed to determine the relationship between parental involvement and children's tooth-brushing skills at SDN 06 Pekanbaru. The study used a quantitative correlational design using a cross-sectional method. The population was 63 parents of SDN 06 Pekanbaru students. Data were collected through questionnaires and analyzed using univariate and bivariate statistical tests with a significance level of 0.05. The results showed that the majority of respondents (44%) were middle-aged (36–45 years old), and the majority were female (81%). Forty-nine percent of respondents had a secondary education (high school). The analysis revealed that more than half of the children (57.2%) were unable to brush their teeth properly, while 50.8% of parents actively participated in maintaining their children's dental

hygiene. The statistical test results indicated a significant relationship between parental involvement and children's tooth-brushing skills, with a p-value < 0.001 , indicating that H_0 was rejected. This research confirms that parents play a significant role in children's oral hygiene habits. Parents who provide good examples, direct guidance, and consistent motivation can improve children's ability to brush their teeth properly. Other factors such as education level and age also influence parents' understanding of how to instill good dental health practices in their children. Lack of parental attention and guidance leads to children not developing a regular tooth brushing habit. This impacts the high rate of caries and dental problems in elementary school children. Therefore, it is necessary to increase parental awareness through early dental health education and counseling, both at home and in the school environment, so that children become accustomed to maintaining good oral hygiene. Thus, this study concludes that the better the role of parents in their children's dental care, the better the children's ability to brush their teeth properly. Collaborative efforts between parents, schools, and dental health professionals need to be continuously strengthened to foster clean and healthy lifestyle habits in children from an early age.

RESEARCH METHODS

This study used a quantitative approach with a correlational design and cross-sectional methods. The aim of this design was to determine the relationship between parental role and children's tooth brushing ability at the same time (without long-term intervention). Population and Sample: Respondents were 63 parents of students at SDN 06 Pekanbaru. Sample selection was based on specific criteria in accordance with the characteristics studied. Data Type and Source: The data collected was primary data, obtained directly through questionnaires distributed to parents. Data Analysis: The data were analyzed univariately (to examine the distribution of respondent characteristics) and bivariately (to determine the relationship between parental role and children's tooth brushing ability). The statistical test used was a correlation test (Chi-Square test) with a significance level of $p < 0.05$. Main Results: A significant relationship was found between parental role and children's tooth brushing ability, with a p value of < 0.001 .

RESEARCH RESULTS

Summary of Results The study was conducted on 63 respondents (parents of students at SDN 06 Pekanbaru). The results showed: Parents' age: The majority were 36–45 years old (44%). Gender: 81% were female. Education: Almost half had a secondary education (49.2%). Parental role: 50.8% actively guided their children. Children's tooth brushing ability: 57.2% of children were unable to brush their teeth properly. Correlation analysis showed a P value < 0.001 , indicating a significant relationship between parental role and children's tooth brushing ability. Discussion Summary Parents' age and experience influence their level of understanding and maturity in educating children, including in teaching good tooth-brushing habits. Women (mothers) play a dominant role in supervising and instilling in children the habit of maintaining dental hygiene, as they interact more frequently with them at home. Education level influences their perspective and knowledge about the importance of dental health. Parents with higher education tend to have a better understanding and practice. The role of parents, including guidance, supervision, modeling, and direct motivation, has been shown to contribute to children's ability to brush their teeth properly. Lack of parental motivation and attention leads to children's lack of discipline in maintaining dental hygiene. These findings support previous

research (Dewi, 2020; Banowati et al., 2021), which emphasizes that active parental involvement is a crucial factor in shaping children's dental health behaviors.

DISCUSSION

This study involved 63 respondents, parents of students at SDN 06 Pekanbaru, with the aim of determining the relationship between parents' role in dental care and their children's tooth-brushing skills. The results showed: Parental age: Most were aged 36–45 years (44%), classified as middle adults. Gender: The majority were female (81%), indicating that mothers played a dominant role in overseeing their children's dental hygiene. Education level: Nearly half (49.2%) had a secondary education (high school). Based on bivariate analysis, a significant relationship was found between parental role and children's tooth brushing ability, with a P value <0.001. This means that the better the parents' role in guiding, motivating, and providing dental hygiene facilities, the better the children's ability to maintain their oral health. In general, 57.2% of children were unable to brush their teeth properly, indicating that parental guidance is still suboptimal. The role of parents has been proven to be a crucial factor in developing good tooth brushing behaviors in children, especially elementary school-aged children who still need direct guidance.

CONCLUSION

This study highlights the importance of parents' role in maintaining the dental health of elementary school-aged children. The main issue addressed is the persistently high rate of dental caries in children due to poor dental hygiene and low awareness of the importance of proper tooth brushing. The study was conducted at SDN 06 Pekanbaru using a quantitative correlational method using a cross-sectional approach. The primary objective of this study was to determine the relationship between parents' role in dental care and children's ability to brush their teeth properly. Data were collected from 63 respondents, consisting of parents of students in grades 1–2.

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