

**EFEKTIFITAS METODE *DRILL* TERHADAP PENGETAHUAN, SIKAP,
KETERAMPILAN DAN *ORAL HYGIENE*
(Studi Kasus pada Penyandang Tunanetra di SLB Kota Semarang)**

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ABSTRAK

Latar Belakang: Kebersihan mulut yang buruk adalah karena adanya plak. Plak dapat menyebabkan karies, gingivitis dan periodontitis. Kondisi ini dapat dikurangi dengan sikap yang baik dalam menjaga kesehatan gigi seperti menyikat gigi, tunanetra memiliki keterbatasan fisik dalam menjaga kesehatan gigi terutama sikap pada saat menyikat gigi. Ada beberapa metode dalam mengajarkan perilaku bagi tunanetra, salah satunya adalah metode drill. Latihan menyikat gigi dilakukan secara berulang-ulang. Metode ini bisa membantu meningkatkan keterampilan menyikat gigi yang baik dan benar.

Tujuan: Untuk menganalisis efektifitas metode *drill* terhadap pengetahuan, sikap keterampilan dan peningkatan *oral hygiene* pada penyandang tunanetra.

Metode: Penelitian ini menggunakan metode *Quasi Experiment* dengan pendekatan *Non Randomized Control Group Pretest and Posttest Design* pada kelompok intervensi dan kelompok kontrol. Sampel penelitian menggunakan tehnik *Purposive Sampling* berjumlah 30 siswa penyandang tunanetra. Dibagi menjadi dua kelompok: kelompok kontrol dan kelompok intervensi. Responden pada kelompok kontrol tidak diberi metode *drill* tetapi diberi kuesioner awal dan akhir. Responden pada kelompok intervensi diberi metode *drill* selama 4 hari berturut-turut dan dilakukan monitoring keterampilan, *PHP-M* dan *Debris* pada hari ke 11, 18, 25. Analisa data menggunakan uji statistik.

Hasil: Pengetahuan meningkat 29,34 %, Sikap menjadi lebih baik 24,27 %, Meningkatkan Keterampilan 55,55 %, skor *PHP-M* menurun dari 38,5-16,87 dan skor *Debris* juga menurun dari 1,80-1,03 (*p-value*) *paired samples t-test* 0,001 ($p < 0.05$).

Kesimpulan: Metode *drill* efektif meningkatkan pengetahuan, sikap, keterampilan dan menurunkan skor *Patient Hygiene Index Modified (PHPM)* dan *Debris Index (DI)*.

Kata Kunci : Metode *Drill*, Pengetahuan, Sikap, Keterampilan, *Oral Hygiene*, Penyandang Tunanetra

Daftar pustaka : 93 referensi (1987 – 2015)

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**EFFECTIVENESS OF DRILL METHOD OF KNOWLEDGE,
ATTITUDES, SKILLS AND ORAL HYGIENE
(Case Study on Blind Students in SLB Semarang)**

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ABSTRACT

Background: Poor oral hygiene is due to the presence of plaque. Plaque can cause caries, gingivitis and periodontitis. This condition can be reduced with good attitude in maintaining dental health such as right brushing teeth. Unfortunately, blind people have physical limitation in maintaining their dental health especially attitude on brushing their teeth. There are some methods in teaching behavior for blind people, one of them is drill method, which consists of repeated exercises of brushing teeth. This method could help then increase their skills of brushing their teeth on the right way, hopefully.

Objective: To analyze the effectiveness of the drill method about the improvement of blind people's knowledge, attitude and skill in brushing their teeth.

Methods: This study was Quasi Experiment applied with nonrandomized control group pretest and posttest design in the intervention group and the control group. The research used purposive sampling techniques on 30 students blind. They were divided into two group : control and intervention group. The respondents on control group weren't given drill method but given questionnaire on the beginning and the end of the study. The respondents on the intervention group were given drill method during 4 days and monitored their skill, php-m scores and debris scores on day 11, 18, 25. Then, the data would be analyzed by statistic.

Results: The knowledge was increasing 29,34 %, attitude was changed better 24,27 %, skill was also increase 55,55 %. The score of PHP-M was decreased from 38,5 to 16,87 the score of Debris was also decrease from 1,80 to 1,03 ($p < 0.05$).

Conclusion: The drill method on blind people is effective in increasing their knowledge, attitude, skill and decrease the scores of PHP-M and Debris index.

Keywords : Drill method, Knowledge, Attitude, Skills, Oral Hygiene, Blind Student

Reference : 93 references (1987-2015)