

**PENGARUH METODE PENYULUHAN AUDIO TAKTIL
KESEHATAN GIGI DAN MULUT TERHADAP PENURUNAN INDEKS
PLAK SISWA TUNANETRA DI SLB SEMARANG**

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ABSTRAK

Latar Belakang: Anak tunanetra memiliki kebersihan gigi dan mulut lebih rendah daripada anak bukan penyandang tunanetra. Siswa tunanetra memiliki rata-rata nilai indeks plak termasuk kategori sedang. Beberapa hal yang menyebabkan buruknya kondisi rongga mulut anak tunanetra diantaranya adalah kurangnya pengetahuan tentang cara menjaga kesehatan gigi dan mulut dikarenakan kurangnya visualisasi kesulitan memahami dan menguasai cara menjaga kebersihan gigi dan mulut, dan cara sikat gigi yang salah. Terdapat beberapa metode penyampaian informasi yang dapat diterima dengan baik oleh tunanetra, diantaranya audio taktil yang didesain khusus agar tunanetra dapat belajar dan memperoleh informasi kesehatan gigi dan mulut. **Tujuan:** Mengetahui pengaruh metode audio taktil terhadap penurunan indeks plak pada siswa tunanetra. **Metode:** Jenis penelitian analitik dengan desain penelitian eksperimental semu dengan rancangan penelitian *one group pretest posttest only design*. Sampel dalam penelitian adalah seluruh siswa tunanetra di SLB N Semarang, SLB A Dria Adi, dan YKTM Budi Asih Semarang dilakukan pengukuran indeks plak sebelum (pre) penyuluhan, penyuluhan metode audio taktil, dan pengukuran indeks plak setelah 1 minggu penyuluhan (post). **Hasil:** Memperoleh nilai *p* sebesar 0,000 (*p*< 0,005), artinya terdapat perbedaan signifikan antara indeks plak sebelum dan sesudah penyuluhan. **Kesimpulan:** Penyuluhan menggunakan metode audio taktil efektif mempengaruhi indeks plak siswa tunanetra.

Kata Kunci: Audio taktil, Tunanetra, Indeks Plak

EFFECTIVITY OF DENTAL HEALTH EDUCATION WITH AUDIO TACTILE METHOD TO DECREASE OF PLAQUE INDEX ON BLIND STUDENT IN SPECIAL NEEDS SCHOOL OF SEMARANG

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ABSTRACT

Background: Children with visual impairments have lower oral and dental hygiene than non-blind children. Students with visual impairment have an average plaque index score in the medium category. Some of the things that cause the poor condition of the oral cavity of students with a visual impairment include the lack of knowledge about how to maintain healthy teeth and mouth due to lack of visualization, difficulty understanding and mastering how to maintain dental and oral hygiene, and how to brush teeth improperly. There are several methods of delivering information that can be well received by the blind, including tactile audio that is specifically designed so that the blind can learn and obtain dental and oral health information. **Objective:** To determine the effect of the tactile audio method on decreasing the plaque index in students with visual impairment. **Method:** This type of analytic research with quasi-experimental research design with one group *pretest-posttest only design*. The sample in this study were all students with visual impairment in SLB N Semarang, SLB A DriaAdi, and YKTM Budi Asih Semarang, measuring plaque index before (pre) counseling, audio-tactile method counseling, and measurement of plaque index after 1 week of counseling (post). **Results:** Obtaining a p-value of 0,000 ($p < 0.005$), meaning that there is a significant difference between plaque indexes before and after counseling. **Conclusion:** Counseling using the tactile audio method effectively affects the plaque index of students with visual impairment.

Keywords: tactile audio, visual impairment, plaque index