

PROGRAM STUDI ILMU KEPERAWATAN
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***Literatur Review* :**

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**Kemampuan *Personal Hygiene* Menggosok Gigi
pada Anak Retardasi Mental**

xii + 45 Halaman + 7 Tabel + 5 Lampiran + 12 Gambar

Abstrak

Anak RM memiliki banyak keterbatasan salah satunya merawat diri sendiri. Masalah yang terjadi pada anak RM terkait dengan kemandirian diantaranya dalam hal menjaga kebersihan gigi. Kesehatan mulut anak-anak dengan RM yang tidak terawat disebabkan oleh kondisi kecacatan, manifestasi penyakit atau terbatasnya akses terhadap pelayanan kesehatan gigi dan mulut. Penelitian ini bertujuan kemampuan *personal hygiene* menggosok gigi pada anak retardasi mental.

Jenis penelitian yang digunakan *literatur review*. Pencarian literatur menggunakan PICOC dengan melakukan penelusuran menggunakan *data base google scholar*. Hasil sintesis data diperoleh enam *literatur* yang dapat dilakukan *literature review*.

Hasil *literatur review* diperoleh rata-rata kemampuan anak menggosok gigi pada anak tunagrahita di SLB sebagian besar kategori sedang (44,6%) dengan rata-rata sebesar 5,1 dan SD sebesar 2,009, artinya data kurang bervariasi karena nilai standar deviasi lebih kecil daripada *mean*. *Literature review* yang telah dilakukan penulis menemukan anak RM mengetahui waktu dan frekuensi menggosok gigi. Anak tahu kapan waktu melakukan menggosok gigi yaitu setelah makan dan sebelum tidur. Anak RM mengetahui teknik dalam menggosok gigi dan cara merawat alat menggosok gigi.

Pihak SLB sebaiknya meningkatkan metode pembelajaran bagi anak RM dalam memberikan materi *personal hygiene* menggosok gigi sehingga memaksimalkan kemampuan dalam menggosok gigi.

Kata kunci : kemampuan *personal hygiene*, menggosok gigi anak RM

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Personal Hygiene Ability to Brush
Teeth in Mentally Retarded Children

xii + 45 Page + 7 Tables + 5 Appendix + 12 image

Abstract

RM children have many limitations, one of which is taking care of themselves. Problems that occur in children with RM are related to independence, including in terms of maintaining dental hygiene. Oral health of children with untreated RM is caused by disabilities, disease manifestations or limited access to dental and oral health services. This study aims at the ability of personal hygiene to brush teeth in children with mental retardation.

This type of research used literature review. Literature search using PICOC by searching using the google scholar database. The results of data synthesis obtained six literature that can be done literature review.

The results of the literature review showed that the average ability of children to brush their teeth in mentally retarded children in special schools was mostly in the moderate category (44,6%) with an average of 5,1 and SD of 2,009, meaning that the data was less varied because the standard deviation value was smaller than the mean. The literature review that has been conducted by the author found that RM children know the time and frequency of brushing their teeth. Children know when to brush their teeth, namely after eating and before bed. RM's son knows techniques for brushing teeth and how to care for tooth brushing tools.

SLB should improve the learning method for RM children in providing personal hygiene material for brushing their teeth so as to maximize their ability to brush their teeth.

Keywords: personal hygiene skills, brushing teeth of RM's children