

THE INFLUENCE OF EXTENSION USING PHANTOM MEDIA ON BRUSHING SKILLS TEETH IN PEOPLE WITH MENTAL DISORDERS (ODGJ) AT MITRA MULIA FOUNDATION HUSADA PALEMBANG YEAR 2024

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ABSTRACT

Background: Dental and oral health education is very much needed to change behavioral patterns which can be in the form of knowledge about how to maintain dental and oral health through counseling. Counseling using tooth models (can also be used in a group of people with mental disorders (ODGJ) using Phantom tooth props (tooth models). The purpose of this study was to determine the effect of counseling using phantom media on tooth brushing skills in people with mental disorders (ODGJ) at the Mitra Mulia Husada Foundation, Palembang in 2024.

Method: The research design used a quasi-experimental one group Pre-Test – Post-Test design method with 60 respondents filling out the tooth brushing skills sheet before continuing with counseling and filling out the tooth brushing skills sheet after. Before the data was analyzed, a normality test was carried out using the Kolmogorov-Smirnov Test. because the sample is more than 50 respondents. If the analysis shows normal data using the parametric test Dependent T-Test (Paired T-Test) if the data is not normal the non-parametric test of the data uses the Wilcoxon Signed Ranks Test.

Results: The results of the study on the effect of counseling using phantom media on tooth brushing skills in people with mental disorders (ODGJ) at the Mitra Mulia Husada Foundation, Palembang in 2024. Wilcoxon Signed Ranks Test analysis of tooth brushing skills before counseling means .1.48, standard deviation .748. tooth brushing skills after counseling mean 10.17, standard deviation 1.137. correlation analysis p value = 0.000. This means There is influence counseling using phantom media against skills brushing tooth.

Conclusion: There is an influence of counseling using phantom media against skills brushing teeth in people with disturbance soul (ODGJ) shown that second variable own influence strengthening change significant behavior to skills brushing teeth. p .value .000 < 0.05.

Keywords: People with mental disorders (ODGJ); phantom media; brushing teeth.

INTRODUCTION

Dental and oral health is part of body health which cannot be separated from each other. Dental and oral health greatly affects overall body health. According to the Indonesian Health Survey, (2023), For dental caries data in South Sumatra, damaged/cavity teeth 45.6 %, toothache gone/ pulled/ fell out by itself 28.0%, teeth filled/ filled because of cavities 4.0%, loose teeth 4.4% and sensitive teeth 8.3%. According to the results of the data, it illustrates the percentage of dental and oral health diseases in cases of cavities in South Sumatra Province is 45.6% which occupies the highest position.

The right method of brushing teeth, the right time and frequency of brushing teeth. Counseling should be made as interesting as possible, attractive, without reducing its content and the determination of media selection can be adjusted to the target of the counseling (Notoatmodjo, 2012). Counseling using tooth models can also be used in a group of people with mental disorders (ODGJ), where a person who experiences a disorder experiences an inability to use his mind and the rules of norms, and religion that encourages behavioral deviations.

According to Ardiansyah.S, (2023) Management of a mental disorder must be aimed at the positive abilities and

shortcomings/negative behavior of the patient. Behavioral therapy techniques using rewards and social skills training to improve social skills, the ability to meet one's own needs and interpersonal communication and self-health maintenance skills. Based on the above, some families cannot provide care for people with mental disorders (ODGJ), who prefer rehabilitation homes. In a rehabilitation home foundation for people with mental disorders (ODGJ) Yayasan Mitra Mulia Husada Palembang has the best quality in the city of Palembang, which provides self-protection, teaches how to maintain personal hygiene, teaches life motivation and compliance with taking medication, but for how to maintain dental and oral health is very lacking. This is because many ODGJ complain about dental and oral health, both tooth decay, gingivitis and periodontitis.

This background, the researcher is very empathetic and interested in conducting research at the Mitra Mulia Husada Foundation, Palembang in 2024 entitled "The Effect of Counseling Using Phantom Media on Tooth Brushing Skills in People with Mental Disorders (ODGJ) at the Mitra Mulia Husada Foundation, Palembang in 2024"

METHOD

Design uses a quasi-experimental one group Pre-Test – Post-Test design. The research respondents were observed for their toothbrushing skills before counseling, followed by counseling using tooth phantom media and observing their toothbrushing skills after counseling. Data analysis was carried out using the Dependent T-Test (Paired T-Test) if the data was normal (parametric test) and if the data was not normal, the non-parametric test. Before conducting a bivariate statistical test, the data was tested for normality first to determine whether the data was normally distributed (parametric test) and if the data was not normal (non-parametric test). Because the data was not

normal, the Shapiro-Wilk test was used because the number of respondents used was more than 50 respondents, if the significance value ($p > 0.05$ (95% confidence level) then the data is said to be normally distributed, but if the significance ($p < 0.05$ (95% confidence level) then the data is said to be abnormally distributed. If the data is not normal (non-parametric test) use the Wilcoxon Sieged Ranks Test.

RESULTS AND DISCUSSION

Research on the effect of counseling using phantom media on tooth brushing skills in people with mental disorders (ODGJ) at the Mitra Mulia Husada Foundation, Palembang in 2024, which was conducted on Thursday, February 20, 2025 with a total of 60 respondents obtained as follows:

Tooth brushing skills in people with mental disorders (ODGJ) before receiving tooth brushing skills counseling using phantom media

The results of the study showed the skills of brushing teeth in people with mental disorders (ODGJ) before receiving counseling using phantom media at the Mitra Mulia Husada Foundation in Palembang in 2024. From 60 respondents, the results were obtained Minimum value 1, maximum 3, mean 1.48 and std deviation .748, This can be seen in table 1 that the level of tooth brushing skills of people with mental disorders (ODGJ) is very low. In line with research conducted by Nurmalasari. A, et al. (2021), which stated that in normal people brushing their teeth before counseling using phantom media with 31 respondents (100%), the value of brushing teeth incorrectly was 61.3% with a frequency of 19 respondents and the value of brushing teeth correctly was 38.7% totaling 12 respondents. According to Wirza dkk. (2023) people with mental disorders, they often show an indifferent attitude towards dental and oral hygiene efforts, especially brushing their teeth due to psychological

factors such as anxiety, depression or other mental disorders that affect their ability to maintain dental health consistently. The oral hygiene status of people with mental disorders can be affected by various factors including the side effects of antipsychotic drugs that can cause dry mouth, low knowledge about the importance of oral hygiene, lack of motivation to perform self-care, as well as family support and access to health services. In addition to internal factors, there are several external factors that make someone ignore their oral hygiene, namely the role of health workers towards patients who need assistance such as schizophrenia/people with mental disorders.

Tooth brushing skills in people with mental disorders (ODGJ) after receiving tooth brushing skills counseling using Phantom Media

The results of the study showed that tooth brushing skills in people with mental disorders (ODGJ) after receiving counseling using phantom media at the Mitra Mulia Husada Foundation in Palembang in 2024. Of the 60 respondents with a minimum value of 9, a maximum of 12, a mean value of 10.17 and a std deviation of 1.137. In line with research conducted by Nurmalasari. A, et al. (2021), which stated that in normal people, tooth brushing skills were known after counseling using phantom media with 31 respondents (100%) the most values were the correct category of 67.7% with a frequency of 21 respondents and the wrong value of tooth brushing skills 32.3% totaling 10 respondents. According to Titin Sumarni (2021).

Descriptively, the sample that was given counseling with tooth phantom media increased sharply (77% correct answers) compared to before counseling (48% correct answers). Which means that counseling with tooth phantom media can increase the sample's knowledge about how to brush their teeth. This is because counseling with dental phantom media has the advantage of being easier to attract attention and stimulate sample

understanding. Counseling with dental phantom media can also make samples see directly the form related to the material given.

Based on research that has been conducted Bariyah dkk. (2024) on people with mental disorders, it is known that 59.1% of respondents have poor knowledge, 63.6% of respondents have negative attitudes, 62.5% of respondents have poor accessibility and 58% of respondents feel that the role of health workers is in the poor category for dental and oral health.

The effect of counseling using phantom media on tooth brushing skills in people with mental disorders (ODGJ)

Statistical test results show that mark obtained the value of tooth brushing skills before counseling N 0, mean .00 and std deviation value .00, which has a negative meaning which means the value after counseling is smaller than before counseling. for the value of tooth brushing skills after counseling using phantom media N 60, the mean value is 30.50 and the std deviation value is 1830.00 which has a positive meaning which means the value after counseling is greater than before counseling. While the value with p .value .000 <0.05 means There is Influence significant between influence counseling using phantom media against skills brushing teeth in people with disturbance souls (ODGJ) at the Mitra Mulia Husada Foundation, Palembang in 2024.

Table 1. Frequency Distribution of Respondents Based on Tooth Brushing Skills in ODGJ at the Mitra Mulia Husada Foundation, Palembang in 2024

	N	Min	Max	Mean	Std. deviation
Check the list before	60	1	3	1.48	.748
Check list after	60	9	12	10.17	1.134

The results of data analysis on the variables influence counseling using phantom media against skills brushing teeth in people with disturbance soul (ODGJ) shows that

second variable own influence strengthening significant behavior to skills brushing teeth. According to Edgar Dale's cone of experience theory, in particular general people will understand with Good about learning delivered if the media used interesting. more and more concrete media then level reception target become more well, on the contrary the more abstract a media then level reception become not enough. Stimulus in study This is when researcher give counseling using media phantom tooth to respondents.

Table 2. Normality Test Analysis of the Effect of Counseling Using Phantom Media on Tooth Brushing Skills in ODGJ at the Mitra Mulia Husada Foundation, Palembang in 2024

	Kologorov-Smirov Test	Sig
Tooth brushing skills checklist	1,496	023

Table 3. Correlation Results Analysis The Effect of Counseling Using Phantom Media on Tooth Brushing Skills in ODGJ at the Mitra Muila Husada Foundation, Palembang in 2024

	N	Mean	Std. deviation	P value	Note
Skills of brushing teeth before the instructor Han	0	.00	.00		Negative Ranks
Skills of brushing teeth before the instructor Han	60	30.50	1830.00	.000	Positive Ranks

There is an increase knowledge of respondents show that the stimulus is given received by respondents. On a with disturbance souls (ODGJ) who receive counseling skills brushing tooth influential good at practicing personal hygiene Alone from the not Can due to their mental condition is not stable so that tend ignore cleanliness self including cleanliness teeth and mouth , plus Again lack of motivation and support low family , mentoring power minimal and worsened health with effect side consume drug antipsychotic in term long

time can cause mouth dry consequence decrease saliva flow . With change strengthening behavior reception knowledge counseling skills brushing tooth using phantom media can lower number pain teeth and mouth in people with disturbance soul.

CONCLUSION

The results of the study conducted in 2024 at the Mitra Mulia Husada Foundation in Palembang, which examined the influence of counseling using phantom media on tooth brushing skills in individuals with mental disorders (ODGJ), can be summarized as follows. Prior to the counseling intervention, participants' tooth brushing skills had a minimum score of 1, a maximum of 3, a mean of 1.48, and a standard deviation of 0.748. After the counseling sessions using phantom media, the minimum score increased to 9, the maximum to 12, with a mean of 10.17 and a standard deviation of 1.137. Statistical analysis demonstrated that counseling using phantom media had a significant positive influence on improving tooth brushing skills among individuals with mental disorders, with a p-value of 0.000 ($p < 0.05$), indicating a highly significant behavioral improvement in oral hygiene practices following the intervention.

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