

Peer Group Approach: An Oral Health Intervention from Children for Children at Primary School in Klungkung, Bali, Indonesia

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Abstract : Strategic effort to realize the empowerment of community in school is through the peer group approach so that it needs to choose the students who are trained as the 'little dentist' in order to have the cognitive and skills to participate in the school dental health effort (UKGS) program, such as providing oral health education to the other students. Aim: To assessed the effectiveness of peer group approach to enhance the oral health knowledge level of schoolchildren at primary school in Klungkung, Bali. Methods: Experimental study using the pre-post test without control group design. The differences of knowledge levels, tooth brushing behavior and oral hygiene status (using PHP-M index) of 10 students before and after trained as the little dentists were analyzed using paired t-test. The correlations between knowledge level and tooth brushing behavior and correlations between tooth brushing behavior and oral hygiene before and after trained as the little dentists were analyzed using Spearman. Furthermore, the trained little dentists provide oral health education to 102 students of grade 1 to 5 at their school once a week for 3 months. The students' knowledge level scores of each grade were taken every 21 days as many as three times The difference of it was analyzed using Repeated Measured. Result: The mean scores among all little dentists before and after training for each of knowledge level were each $63.05 + 5.62$ and $85.00 + 7.81$, tooth brushing behavior were each $31.00 + 14.49$ and $100.00 + 0.00$ and oral hygiene status using PHP-M index were each $32.80 + 10.17$ and $11.40 + 8.01$. The knowledge level, tooth brushing behavior and oral hygiene status of 10 students before and after trained as the little dentists were different significantly ($p < 0.05$). Before and after trained as the little dentists it showed that significant correlations between knowledge level with tooth brushing behavior ($p < 0.05$) and significant correlations between tooth brushing behavior and oral hygiene ($p < 0.05$). The mean scores of knowledge level among all students before (pre-test) and after (post-test (1),(2),(3)) getting oral health education from little dentists for each, of grade 1 were $40.00 + 17.97$; $67.85 + 18.88$; $81.72 + 26.48$ and $70.00 + 22.87$, grade 2 were $40.00 + 17.97$; $67.85 + 18.88$; $81.72 + 26.48$ and $70.00 + 22.87$, grade 3 were $65.83 + 23.94$; $72.50 + 26.08$; $80.41 + 24.93$ and $83.75 + 19.74$, grade 4 were $88.57 + 12.92$; $90.71 + 9.97$; $92.85 + 10.69$ and $93.57 + 6.33$ and grade 5 were $86.66 + 13.40$; $93.33 + 9.16$; $94.16 + 10.17$ and $98.33 + 4.81$. The students' knowledge level of grade 1,2 and 3 before and after getting oral health education from little dentists showed significant different ($p < 0.05$), meanwhile there was no significant different on grade 4 and 5 ($p < 0.05$) although mean scores showed an increase. Conclusion: Peer group approach can be used to enhance the oral health knowledge level of schoolchildren at primary school in Klungkung, Bali.

Keywords : small dentists, oral health, peer group approach, school children

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