

RESEARCH ARTICLE

OPEN ACCESS

Manuscript received April 10, 2025; revised May 26, 2025; accepted June 27, 2025; date of publication June 5, 2025

Digital Object Identifier (DOI): <https://doi.org/10.35882/ijahst.v5i3.477>

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How to cite: Fidnova Ika Putri Sang'adji, Silvia Prasetyowati, Sunomo Hadi, and Ida Chairanna Mahirawatie, "Knowledge of Dental and Oral Hygiene Maintenance Using Grodio Dental Box Media among Blind Students in Grades III–VI at SLB A YPAB Surabaya", International Journal of Advanced Health Science and Technology, vol. 5, no. 3, pp. 104–108, June 2025

Knowledge of Dental and Oral Hygiene Maintenance Using Grodio Dental Box Media among Blind Students in Grades III–VI at SLB A YPAB Surabaya

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ABSTRACT Maintaining dental and oral hygiene is something important to do, especially for children with special needs such as blind people. However, blind children often find it difficult when they want to get information about maintaining dental and oral hygiene. The oral hygiene status of blind students is categorized as poor. This study was conducted to assess whether there are significant differences in knowledge regarding oral hygiene maintenance before and after counseling using the Grodio Dental Box media. This research uses a Quasi Experiment type of research: One-Group Pretest-Prosttest. The population in this study were 20 blind students. The data collection instrument used was a questionnaire sheet which was distributed before and after the counseling. The data analysis technique was tested using the SPSS data processing application with the Wilcoxon Test. The results of data analysis in this study using the Wilcoxon test showed that the Asymp Sig (2-tailed) value was $0.001 < 0.05$, indicating that there is a difference in knowledge of dental and oral hygiene maintenance before and after using Grodio Dental Box media among blind students in grades III–VI at SLB A YPAB Surabaya. The level of knowledge of blind students after using Grodio Dental Box media is in the good category.

INDEX TERMS Knowledge, Maintaining Dental and Oral Hygiene, Grodio Dental Box Media, Blind Students.

I. INTRODUCTION

Blind children are children who experience limitations in the sense of vision which causes their ability to see to be reduced or even completely lost [1]. Blind children generally have difficulty in recognizing the early symptoms of dental health problems due to the limited vision they have [2]. The physical limitations of blind children have an impact on the lack of knowledge related to dental and oral hygiene [3].

Compared to children who have normal vision, blind children have a fairly low level of risk regarding oral hygiene [4]. The existence of these obstacles can result in the difficulty of receiving information related to dental and oral hygiene [5]. The level of oral hygiene in blind people is strongly influenced by their own level of knowledge [6].

According to research conducted by Solanki in India, the oral hygiene status of blind people is poor, with a percentage of 40%. Compared to normal children with a percentage of only 23%, these results look higher. Meanwhile, research conducted at Rumoh Seujahtera Bejroh Meukarya, Aceh Besar, found that out of 34 respondents, as many as 38.9%, their oral hygiene status fell into the good and moderate

categories, and as many as 62.5% of them fell into the poor category [7].

The initial examination conducted in July 2024 on 10 students in grades III–VI at SLB A YPAB Surabaya obtained an average knowledge assessment result about maintaining oral hygiene of 50.15% in the poor category. Index debris examination with an average index debris examination result of 2.19 in the poor category. While the debris score criteria according to Green and Vermilion are divided into three categories, namely good with a score range of 0.0–0.6, moderate with a score range of 0.7–1.8, and poor with a score range of 1.9–3.0 [8].

The use of counseling media, related to oral hygiene, in the form of visual media is basically inappropriate if used for blind children. Counseling to blind children is given adjustments so that blind children can receive information about knowledge about dental and oral hygiene [9]. The combination of Braille and audio media can maximize the function of the sense of touch and hearing in blind children. Thus, information about

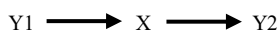
this can be conveyed effectively and can be easily understood by blind children [2].

One of the assistive media in providing knowledge of oral hygiene maintenance is using Grodio Dental Box media. Grodio Dental Box is a media made using a box in which there is information related to how procedures or how to maintain oral health [10]. Grodio Dental Box contains tooth models, toothbrushes, toothpaste, foods that are good and not good for oral health, audio explanations, and books about knowledge of maintaining oral hygiene written in Braille text for blind children. Text in the form of alphabet letters is also provided to make it easier for blind children's assistants to help blind children if they experience difficulties.

The purpose of this study was to analyze the results of knowledge of maintenance of dental and oral hygiene before and after counseling using Grodio Dental Box media for blind students in grades III-VI at SLB A YPAB Surabaya, so that blind children gain knowledge about maintenance of dental and oral hygiene using Grodio Dental Box media. The benefits of this research as a new innovation in conveying knowledge about maintaining dental and oral hygiene using Grodio Dental Box media so that it can be applied to blind students in grades III-VI at SLB A YPAB Surabaya and can increase knowledge, experience, and insight into the effect of counseling using Grodio Dental Box media on increasing knowledge of dental and oral hygiene maintenance using Grodio Dental Box media among blind students in grades III-VI at SLB A YPAB Surabaya.

II. METHOD

In this study using the kind of study Quasi Experiment: One-Group Pretest-Posttest. Where researchers give pretests to students before counseling and give posttests after the study[11]. The design used in Quasi Experiment research: One-Group Pretest-Posttest is as follows:



Description:

Y1 : Pretest

Y2 : Posttest

X : Implementation with Grodio Dental Box media

In this design through three methods, namely, giving pretest to blind students about knowledge of oral health maintenance, counseling blind students in grades III-VI at SLB A YPAB Surabaya with Grodio Dental Box media, giving posttest to blind students about knowledge of oral health maintenance. The location of this research is SLB A YPAB Surabaya City. The time of this research was carried out starting from July 2024 - March 2025.

The research targets used were blind students in grades III-VI at SLB A YPAB Surabaya as many as 20 students. The sampling used by researchers is Simple Random Sampling is a method of sampling from members of the population which is carried out randomly, regardless of the strata in the population [12]. The sample in this study were 20 blind students in grades III-VI at SLB A YPAB Surabaya. Inclusion criteria in this study were students in grades III-VI at SLB A

YPAB Surabaya and were present in class at the time of the study. Exclusion criteria in this study were students in grades III-VI at SLB A YPAB Surabaya who were absent during the research, uncooperative blind students, students with special needs except blind, and normal students.

The method used to collect data is the questionnaire method. The instrument used by researchers in data collection is a questionnaire sheet, which is distributed before and after counseling. Assessment in the questionnaire sheet by means of researchers conducting questions and answers with respondents and provisions of value 1 if the respondent "Yes" and value 0 if the respondent answers "No". It is known that the data measurement scale in this study is in the form of an Ordinal Scale and to determine whether there is a change in knowledge or not can use the Wilcoxon Test because the results in this study use good, moderate, and bad categories.

III. RESULTS

This study was carried out in December 2024 at SLB A YPAB Surabaya. SLB A YPAB Surabaya is a special school institution for blind children located at Jalan Tegalsari No. 56, Kedungdoro, Tegal Sari District, Surabaya City. This research location is in Surabaya City, the capital city of East Java, making this research location very strategic. SLB A YPAB Surabaya was established in 1959. The head of SLB A YPAB Surabaya is Mrs. Oktavia Eka Kusumaningtyas, ST., M.MPd.

TABLE 1

Distribution by Class and Gender of Blind Students of SLB A YPAB Surabaya.

| Category | N | % |
|----------|--------|----|
| Class | III | 3 |
| | IV | 5 |
| | V | 6 |
| | VI | 6 |
| Gender | Male | 11 |
| | Female | 9 |

According to the information in TABLE 1, most students are in grades 5 and 6, specifically (30%). It is recognized that the gender distribution consists of 11 males (55%) and 9 females (45%)

TABLE 2

Distribution of Results Knowledge of Dental and Oral Hygiene Maintenance Before Using Grodio Dental Box Media among Blind Students in Grades III-VI at SLB A YPAB Surabaya.

| Category | Frequency | % |
|----------|-----------|------|
| Good | 0 | 0% |
| Moderate | 5 | 25% |
| Poor | 15 | 75% |
| Total | 20 | 100% |

According to the information presented in TABLE 2, explained that knowledge about maintaining oral hygiene in blind students in grades III-VI at SLB A YPAB Surabaya before using the Grodio Dental Box media, most of the children, namely 15 children in the poor category (75%) and 5 children in the sufficient category (25%). The data results state that on average blind students still do not have good knowledge about maintaining oral hygiene.

TABLE 3

Distribution of Results Knowledge of Dental and Oral Hygiene Maintenance Using Grodio Dental Box Media among Blind Students in Grades III–VI at SLB A YPAB Surabaya.

| Category | Frequency | % |
|----------|-----------|------|
| Good | 18 | 90% |
| Moderate | 2 | 10% |
| Poor | 0 | 0% |
| Total | 20 | 100% |

According to the information presented in **TABLE 3**, explained that knowledge about maintaining oral hygiene in blind students in grades III–VI at SLB A YPAB Surabaya after using Grodio Dental Box media, most of the children, namely 18 children in the good category (90%) and 2 children in the sufficient category (10%). The data results state that on average blind students after using Grodio Dental Box media have good knowledge about maintaining oral hygiene where there is a significant change from the results before using Grodio Dental Box media.

TABLE 4

Wilcoxon Test of Results Knowledge of Dental and Oral Hygiene Maintenance Before and After Using Grodio Dental Box Media among Blind Students in Grades III–VI at SLB A YPAB Surabaya.

| Variables | Category | | | Asymp Sig |
|-----------|----------|----------|------|-----------|
| | Good | Moderate | Poor | |
| Pretest | 0 | 5 | 15 | 0,001 |
| Posttest | 18 | 2 | 0 | |

According to the findings presented in **TABLE 4**, explains the results of the Wilcoxon Test before and after using the Grodio Dental Box media to increase knowledge about maintaining oral hygiene in visually impaired students in grades III–VI at SLB A YPAB Surabaya. The results of the test are obtained if the Asymp Sig (2-tailed) value is $0.001 < 0.05$ then H_1 is accepted and H_0 is rejected. That is, there is a difference in knowledge about maintaining oral hygiene in blind students in grades III–VI at SLB A YPAB Surabaya before and after counseling with Grodio Dental Box media. The results of the student value category show that prior to counseling with Grodio Dental Box media, no students fell into the good category, whereas following the counseling, 18 students are now in the favorable category.

IV. DISCUSSION

A. KNOWLEDGE OF DENTAL AND ORAL HYGIENE MAINTENANCE BEFORE USING GRODIO DENTAL BOX MEDIA AMONG BLIND STUDENTS IN GRADES III–VI AT SLB A YPAB SURABAYA

The results showed that blind students in grades III–VI at SLB A YPAB Surabaya on average had a poor level of knowledge about maintaining oral hygiene, namely most of the children, namely 15 children in the poor category (75%) and 5 children in the sufficient category (25%) before getting counseling using Grodio Dental Box media.

The majority of visually impaired students still do not understand about maintaining oral hygiene. The reason is due to the lack of information they can get about maintaining oral hygiene in accordance with their needs and limitations [13]. Factors that have an impact on the oral health of blind children include physical limitations that hinder their understanding of this matter which in turn has an impact on the lack of

knowledge in obtaining information related to similar matters [14]. The more senses used to receive information, the results obtained regarding the information explored are also broader so that the understanding obtained is also deeper [15].

The lack of understanding, attention, and support from parents regarding oral health is the most important factor, in addition to the limitations possessed by blind people themselves [16]. Previous research supports these findings, which show that the low understanding of oral health in blind children is mostly caused by limited parental knowledge and lack of access to information about oral health for blind children [17].

This is in line with the conditions in the field, where facilities and supporting factors to improve blind children's knowledge related to maintaining oral hygiene such as the availability of media that suits the needs and limitations of blind children are not yet available at school. Researchers assume that knowledge before using the Grodio Dental Box media is on average in the poor category due to the absence of the availability of appropriate and effective media for blind children so that it can affect the knowledge they get.

B. KNOWLEDGE OF DENTAL AND ORAL HYGIENE MAINTENANCE AFTER USING GRODIO DENTAL BOX MEDIA AMONG BLIND STUDENTS IN GRADES III–VI AT SLB A YPAB SURABAYA

Based on the results of the study, it was found that the knowledge of dental and oral hygiene maintenance among blind students in grades III–VI at SLB A YPAB Surabaya after using the Grodio Dental Box media, namely most of the children, namely 18 children in the good category (90%) and 2 children in the sufficient category (10%) showed average results in the good category.

Respondents interest in the Grodio Dental Box media shows that it is very helpful and suits the needs of visually impaired children, as it can be used through the sense of touch and hearing. Grodio Dental Box is specifically designed for visually impaired children to support learning with appropriate aids, making it easier for them to receive information effectively.

Grodio Dental Box media consists of learning about maintaining oral hygiene for the blind which contains toothbrushes, toothpaste, tooth models, foods that are good and not good for dental health, Braille books on how to brush teeth and periodic visits to dental clinics, and also accompanied by audio on all aspects of the Grodio Dental Box media in order to help blind children understand and learn about maintaining oral hygiene.

Previous research explained that dental health education methods for blind children with the help of Braille, audio and tactile can help the senses function more optimally. The use of Braille allows blind children to understand the material while reading, while audio, which includes explanations, can increase interest and create a more pleasant learning atmosphere. In addition, touching tactile models, such as tooth

replicas, can help blind children understand shapes and locations more accurately [18].

Dental and oral hygiene for blind people can be improved through the utilization of senses other than vision [19]. Blind children tend to have a higher sensitivity to sound and touch than children with normal vision [20]. Therefore, in providing education, media is needed that suits their needs, such as the Grodio Dental Box. The use of media that is tailored to their needs can facilitate the process of receiving information and help blind children understand the material provided, including related to dental and oral hygiene [21].

C. DIFFERENCES IN KNOWLEDGE OF DENTAL AND ORAL HYGIENE MAINTENANCE BEFORE AND AFTER USING GRODIO DENTAL BOX MEDIA AMONG BLIND STUDENTS IN GRADES III-VI AT SLB A YPAB SURABAYA

The results of the study found a difference in knowledge of dental and oral hygiene maintenance among blind students in grades III-VI at SLB A YPAB Surabaya before and after counseling with Grodio Dental Box media, where the score after using Grodio Dental Box media is higher when compared to before using Grodio Dental Box media. Therefore, it can be concluded that the Grodio Dental Box media is proven to increase the knowledge of visually impaired students.

The difference in knowledge is due to the accuracy in the use of appropriate media when counseling respondents so that respondents can receive information well and the results of respondents' knowledge increase after counseling with Grodio Dental Box media.

The results of a similar study on the use of counseling media by combining Braille and audio media were significantly proven to increase the understanding of blind children in this regard. This is because the use of Braille and audio media utilizes the two main senses used by blind children, namely the sense of touch and hearing. The amount of sensory involvement used during the learning process is directly proportional to the knowledge gained by blind children [4].

Utilizing the Grodio Dental Box media in providing effective and appropriate education for blind children so that the level of knowledge about maintaining oral hygiene can increase. The use of this media is able to influence the understanding and knowledge of blind children about maintaining oral hygiene. This is part of an effort to improve the dental and oral hygiene status of blind children [22].

Based on Skinner's theory (1938) described in the book Notoatmodjo (2018), it suggests that a person's response behavior to a stimulus. In Skinner's view, behavior is formed through a process in which a stimulus affects the organism, then the organism responds. Skinner's theory is known as the "S-O-R" theory or Stimulus-Organism-Response [23].

This is in line with the use of Grodio Dental Box media where the media is a stimulus or stimulus that is used to stimulate the organism, namely blind students in grades III-VI at SLB A YPAB Surabaya in order to influence the response, namely in increasing knowledge about dental and oral hygiene

[24]. However, it is hoped that further research can increase the number of populations and samples in the study.

Counseling for blind people through the help of appropriate media has the potential to facilitate understanding and application of the information provided [25]. This approach can increase the knowledge of blind children about how to maintain oral hygiene. Thus, the message will be easier to understand and can provide positive results on the understanding of blind children related to how to maintain oral health [26].

V. CONCLUSION

Knowledge of the upkeep of dental and oral hygiene among blind students in grades III-VI at SLB A YPAB Surabaya prior to counseling with Grodio Dental Box media reflects an average rating in the poor category. Understanding the upholding of dental and oral hygiene among blind students in grades III-VI at SLB A YPAB Surabaya, after receiving counseling with an outreach tool, specifically the Grodio Dental Box, demonstrates an average rating in the good category. There exists a distinction in knowledge regarding the upholding of dental and oral hygiene of blind students in grades III-VI at SLB A YPAB Surabaya before and after being given counseling through the Grodio Dental Box media.

It is expected that SLB A YPAB Surabaya can utilize the Grodio Dental Box media by involving the media in the student learning process so that the knowledge absorbed by students related to how to maintain oral hygiene is not easily forgotten and can always be applied by students in everyday life. It is hoped that this research can be continued by conducting training for teachers or parents using the Grodio Dental Box media so that teachers or parents can understand how to maintain good and correct oral hygiene procedures so that they can help blind children to maintain hygiene with their own abilities. Can develop or modify counseling using Grodio Dental Box media for blind students to make counseling more interesting and use different variations and increase the number of populations and samples.

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