

HEALTH EDUCATION BRUSHING TEETH PROPERLY AND CORRECTLY FOR CHILDREN OF AL QURAN AL BAROKAH KINDERGARTEN PADANGSIDIMPUAN

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Abstract

This community service activity aims to increase the understanding and knowledge of RA Quran Kindergarten students about clean and healthy living behavior (PHBS) and change students' behavior in living clean and healthy. The targets of the service were 25 students consisting of kindergarten A and kindergarten B class groups. The method used is the counseling method with three forms, namely lectures, interactive discussions, and practices. The practice of PHBS and consuming healthy food gives students the opportunity to learn directly through seeing, practicing and playing how to brush their teeth properly and correctly or bring healthy food from home (lunch) 4 healthy 5 perfect. The results of the service showed that there was an increase and change in students' knowledge, attitudes and actions in brushing their teeth properly and correctly and eating healthy food.

Key: *Health education, clean and healthy living behavior, brushing teeth properly and correctly,*

1. BACKGROUND.

The community health education program is part of a form of service to RA Al Quran Kindergarten Students, for students at the Faculty of Health, Aufa Royhan University in Padangsidimpuan. This program applies health science in order to improve the ability of RA Al Quran Kindergarten Students to help themselves in achieving optimal health status by maintaining and improving the health of themselves, their families and the environment. This activity is in line with health development, which is one of the elements of general welfare,

which is directed at increasing the optimal degree of health, both physical, mental and social. In the development of health development so far, there has been a change in orientation, both values and thinking, especially regarding thinking, especially regarding efforts to solve problems in the health sector using the healthy living paradigm. This has the consequence of changing the pattern of education of health workers, not only oriented towards individual health services in hospitals but also developing towards health services in the community.

The potential of RA Al Quran

Kindergarten Students needs to be explored and developed and given the widest possible opportunity to participate as well as possible to improve their health. Meanwhile, students who graduate from the Faculty of Health Sciences, Aufa Royhan University in Padangsidimpuan who are expected to act as innovators, motivators and facilitators in the health development process need to be equipped with experience (in addition to theory and skills) in dealing with and solving family and community health problems.

In implementing the public health education program, lecturers and students from the Faculty of Health Sciences, Aufa Royhan University in Padangsidimpuan consisting of: Nursing study program undergraduate program intends to carry out activities in accordance with the work program that has been prepared including community service at TK RA Al Quran AL Barokah Padangsidimpuan.

The purpose of conducting community service in the form of providing counseling on Strengthening the Family of Clean and Healthy Living Behavior (PHBS) about brushing teeth properly and correctly at the RA Al Quran AL Barokah Padangsidimpuan Kindergarten, and also to realize a Healthy and Smart Generation in the Ujung Gurap

Padangsidimpuan Region.

The benefits of this activity help RA Al Quran Kindergarten Students to be able to apply the principles of health in everyday life - especially in Strengthening the Role of Families in Improving Public Health Degrees Regarding Hygiene and Sanitation and Students can apply the knowledge gained in lectures to the community about health as well as a learning experience to recognize health problems and determine the steps to solve them. Then other benefits so that lecturers and students can realize community service directly.

2. METHOD OF IMPLEMENTATION

The activity implementation stage starts from submitting an application for a letter of assignment for the implementation of community service to LPPM Aufa royhan University in Padangsidimpuan then coordination with the school principal. Coordination is carried out on the part of the teachers to ask for willingness to be used as a place of community service and readiness to provide a place for community service activities. And then do a health check that is done is how to brush your teeth properly and correctly. Counseling on Strengthening Family Clean and Healthy Living Behavior (PHBS) about Brushing teeth properly and correctly at RA Al Quran AL Barokah Padangsidimpuan

Kindergarten which aims to create a Healthy and Smart Generation.

3. RESULTS AND DISCUSSION

Environmental health is one of the conditions that can sustain a dynamic ecological balance between humans and the environment to support the achievement of good sanitation hygiene quality, the form of activities is brushing teeth correctly and correctly carried out by TK RA Al Quran AL Barokah Padangsidimpuan for children aged 05 - 07 years on November 25, 2024.

The results of the activity of brushing teeth correctly and correctly in children aged 05 - 07 years received extraordinary enthusiasm by imitating the movements of the gymnastics of brushing teeth correctly and correctly exemplified by students of the Nursing Study Program of the Undergraduate Program of the Faculty of Health, Aufa Royhan University in Paangsidimpuan. The obstacle in this activity is the activity that often makes noise and is difficult to organize.

4. CONCLUSION

The conclusion of the community service activities that have been carried out is that the Kindergarten of RA Al Quran AL Barokah Padangsidimpuan is enthusiastic about how to live a clean and healthy lifestyle by being realized in healthy family activities. Healthy because the Kindergarten of RA Al

Quran AL Barokah Padangsidimpuan is more awakened in spirit and awareness to maintain body hygiene. Doing a demonstration of brushing teeth correctly and correctly in children aged 05 - 07 years which aims to provide early health education so that children can recognize and start a healthy life from an early age.

5. DOCUMENTATION

