Oral Hygiene Status of Elementary School’s Age Child Based on Tooth Brushing Habit before Night Sleep
(Case study at SDN 1 Anyelir Depok Jaya)

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The elementary school’s age period is important phase to build healthy life habit, include tooth brushing before night sleep. Without brushing teeth before sleeping at night, there will be an increase in plaque accumulation which in turn will increase the risk for caries tooth and bleeding gum. **Purpose:** to analyze the difference in oral hygiene status based on tooth brushing habit before sleeping at night which was intervened by tooth brushing skill compared to those without the habit. **Method:** This cross sectional study conducted at SDN Anyelir 1 Depok Jaya in October – November 2007. Consecutive sampling was used to recruit the subjects (students) who were on 4, 5 and 6th year of the elementary school. There were 113 students consisted of 51 male and 62 female students. **Result:** means of plaque score 1 in child with tooth brushing habit before night sleep is 64.83 which is higher than child without those habit, is 58.93, and means of plaque score 2 in child with tooth brushing habit before night sleep is 39.48 which is higher than child without those habit, is 38.40. The result of t-test for tooth brushing habit before night sleep is p=0.246 for plaque score 1, and p=0.806 for plaque score 2. There was no influences of good or fair skill of tooth brushing in plaque score between groups with and without tooth brushing habit before night sleep. Conclusion: There was no difference in plaque accumulation stage between groups with and without tooth brushing habit before night sleep. After intervene with tooth brushing skill, there was still no difference in oral hygiene status between those two groups.

**Keywords**: Tooth brushing habit before night sleep, plaque, and tooth brushing skill