



**THE EFFECT OF COUNSELING AUDIO VISUAL
METHODS AND LECTURE METHODS ON
KNOWLEDGE OF DENTAL AND ORAL HEALTH IN
ELEMENTARY SCHOOL TEACHER IN LEIHITU
BARAT DISTRICT CENTRAL MALUKU DISTRICT**

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Abstract

Object: What is the influence of counseling on audio-visual methods and lecture methods on knowledge of oral health in elementary school teachers in West Leihitu District, Central Maluku Regency.

Method. Using the pre-experimental method Two Group Pretest and Posttest Design. Test the hypothesis using the testpaired t-test statistics. This study divided into two treatment groups audio visual (video) and lecture **methods:** The population of teachers in the West Leihitu District, Central Maluku Regency. Using total sampling. Correspondents were given pre-test and post-test questionnaires with 20 questions on the Guttman scale.

Results: There was an influence before and after counseling with audio-visual and lecture methods ($p < 0.05$) on the level of oral health knowledge of elementary school teachers. Counseling with the audio-visual method had more influence than counseling with the lecture method on increasing dental and oral health knowledge in elementary school teachers ($p < 0.05$).

Conclusion: Counseling on the audio-visual method (video) has a more significant effect than the lecture method on increasing dental and oral health knowledge for elementary school teachers in the coastal area of West Leihitu District, Central Maluku Regency.

Keywords: counseling, audiovisual, lecture, teacher

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1. Introduction

Dental and oral health education is one of the efforts to provide understanding to the community so that it is expected to increase public awareness of the importance of dental and oral health. This understanding should be given early on to school-age children where at this age children's high interest in learning is supported by a strong memory. At school age, it is generally found in children and adolescents where children are not yet able to know how to maintain oral hygiene and know the diseases that can occur if they do not maintain dental and oral health

Counseling is not only done for students, but teachers also need to be given counseling or understanding about maintaining dental and oral health, there needs to be intervention and assistance from adults. Health counseling is an educational activity carried out by spreading messages, instilling beliefs, so that participants are not only aware, know and understand, but are also willing and able to carry out recommendations related to health. The increase in post-counseling respondents' knowledge was influenced by several factors, namely extension workers, extension participants, counseling methods and media used. The method most often used in providing counseling is the lecture method, due to considerations of time, cost, and facilities. Several studies have shown that the lecture method that has been implemented so far has been ineffective, so it is necessary to look for other methods in increasing public knowledge and understanding of dental health education. One of the counseling methods for teachers regarding oral and dental health is using audiovisual methods in the form of videos that involve hearing and vision which can convey information in a more real way through moving images and sound. The teacher is the best promoter of educational activities because the teacher is familiar with the methods of educating and motivating students⁶ in line with the contents of Law No.14 of 2005 concerning teachers. Article 1 states that teachers are professional educators with the main task of educating, teaching, guiding, directing, training, assessing, and evaluating students in early childhood education through

formal education, basic education, and secondary education. West Leihitu District is part of the Central Maluku Regency region consisting of 5 villages namely Larike Village, Wakasihi Village, Alang Village, Lilibooi Village and Hatu Village. Based on the observations made by the author that so far the counseling carried out by the health team has only been in the form of lecture counseling and focused on school children, but the number of dental and oral diseases in school-age children is still high, as evidenced by every time the author goes to schools for UKGS programs every year, the authors still find cavities and toothaches in school-age children.

2. Method

This study used the Pre-Experimental Two Group Pretest and Posttest method. Because the researchers divided the two treatment groups, namely counseling with audio-visual methods and lectures to elementary school teachers. Assessment of answers from respondents was measured using the Guttman scale. A measurement scale with the Guttman type will get a firm answer in the form of "true-false". Correct answers are worth 1 and wrong answers are worth 0. The questionnaire sheet used has gone through validation and reliability tests and has been declared valid and reliable as an instrument. The questionnaire sheet consists of 20 questions. This research took place in a public elementary school in the District of West Leihitu, Central Maluku Regency. The sample in this study uses Total Sampling are all elementary school teachers in West Leihitu District with a total of 166 people by dividing the audio-visual and lecture groups to 83 people each. The test used in this study was the paired sample t test.

3. Results

In the results of this study in table 1, it can be seen that the correspondent characteristics show that the majority of respondents are women (147 people, 89%), most teachers are over 41 years old (74.1%).

Table 1. Characteristics of Respondents

Characteristics	n	%
Gender		
Male	19	11
Female	147	89
Age (Years)		
21-40	43	25.9
>41	123	74.1

Source: Primary Data, 2023

The table below shows the average value of teacher knowledge before being given audio-visual counseling is 69,591 with a standard deviation of 11,403. After being given counseling there was an increase with an average value of 82,346 and a standard deviation of 10,463. Based on the table, it can be seen that the significant value is $0.000 < 0.05$.

Table 2. The results of the paired sample t test to determine teacher knowledge before and after counseling with the audiovisual method.

Group	Means	std. Deviation	std. Error Means	Sig.(2-tailed)	Information
Pre-test	69,591	11,403	1629	.000	p<0.05
Post-test	82,346	10,463	1,494		

Source: Primary Data, 2023

The table below shows the teacher's knowledge before being given counseling with the method is 61,923 with a standard deviation of 14,824. After being given counseling there was an increase in the average value of 76,153 and a standard deviation of 14,437. Based on the table, it can be seen that the significant value is $0.000 < 0.05$.

Table 3. The results of the paired sample t test to determine teacher knowledge before and after counseling with the lecture method.

Group	Means	std. Deviation	std. Error Means	Sig.(2-tailed)	Information
Pre-test	61,923	14,824	2055	.000	p < 0.05
Post-test	76,153	14,437	2002		

Source: primary data, 2023

In the table below, shows the average value of audio-visual counseling methods of 70.96 with a standard deviation of 11.71 and the average value of lecture method counseling of 61.92 with a standard deviation of 14.82, it can be seen that the significant value is $p < 0.05$ which means the teacher who receives counseling with the audiovisual method has a higher average value than teachers who are given counseling using the lecture method.

Table 4. Results of the paired sample t test Teacher's knowledge of dental health and mouth after counseling with audiovisual and lectures

Master Knowledge	Means	std. Deviation	std. Error Means	Sig. (2-tailed)	Information
Counseling with audiovisual	70.96	11.71	1.62	.000	P<0.05
Counseling with lectures	61.92	14.82	2.05		

Source :Primary Data, 2023

4. Discussion

This study aims to see the effect of audiovisual (video) counseling when compared to lecture method counseling, which one has more influence on the knowledge of elementary school teachers. This research focused on elementary school teachers in West Leihitu District because they had never been given counseling to teachers. The results of this study correspond to more women. Basically women are usually more diligent than men, for example in attending a training or seminar so that it allows women to have better knowledge and develop than men. Gender greatly affects participation, participation by a man will be different from participation by a woman.

Age can affect one's knowledge, because the older one gets, the more one's comprehension and mindset develop so that the knowledge gained is even better. However, there is a decrease in grasping power in old age which is influenced by physiological factors so that the level of knowledge possessed also decreases. As one gets older, one's experience also increases which involves the five senses which can affect knowledge. Increasing a person's age can affect the increase in knowledge acquired, but at certain ages or approaching old age the ability to receive or memorize knowledge will decrease. In this study, there was a change or increase in the average value of knowledge before and after counseling using the audio-visual and lecture methods, which means that there was an increase in knowledge of oral health in elementary

5. Conclusions and Recommendations

From the results of this study it can be concluded that counseling using the audio-visual method has more influence than counseling using the lecture method on increasing dental and oral health knowledge for elementary school teachers in West Leihitu sub-district, Central Maluku Regency. Expected so that the results of this study can be used as information material in providing health education using the audio-visual method because it is proven that counseling with the audiovisual method is more effective than the lecture method and counseling needs to be carried out periodically to school teachers.

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school teachers after being given counseling using the audio-visual and lecture methods.

The increase in teacher knowledge is due to the teacher's ability to pay attention to and accept the information presented which is well received so that it can add information and teacher memory related to dental and oral health, also the ability of the media used to easily attract students' attention so that students are focused and interested in watching the counseling material provided. given. This is in line with research (Hidayati 2018) which states health education with audiovisual media in Ngada Regency. Crit Med Surg Nurs J, health education is one of the factors that influence an educational process which has an impact on achieving an optimal educational outcome and Based on the results of the paired sample t test, there is a significant comparison of teacher knowledge between counseling with audio visual and counseling using the lecture method, where teachers who receive counseling using the audio visual method have a higher average value than teachers who are given counseling using the lecture method. In other words, counseling using the audio-visual method has more influence than counseling using the lecture method on increasing dental and oral health knowledge in elementary school teachers.

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