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Pregnant Women's Knowledge About Gingivitis with Flipchart Media at the Palang Tuban Health Center

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ABSTRACT

Background: The most common periodontal tissue diseases are gingivitis and periodontitis, most pregnant women experience inflammation of the gums or gingivitis. In the initial data, it was found that 8 pregnant women had a lack of knowledge about gingivitis. **Object:** This study aims to find out knowledge about gingivitis by using flip chart media in mothers at the Palang Tuban Health Center **Method:** What is used is descriptive with pretest and posttest questionnaires, namely by providing questionnaires before (pretest) and after (posttest) counseling is carried out. **Results:** Pregnant women can learn more about gingivitis by using flip charts; their average level of knowledge is 85%. **Conclusion :** Media Flip Chart can make it easier for presenters to explain material or pictures or writing. The study's findings indicate that Flip Chart media can help pregnant women get information about gingivitis.

Keywords: Knowledge, Gingivitis, Pregnant Women, Flip Chart

BACKGROUND

For overall health and wellbeing, dental health is crucial. Dental health, also known as "oral health," includes the wellbeing of the oral cavity, which is made up of the gums, their structures, and supporting tissues. The oral cavity should be free of disease and pain, and its supporting tissues should function properly (Obi & Eluama, 2022).

Gingivitis is a disease of periodontal tissue, namely the edges of the gingiva that are reddish to bluish-red, enlargement of the gingival contours due to edema and bleeding easily (Novita & Suprpto, 2022). The increase in the hormones estrogen and progesterone can increase 10 times higher than normal, so the acid in the mouth is produced more than before pregnancy, which can worsen the condition of the oral cavity if left untreated (Nita et al., 2021). Basically, the factor that determines the occurrence of gingivitis in pregnant women is because the presence of plaque bacteria

on the teeth which is influenced by the dental and oral hygiene behavior of the pregnant (Yuliza, 2023) women themselves will increase the risk of developing gingivitis or gingivitis during pregnancy, namely gestational gingivitis

Periodontal disease is a disease in the oral cavity that is suffered by almost all humans in the world and reaches 50% of the total adult population (Suratri et al., 2020). The most common diseases of periodontal tissue are gingivitis and periodontitis. The prevalence of gingivitis is widespread in the world. Study finds link between ethnic origin and periodontal disease including gingivitis (Nataris & Santik, 2017).

Health promotion is a program that aims to improve society and the environment of the organization as a whole, both politically, socially, culturally, and physically (Yulandari et al., 2022). Therefore, health promotion not only changes behavior, practices, and

knowledge, but also improves and improves the environment (Nurmala, 2020)

Media or teaching aids are very helpful for health promotion so that messages can be conveyed optimally. With props, a person will have a better understanding of complex health facts, so they can appreciate the meaning of health for their lives (Safura & Helmanda, 2022).

According to the findings of interviews done at the Palang Tuban Health Center. According to the findings of tests and interviews with ten pregnant women on August 20, 2024, 70% of pregnant women are unaware of gingivitis. The author is interested in conducting research on pregnant women's knowledge about gingivitis using flipcard media.

Flipcharts are sheets made of filano paper that contain information that can be used in learning. The flipchart design is easy to rotate so that presenters can convey material sequentially according to the arrangement of the sheets (Handayani et al., 2024). Flipcharts are a useful tool for health education for pregnant women with low to intermediate levels of education, according to a study by Munawarah et al., (2022) (Hidayat et al., 2023). Research by Saputri et al., (2024) which indicates that the use of educational media in imparting education has a substantial influence on boosting pregnant women's knowledge about gingivitis, further supports the study's findings (Handayani et al., 2024). The purpose of this study is to use Flip Chart media to determine the degree of gingivitis awareness among pregnant women at the Palang Tuban Health Center.

RESEARCH METHODE

By assessing and monitoring the group before and after treatment, this descriptive quantitative study aims to ascertain how flipcard use affects pregnant women's level of gingivitis knowledge. This study was carried out from December 2024 to March 2025 at the Palang Health Center in Tuban. Purposive sampling was

used to choose 46 individuals for this investigation.

A questionnaire is utilized as the data gathering method, and a questionnaire sheet is the data collection tool. After the data is collected, data processing is carried out to prove the hypothesis by testing it using the percentage of knowledge of mothers challenging gingivitis before and after education using flip cards

RESULT AND DISCUSSION

Table 1.

Distribution of Respondents Data Before Counseling Using Flip Chart Media

| No. | Knowledge Categories | N | % |
|-----|----------------------|----|----|
| 1. | Great | 3 | 7 |
| 2. | Good | 14 | 30 |
| 3. | Less | 29 | 63 |

Presentations reveal that the majority of pregnant women at the Palang Tuban Health Center have more criteria of 29 (63%), 14 (30%) are adequate, and 3 (7%) are excellent based on a pre-test conducted prior to counseling utilizing flip chart media. The use of flip cards in the gingivitis counseling process is able to increase the knowledge of pregnant women as much as 39 (85%) pregnant women have a good category while 7 (15%) pregnant women have a good category.

Table 2.

Distribution of Respondent Data After Counseling Using Flip Chart Media

| No. | Knowledge Categories | N | % |
|-----|----------------------|----|----|
| 1. | Great | 39 | 85 |
| 2. | Good | 7 | 15 |
| 3. | Less | 0 | 0 |

The great category is shown by the knowledge ability of pregnant women to

answer questionnaire sheets correctly as much as 85% while those who answer wrong as much as 15%, so that the average knowledge of pregnant women at the Palang Tuban Health Center uses flip chart media in the good category (85%).

The respondents' lack of knowledge of gingivitis is indicative of their ignorance of the significance of maintaining dental and oral health throughout pregnancy and the necessity of routine dental examinations (Le et al., 2021). Pregnant women's lack of counseling is the root cause of this disease. According to Notoatmodjo (2018) research, a large number of respondents lack awareness because they have not received information from medical professionals or the media, including counseling (Notoatmodjo, 2018).

The majority of respondents only think of gingivitis as red or bleeding gums, without understanding that gingivitis is an inflammation of the gum tissue that can develop into periodontitis if ignored. Plaque that is allowed to build up can lead to gingivitis and coral formation that can lead to gingivitis. During pregnancy, nausea, vomiting, make pregnant women reluctant to brush their teeth, so that plaque accumulates and worsens oral hygiene (Sulistiyani et al., 2021).

The majority of pregnant patients at the Palang Tuban Health Center are still unaware that plaque accumulation brought on by inadequate dental care, along with other elements like the pregnant woman's hormonal fluctuations, is the primary cause of gingivitis. According to research by Pradnyanaputri et al. (2018), plaque and calculus that inflame the gingiva and food particles lodged in crowded teeth lead to excessive plaque accumulation, which if left unchecked would result in gingivitis (Pradnyanaputri et al., 2018). Plaque bacteria on teeth cause gingivitis and oral hygiene of pregnant women will be avoided from plaque bacteria that cause gingivitis in pregnancy (Missoum, 2020).

Most pregnant women at the Palang Tuban Health Center have understood that

gingivitis not only causes complaints in the oral cavity, but can also have an impact on general health. Gingivitis can stunt the baby's growth and in certain cases can lead to death. The effects of this condition can include nutritional disorders, premature birth, low birth weight, preeclampsia, cardiovascular disorders, stroke, diabetes, and infections in lung tissue (Nurhayati et al., 2024).

The increase in knowledge of pregnant women is greatly influenced by counseling methods that are in accordance with their character and needs. Knowledge can develop through an effective learning process, especially if the medium used matches the individual's way of learning and level of understanding (Notoatmodjo, 2018). It has been demonstrated that flip chart media counseling improves pregnant women's knowledge to the positive category. This medium combines simple visual and textual elements, making it easier to understand and helping to remember the material over a longer period of time (Arsyad & Anggriani, 2021)

Research by Ayele et al. (2022) also corroborates that flip charts are effective in improving maternal knowledge in other areas of health, and the results can last for a certain period of time (Kadek Yeni Dian Rismawati, 2019). Putri and Puspowati (2019) found that flip charts not only affect knowledge, but also encourage positive attitudes that support behavioral changes in Health (Putri & Puspowati, 2019).

The Stimulus-Organism-Response (S-O-R) hypothesis provides an explanation for this accomplishment (Zhai et al., 2023). Flip charts act as an attractive stimulus, pregnant women as organisms that process visual and verbal information, and increased knowledge as a result of the resulting response. (Notoatmodjo, 2018).

CONCLUSION

It may be inferred from the findings of the study conducted at the Palang Tuban Health Center on pregnant women's awareness of gingivitis before and after

counseling using flip chart media that the level of knowledge among pregnant women at the Palang Tuban Health Center was assessed prior to counseling utilizing Flip Chart medium. majority in the category of less recent. After receiving counseling at the Palang Tuban Health Center, pregnant women's understanding of gingivitis has increased, placing it in the good category.

CONFLICT OF INTEREST

The authors declare that there is no conflict of interest in this manuscript.

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