

BALANCED NUTRITION EDUCATION AND EXPLANATION OF HOW TO BRUSH YOUR TEETH WITH PHANTOM DENTAL IN MALAYSIA

Danik Mulyati^{1*}, Mochammad Maftuchul Huda², Dwi Setyorini³, Siti Nur Azizah⁴

^{1,3}Prodi S1 Keperawatan STIKES Karya Husada Kediri

⁴Universitas Muhammadiyah Purwokerto

⁴Semangat Muda Indonesia Foundation

danikmuuuuii@gmail.com¹, mochmhuda@gmail.com², sitinurazizah@ump.ac.id⁴

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ABSTRACT

Balanced nutrition is when humans consume food that provides sufficient nutrition to meet the body's needs without excess or deficiency of nutrients. A balanced diet should include carbohydrates, proteins, fats, vitamins, and minerals in the right proportions according to the body's needs. By consuming a balanced diet, you can support body functions, maintain a healthy body weight, and prevent various nutrition-related diseases. If nutritional needs are met, remember to maintain proper dental health. However, most of the children of Indonesian Migrant Workers (PMI) in Malaysia experience a knowledge crisis, which results in children not caring about their nutritional intake and several times neglecting to clean their teeth properly. So, educational activities are carried out regarding balanced nutrition and how to properly clean teeth to increase children's sense of concern for their bodies with the hope that children will have better habits. This program is applied to 43 PMI children studying in nonformal schools in Kuala Lumpur, Malaysia. The learning method begins with education about balanced nutrition with lectures, followed by coloring pictures of fruits and vegetables together. After education about balanced nutrition, it continued with an explanation of how to brush your teeth properly, assisted by using a dental phantom. After the activities, the children better understood the importance of nutritional intake for the body and proper tooth-brushing techniques. This activity needs to be continued with a more creative and innovative delivery method to children to achieve the goal that PMI children in Malaysia have a high level of concern for themselves, especially in the health sector.

Keywords: *Balanced Nutrition, Healthy Teeth, Indonesian Migrant Workers, Malaysia*

INTRODUCTION

Education is providing knowledge about specific things to increase public or audience understanding. A good understanding will create a good mindset, too. One of the efforts that must be made is socialization and education regarding balanced nutrition and how to care for the oral cavity (mouth) to keep it healthy and clean (Umasugi 2021; Rafi et al. 2024). Educational activities aim to increase understanding, improve abilities, and change people's behavior to achieve better development in various aspects of life (Agusman et al. 2024). Education can be carried out through various methods and media, such as learning at school, workplace training, seminars, workshops, and other educational programs. The educational process involves interaction between educators (teachers, trainers, facilitators) and students (students, trainees) to create an effective learning environment and provide good understanding to participants (Setiadi et al. 2023).

Through educational activities, individuals can gain new knowledge, improve skills, broaden their horizons, and develop positive attitudes (Putri et al. 2024). Education has a crucial role in improving the quality of life and helping individuals

achieve their maximum potential (Azizah et al. 2023b). The introductory section contains the background, problem formulation, activity objectives, and literature review. Writers must quantitatively express the portrait, profile, and condition of the target audience involved in community service activities (Azizah et al. 2023d). It can also describe the condition and potential of the area in terms of physical, social, economic, and environmental aspects relevant to the activities carried out. Also, explain the potential that can be used as material for community service activities (Azizah et al. 2024). Writers are asked to formulate the problem concretely and clearly in this section. Explain the objectives to be achieved in service activities.

Nutritional problems have many negative consequences, especially on children's growth, such as malnutrition, stunting, excess nutrition, and obesity (Azizah et al. 2023c). Therefore, nutrition education must be provided as early as possible. In providing nutrition education, the media is vital in conveying messages to targets. Suitable media can create enthusiasm for learning, thereby increasing students' engagement in the learning process. The media used included pictures, coloring, and guessing (Christie 2016). Inviting children to play guessing games with each other aims to determine how much children know about balanced nutrition (Yuningsih and Kurniasari 2022).

The results of this education show a significant increase in knowledge among children in the nonformal school. This shows that the delivery model and media used to deliver the material are effective and relevant, allowing children to receive it well (Kodriati et al. 2023).

METHOD

The method of community service for PMI Malaysian children is by conducting lectures or explaining material to children accompanied by demonstrations so that children can understand better after seeing the procedures for cleaning or brushing their teeth properly and correctly in this demonstration, which is practiced by the speaker directly (Azizah et al. 2023a). Several children will be allowed to carry out this demonstration in front of their friends and will be given prizes as a form of reward for their bravery (Putri et al. 2024). The speaker will also provide several questions and answers to ensure that the children understand the material presented and provide several prizes so that the children will be more enthusiastic about answering the following questions (Musli and Yumasdaleni 2023).

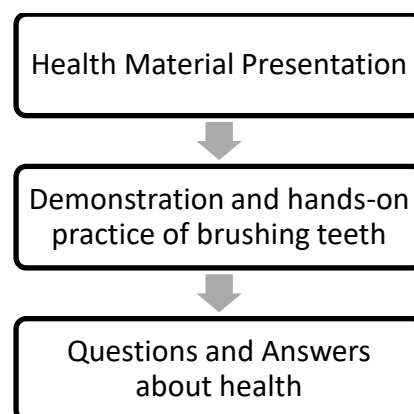


Figure 1. Method

After the community service, the children will share the results of their coloring work together. Some children with exciting work will be rewarded with stationery, but remember that we avoid making other children feel inferior or discouraged. We also give rewards to show appreciation for their efforts. In this way, children will feel happy when their efforts, no matter how small, are still appreciated.



Figure 2. Educational games about balanced nutrition

RESULT AND DISCUSSION

Education about balanced nutrition properly caring for and brushing teeth for PMI Malaysian children was very impactful, especially regarding their enthusiasm during the demonstration session. Apart from that, this learning has a broad influence on knowledge about health and can create healthier and more regular habits in daily life. Various new knowledge about health is essential, but for them, it is something significant and valuable; this can make the children in the nonformal school enthusiastic about living their days with healthy habits. In introducing types of balanced nutrition from fruit, vegetables, and many more, the sketches provided by the presenters can be an opportunity to increase their creative spirit in the field of art (Fadila and Kurniawati 2018). Their enthusiasm increased when they learned and demonstrated how to brush their teeth properly to their friends in front of the class, accompanied by loud cheers and applause, which created enthusiasm in the class. After the teaching program, especially learning how to brush teeth properly and correctly, was implemented, the children were able to show several names of teeth and their benefits (Anam et al. 2022). They also began to become fluent and loud in naming various parts of the teeth in unison.

This educational learning activity about health is supported by several factors that encourage us to introduce balanced nutrition and teach PMI children in Malaysia how to brush their teeth properly and correctly (Aswindo et al. 2021). The first factor is an effort to shape the spirit of creativity in these children. Apart from that, the lack of educational infrastructure that facilitates PMI children to learn about health is also

one of the considerations for carrying out this activity. On the other hand, it is necessary to carry out this activity to emphasize that balanced nutrition and cleanliness are essential, especially for children in their growing period (Abdullah et al. 2021).

In implementing this learning activity, PMI children need to gain health knowledge. PMI children still need access to learning facilities to recognize several things, such as knowing the parts and benefits of their body organs, namely the teeth, which are used to process the food consumed daily so that it can be digested properly.



Figure 3. Documentation

CONCLUSION

Problems related to health among PMI children in Malaysia mainly lie in elementary school-age children, which is very lacking. They need to gain knowledge and insight about their home country, Indonesia, and how to maintain cleanliness and health. One program to address and increase awareness of PMI children in Malaysia regarding the importance of health, especially in daily nutritional intake, is by holding lessons about balanced nutrition and maintaining oral and dental hygiene. The program begins with the stages of bridging, explaining, coloring together, giving examples by the speaker, repeated demonstrations by the children, and singing and praying together, which are practical learning stages to increase children's understanding and enthusiasm. After implementing this program, the visible impact is the increasing awareness of PMI children about the importance of health, which can be seen from the children's enthusiasm for learning more deeply about healthier lifestyles. This program hopes that children will be consistent and interested in understanding and knowing about health, especially in the nutritional intake that children consume daily. Seeing the enthusiasm and enthusiasm of the children in this program, implementing this activity needs to be continued with a more innovative and creative delivery method to achieve the goal that PMI children in Malaysia can have a strong spirit of change.

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