Dental Clinic Interior Model as an Alternative to Child Anxiety

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ARTICLE INFO
Date Received: 12 November 2020
Revision Date: 20 December 2020
Date Received: 03 January 2021

ABSTRACT
Children experience higher anxiety than adults this is due to emotional differences and mental development according to age, one of the efforts to overcome anxiety is to provide dental health education using methods, media and models of dental clinic rooms tailored to the needs of the child. In general, dental clinic rooms have white and creepy shades. The interior model of the dental clinic is made specifically to address the anxiety of the child at the time of childcare. Research Objective: produce an interior model of dental clinics as an alternative to child anxiety management.

Research and Development (R&D) method, and model test using quasi-experimental non randomized control group pre-test and post-test design. Sampling techniques with purposive sampling, the study subjects were children who performed treatment at the dental clinic, divided into 2 groups of 20 children each, group 1. intervention of dental clinic interior models with wall wallpapers and acoustic video stimulations and 2. Media posters and dental health counseling as a control group. Data tested with Wilcoxon and Mann-whitney tests. The result shows "Dental Clinic Interior Model" effective as an alternative to child anxiety management shown with a p-value value of 0.036. There is a difference in the effectiveness of the "dental clinic interior model" with counseling and poster for child anxiety management is shown with a p-value of 0.102. The test results are not paired with a p-value of 0.036. Thus, "Dental Clinic Interior Model" effectively lowers children’s anxiety levels.

INTRODUCTION
Anxiety in dental care is a major obstacle for the child when receiving dental care. Children have limited communication skills and are less able to express their fears and anxieties. Their behavior is a reflection of their inability to cope with anxiety. (Sutela, Rahaswanti, & Weta, 2019), (Gupta, Marya, Bhatia, & Dahiya, 2014) The feeling of anxiety experienced by the child is an instinct that arises according to the development process, the difference in age is different as well as the emotional development shown by the child. These feelings arise through observations in the surrounding environment as well as strange and unpleasant objects and the child tries to avoid them in an effort to protect themselves from harm, this reason that can be made by the child not to do dental care. (Agustiyaningsih & Kustiningsih, 2017).

The prevalence of anxiety in dental care worldwide reaches 6-15%, with variations in different countries and in different sample populations. (Simon R, 2014) Based on the survey by Al Sarheed, 16% of schoolchildren have feelings of anxiety and even fear to go to the dental clinic. (SP, 2014), (Bunga’Allo, Lampus, & Gunawan, 2016) The results of the study in Indonesia 22% expressed fear and anxiety when doing dental treatment bhkan before going to the clinic was already anxious. 5 These feelings can be found in children in various dental care units such as in dental clinics, health centers and in hospitals. (Bunga’Allo et al., 2016).

Research conducted by Kartono and Sartono suggests that there are three factors that influence anxiety: the sound of bur 81.46%, sitting in the dental chair 50.72%, the needle 39.13%, the dental instrument 39.13% and the negative experience story about dental care from others 33.33%. (Arlette Suzy Setiawan, Zidnia, & Sasmita, 2010) However, anxiety will decrease with age. (Shim, Kim, Jeon, & An, 2015).

The health of the child’s teeth and mouth, can be attempted by parents by inviting the child to check to the dental clinic but in practice, the children are
less cooperative in the treatment process so dental health workers have difficulty to handle the child. These difficulties are not only related to the treatment process, but there are also emotional differences between the child and the health workers. Fear and anxiety are emotions often shown by the child during dental treatment. (Mittal & Sharma, 2012)

The success of dental and oral health services in children is influenced by good service facilities, so as to reduce children's anxiety while in dental care and can increase children's trust in the services provided by dental health workers. (Tanudjaya, 2014)

General Purpose: Produce the interior model of the dental clinic as an Alternative to Child Anxiety.

Based on the background above, researchers intend to design a child-friendly dental clinic interior model tailored to the child's age characteristics, using perception stages for control with therapeutic communication, attention focus using wall wallpaper media and mind therapy with acoustic stimulation videos. As an attempt to decrease anxiety levels at the time of childcare treatment at the dental clinic.

METHOD

The research method used is Research and Development (R&D). This research aims to produce innovative dental clinic models. The R&D method is a research method used to produce new products or improve existing products and can be answered the results (Sugiyono, 2017), (Sukmadinata, 2012)

Research and Development (R&D) research is a mix-method research. The research mix-method is a method of combining qualitative and quantitative approaches. Research and development procedures include 5 main steps including: 1) information collection, 2) product or model design, 3) expert validity and revision, 4) trial of product or model and 5) product or model results. (Fatahilah, Rahayu, & Soekardi, 2017) Sampling technique using purposive sampling with 2 intervention groups and control group of 20 children each.

A child's anxiety can be measured by questionnaires, scales or degrees of varying levels of validity and reliability. Questionnaires to be used are Modified dental anxiety scale and Abeer Dental Children Anxiety Scale. (Al-Namankary, Ashley, & Petrie, 2012), (Humphris, Morrison, & Lindsay, 1995) This questionnaire is a measurement of anxiety based on the appearance of reactions in individuals who check into dental clinics.

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RESULT AND DISCUSSION

A. Information Collection

Dental and Oral Health Services are conducted by providing Communication, Information and Education (KIE) to parents and/or other family members in the form of: counseling/counseling about the growth phase of the firstborn teeth and the circumstances that accompany the process of teething and abnormalities/diseases that often occur in children and teaching how to maintain the health of the child's oral cavity before teething until the teeth of the series grow complete. The involvement of parents and/or other family members must be actively carried out in order to establish healthy behaviors and independence of toddlers and preschool-aged children optimally in the maintenance and improvement of their dental and oral health. The method is a persuasive and communicative direct approach method, therapeutic communication, indirect communication with 2D and 3D media. With the method of play, puppet play, in the gift of giving care, can be by watching videos from visual media. Media used are: Praga tool that can be held, poster media, or 3D media that can be seen by the child, audio visuals containing images that are of interest to the child, Media posters, images, animated videos, puppet plays, so that the child can distract him.

B. Design model

The results of information collection are used in the design of the interior model of the dental clinic as an alternative to child anxiety management.

C. Expert Validation

Table 1 Expert Validation Statistics Test

| Expert Validity | N  | f(%) | P-Value |
|----------------|----|------|---------|
| Relevant       | 10 | 100  | 0.01    |
| Irrelevant     | 0  | 0    |         |

*intraclass correlation coefficient

The result of expert validation shows that the p-value = 0.001, which means that

D. Trial Product

| Group | Paired t-test Mean | SD | t-Value | A. Mean | Sum of Rank | P-Value |
|-------|--------------------|----|---------|---------|-------------|---------|
| Int   | Pr 2               | 2.20| 0.410   | 0.020   | 17.80       | 35      | 6.0    | 0.036 |
The success of the dental clinic interior model is also seen from the decrease in child anxiety, because the child is introduced to an attractive and
child-friendly interior room model, this is supported by previous research stating that Modelling wall wallpaper and acoustic stimulation videos is a technique performed by utilizing the child's vision to introduce a friendly room in the same way of experience, thus reducing the anxiety of the child high.22, 23.

CONCLUSION
Dental Clinic Interior Model is feasible as an alternative model to lower the level of child ness, This is evidenced by the results of effectiveness test showing that the value of p-value=0.036

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