

## Pengaruh Buku Pop-Up ?Aku dan Gigiku? Terhadap Tekanan Darah Anak Usia 4-6 Tahun = The Effect Of Pop Up Book “Aku Dan Gigiku” To Blood Pressure In Children Aged 4-6 Years.

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### Abstrak

Perawatan gigi pada anak dapat menyebabkan peningkatan tekanan darah sistolik akibat adanya kecemasan. Penelitian ini dilakukan untuk mengevaluasi efektivitas buku pop-up “Aku dan Gigiku” sebagai alat intervensi dalam menurunkan kecemasan pada anak yang disebabkan oleh perawatan gigi. Sebanyak 78 anak usia 4- 6 tahun dibagi menjadi dua kelompok sama besar, yaitu kelompok perlakuan yang diberikan intervensi buku <em>pop-up</em> “Aku dan Gigiku” dan kelompok kontrol tanpa intervensi buku <em>pop-up</em> “Aku dan Gigiku”. Anak-anak tersebut ditempatkan dalam ruang tunggu dan diukur tekanan darahnya. Penelitian ini merupakan penelitian eksperimental klinis dan secara statistic dianalisa menggunakan uji ANCOVA untuk melihat turunnya tekanan darah sistolik anak usia 4-6 tahun antara kelompok intervensi dengan kelompok kontrol. Hasil penelitian menunjukkan terdapat pengaruh intervensi buku pop-up “Aku dan Gigiku” terhadap tekanan darah anak usia 4-6 tahun sebelum dilakukan perawatan gigi. (p=0,001).

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Dental procedures in children can induce changes in systolic blood pressure due to anxiety. This study was to evaluate the effectiveness of pop-up book “Aku dan Gigiku” as an intervention in reducing anxiety in early aged children before dental treatment. Seventy-eight children aged 4-6 years randomly divided into two groups, an intervention group and control group without intervention of pop-up book. They were placed in waiting room and blood pressure was measured. This experimental design of clinical research was statistically analyzed with ANCOVA, to measure the comparison of decreased sistolic blood pressure between intervention group and control group. The result of this study showed that there was a significant difference of sistolic decreased blood pressure with intervention of pop up book “Aku dan Gigiku”. Dental anxiety leads to undesirable distresses, and this anxiety will generate physiological changes such as blood pressure. An intervention should be taken to reduce dental anxiety, pop up book is an example of intervention media, as it educates the children and presents interesting illustration. Pop up book “Aku dan Gigiku” seems to be an effective method in reducing anxiety in children aged 4-6 years before dental treatment.