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Effectiveness Of Digital Poster Media In Dental Health Education To Enhance Knowledge And Oral Hygiene Practices: A Literature Review

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Abstract
Background: Dental and oral health is an integral part of public health, requiring innovative educational strategies. The high prevalence of dental health issues in Indonesia, such as caries and periodontal diseases, underscores the need for effective interventions to improve oral hygiene literacy and practices. Objective: To evaluate the effectiveness of using digital posters in enhancing knowledge and oral health practices across various population groups. Methods: A literature review using the PICOS framework, with keywords "Dental Health Education," "Simulation," and "Digital Posters." Article selection was performed using the PRISMA flowchart from PubMed and Google Scholar databases. Results: Both simulation methods and digital posters were proven effective in improving dental health awareness, particularly among children and the elderly. Simulations enhance practical understanding, while digital posters offer engaging visualization. Conclusion: Innovative media like digital posters can serve as practical and applicable solutions for dental health education in various community settings.
Key words*: Dental Health, Education, Digital Posters*

INTRODUCTION

Dental and oral health is an inseparable component of general health. However, public awareness of the importance of maintaining oral hygiene remains low. According to the 2018 Basic Health Research (Riskesdas), the prevalence of dental and oral health problems in Indonesia reached 57.6%, highlighting the urgent need for more effective and efficient educational strategies. Health education is a strategy applied at individual, group, relational, community, and broader levels to improve knowledge, attitudes, skills, and overall health. To achieve improved public health status through health education, it can be carried out in the form of direct education, including health education. If there is an increase in understanding as a result of the learning outcomes, it can be concluded that the media used is effective. This finding aligns with a study conducted by Astuti in 2017, which focused on efforts to enhance the

knowledge and understanding of health cadres at Posyandu. (Birawida AB, et al., 2018)

Health education is one form of education aimed at improving oral and dental health. Dental and oral health education, whether targeted at the general population or individuals with special needs, is structured and planned to promote more beneficial behaviors for individuals or groups. Health promotion programs play an important role in providing the knowledge and skills needed to access health-related information. In implementing health promotion, tools and educational media are essential to assist participants in understanding the material, ensuring the outcomes are more effective. (Morita, 2021), One emerging approach is the use of digital technology, such as digital posters. These media allow the delivery of health information in an engaging, interactive, and easily accessible manner. Simulation-based and digital poster education has been widely used in various settings, including schools, community health posts (Posyandu), and health clinics. The purpose of a poster is to inform readers about information packaged with a combination of images and words that are clear, concise, and engaging. Posters are indeed closely associated with visual communication on paper. Their graphic design features a composition of images and text presented in a brief and straightforward manner, making them easy to read at a glance. Additionally, posters are created using contrasting and vibrant colors. Therefore, posters are designed to convey messages or information. The presentation of such posters is also available in the form of electronic posters or e-posters. (Aspahani et al., 2020). Posters are defined as a visual combination of strong design, vibrant colors, and messages aimed at capturing the attention of passersby while embedding meaningful ideas in their memory. With an attractive form, vibrant colors, and a clear combination of shapes, images, and text, posters can engage their audience and help them understand the embedded message. Posters possess a dramatic appeal that captivates and attracts attention. (Aspahani et al., 2020) Posters have been used for various purposes, including political campaigns, public health education, and advertising. Moreover, poster presentations have been adopted as an alternative to paper presentations at many academic conferences. Posters draw attention and interest at a low production cost while efficiently conveying key ideas through a concise depiction of a topic. Teachers have long guided students to work with posters as a means of showcasing their learning, as using posters creates a unique and engaging learning environment. Additionally, poster sessions have been effectively utilized in professional development programs. (Ahmad SZ, 2019) Posters offer many benefits in educational contexts. They are colorful and engaging learning media (Coşkun & Eker, 2018) that cater to various learning styles and create a more captivating classroom environment. Posters enable creativity, individuality, originality, and independent thinking. Furthermore, they promote independence, fluency, research skills, transferable skills, confidence, positive attitudes, presentation skills, and collaborative learning. (Ahmad SZ, 2019) Posters also provide opportunities for reflection, allowing learners to highlight their strengths, receive feedback from peers and instructors, and share what they have learned with classmates. They help students organize their thoughts, explore misconceptions about a topic, demonstrate learning, and build stronger connections between the skills required to gather information and the ability to communicate their findings effectively. (Ahmad SZ, 2019). Digital posters, or electronic posters, feature graphic designs that visually convey messages or information in a format resistant to physical damage. Unlike printed posters on paper or banners, digital posters can be accessed via electronic devices such as computers, laptops, smartphones, and projectors. (Aspahani et al., 2020) Digital posters are also referred to as online posters, virtual posters, multimedia posters, electronic posters, or glogs. These are flexible online posters that integrate text, photos, music, videos, hyperlinks, and data attachments into a single presentation. Such media can be downloaded from the Internet or a computer's hard drive, linked to other web pages, or recorded from a video camera. Some studies advocate for the use of standard computer software to create digital posters. For instance, Rushton, Middleton, and Malone (2014) described digital posters as visually rich, concise presentations recorded using screen-capture technology, which can then be saved as digital video files for playback in or outside the

classroom. (Ahmad SZ, 2019). Several researchers suggest using online generators to create digital posters, such as Glogster, a multimedia website where teachers can create and access individual or group accounts for students to design and share interactive posters, upload and edit existing files, and utilize various templates. (Ahmad SZ, 2019) Researchers hypothesize that the digital poster format is similar to traditional printed posters in terms of teaching and learning. However, students may prefer the digital format for its ease of use and enhanced functionality, including timely edits, zooming, scrolling, and portability. (Newsom, 2021)

METHOD

This study employed the PICOS framework to assess the effectiveness of simulation and digital poster methods in dental health education. Population/Problem: Dental health issues across various age groups. Intervention: Education using digital poster media. Comparison: Education using traditional media, such as lectures or leaflets. Outcome: Improved knowledge and oral hygiene practices. Study Design: Experimental, quasi-experimental, and literature review studies. Search Strategy: Articles were searched using the keywords "Dental Health Education," "Simulation," and "Digital Posters" in PubMed and Google Scholar databases. Selection was guided by the PRISMA flowchart (Inclusion and Exclusion Criteria in table 2.
Table 1) to ensure only relevant articles were included.
Inclusion Criteria: Articles published in the past five years (2018–2023). Articles in English or Indonesian. Studies using simulation or digital poster methods in dental health education. Inclusion and Exclusion Criteria in table 2.
Table 1. PRISMA Flowchart

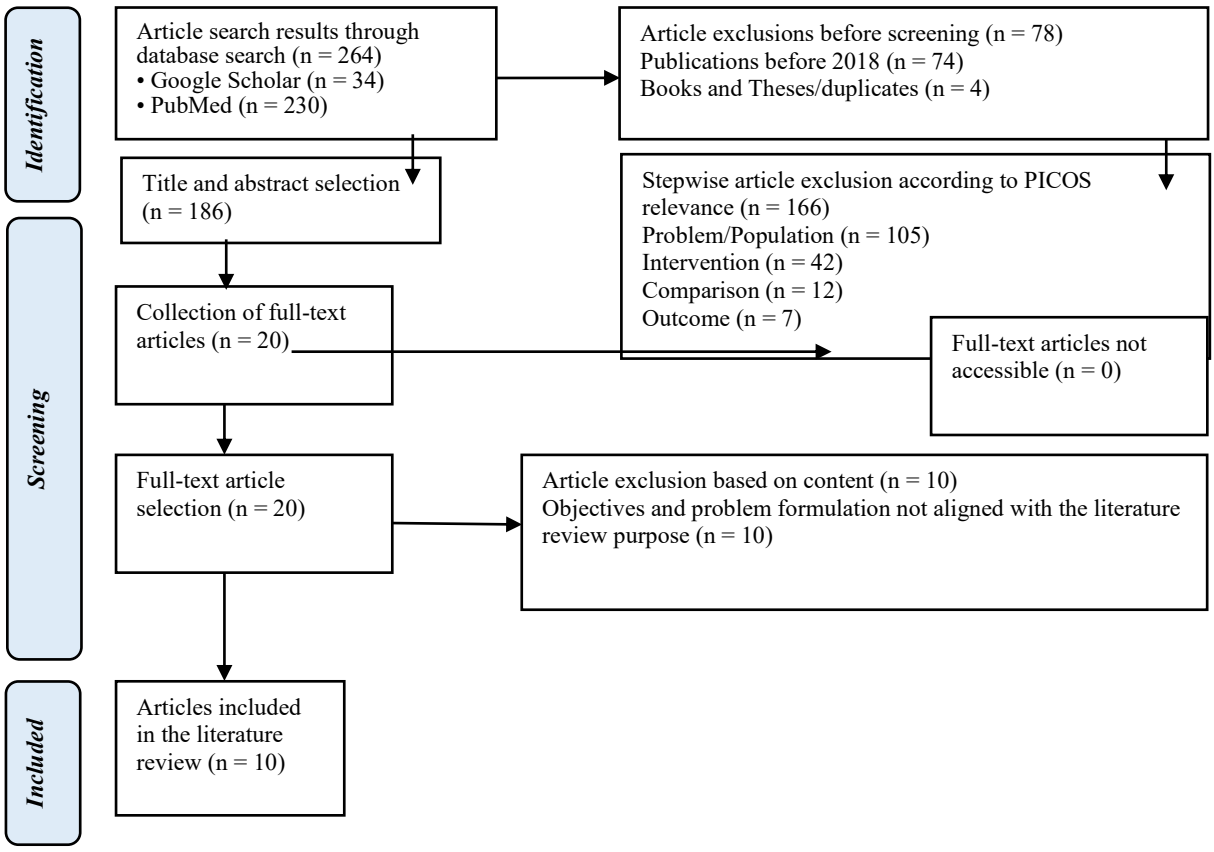

Table 2. Study Selection

Criteria	Inclusion	Exclusion
Problem	National and international journals from databases related to the research variables, namely dental health education and simulation methods with Artificial Intelligence.	National and international journals from different databases or unrelated to research variables; proceedings.
Intervention	Dental health education	No education intervention.
Comparison	Digital media or using AI	No digital media or AI usage.
Outcome	Comparison of knowledge/competence after education.	No comparison of knowledge/competence after education.
Study Design	Cross-sectional, quasi-experimental, experimental, and literature review.	Other than cross-sectional, quasi-experimental, or experimental; abstract-only articles.
Publication Year	Journals published between 2018–2023.	Journals published before 2018.
Language	Indonesian and English.	Languages other than Indonesian and English.

RESULTS

From the analysis of 10 selected articles, the findings include: Simulation: Enhances technical skills such as proper toothbrushing and denture cleaning, providing a more immersive learning experience. Digital Posters: Offers engaging visualization, facilitates information dissemination, and improves material retention.

Table 3. List of Included Journals

Authors	Title, Year
Ety Sofia Ramadhan[1], Adriana Hamsar[2]	Trifold Display Board 3D as an Effort to Improve Knowledge and Brushing Skills for Early Childhood (2022)
Yolinda Suciliyana[1], La Ode Abdul Rahman[2]	Augmented Reality as a Health Education Media for School-Aged Children (2020)
Siti Aulia Elsa[1], *Riau Roslita[2], Eka Wisanti[3]	Improving Knowledge of Proper Toothbrushing in School-Aged Children Through Dental and Oral Health Education with Video Media (2023)
Worachate Romalee, Fa-Tzu Tsai, Yi-Chen Hsu, Ming-Lun Hsu, Ding-Han Wang	A Mobile Augmented Reality-Integrated Oral Health Education for Community-Dwelling Older Adults: A Pilot Study (2023)
Laurie Fraticelli, Colette Smentek, Delphine Tardivo	Characterizing the Content Related to Oral Health Education on TikTok (2021)
Shalini Sinha, Sweta G. Pisulkar	The Effect of a Structured Education Training Program on Oral Health Awareness Among School-Going Children of Central India: A Cross-Sectional Study (2022)
Nino Hasanica, Aida Ramic et al.	The Effectiveness of Leaflets and Posters as a Health Education Method (2020)

Anggie Annisa Permatasari[1], Dinda Cita Lolita[2], Chafifah Chusnul Chotimah	The Role of Digital Media in Health Promotion Efforts to Improve Public Health: A Literature Review (2023)
Shida H., Okabayashi S., et al.	Effectiveness of a Digital Device Real-Time Visualized Tooth Brushing Instructions: A Randomized Controlled Trial (2020)
Peivand Bastani, Nithin Manchery, Mahnaz Samadbeik, Diep Hong Ha, Loc Giang Do	Digital Health in Children's Oral and Dental Health: An Overview and a Bibliometric Analysis (2022)

DISCUSSION

Research by Ramadhan and Hamzar (2022), titled "Trifold Display Board 3D As An Effort To Improve Knowledge And Brushing Skills for Early Childhood," demonstrated that the use of 3D display boards effectively enhances knowledge and brushing skills among young children. Similarly, the study titled "Augmented Reality as a Health Education Media for School-Aged Children" (2020) highlighted that augmented reality (AR) can serve as an effective medium for dental health education in school-aged children. The rapid technological advancements today have permeated all aspects of life, transitioning the oral tradition into the digital era. The evolution of information and communication technology (ICT) has brought the concept of "borderless" interactions, where social media facilitates instant access to information from anywhere. (Ramadhan and Hamzar, 2022) Efforts to encourage better behavior in maintaining oral health can be achieved through dental health education using various enjoyable, engaging, and attention-grabbing methods and media to prevent boredom among children. Attractive educational media can facilitate and accelerate children's understanding of the delivered material. These media should align with the target audience's characteristics, such as gamification-based dental health education, community-based cultural approaches, audiovisual content, and educational tours. (Ramadhan and Hamzar, 2022)

Types of Educational Media

Learning media are classified into audio, visual, audiovisual, presenter-based, object-based, and interactive computer-based media. Presentation media are divided into seven groups: graphics, printed materials and still images, projection media, audio media, audiovisual media, live-action images or films, television media, and multimedia. (Ramadhan and Hamzar, 2022). One engaging medium suitable for young children is the **3D Trifold Display Board**, designed to improve their knowledge and brushing skills. This poster-like board includes movable parts or three-dimensional elements that provide captivating visual stories, such as images that move when pages are turned. Its advantages lie in its ability to create a comfortable and joyful learning experience for children by combining hands-on interaction and visual engagement, encouraging curiosity and exploration. (Ramadhan and Hamzar, 2022)

Similar Findings in Other Studies

The study by Elsa et al. (2023), titled "Improving Knowledge of Proper Toothbrushing in School-Aged Children Through Dental and Oral Health Education Using Video Media," found that video-based dental health education significantly enhanced knowledge of proper toothbrushing techniques among school-aged children. Audiovisual media are widely accessible and convenient, found in various platforms such as the internet and television. Satria and Fatmasari (2020) demonstrated the effectiveness of the "Mogigu" online platform in delivering dental health education using motion graphic videos uploaded on YouTube. The study highlighted that audiovisual effects enhance student attention, ensuring they better absorb and apply the lessons in daily life.Demonstration methods in dental health education also support increased

understanding by allowing children to practice proper brushing techniques firsthand. Kumboyono (2011) reported that people retain 50% of what they see and hear, and up to 80% when they simultaneously observe, listen, and perform the activity themselves. Sihombing (2019) similarly found that knowledge of proper brushing techniques improved significantly from a baseline of 70% before education to 83% after using demonstration methods. (Elsa et al., 2023)

Augmented Reality (AR) in Health Education

Research titled "A Mobile Augmented Reality-Integrated Oral Health Education for Community-Dwelling Older Adults: A Pilot Study" (2023) explored the use of AR for promoting dental health education among older adults. This study demonstrated the potential of AR to enhance understanding of oral care practices. (Suciliyana and Rahman, 2020)AR integrates virtual elements with real-world environments, enabling users to interact with digital overlays such as 3D models, animations, or videos in real time. The immersive nature of AR makes it a promising tool for enhancing education. Studies have shown that AR increases motivation, improves understanding, and provides a novel approach to learning. (Kamelia, 2019)

The Role of Social Media in Dental Health Education

Social media platforms, including TikTok, have proven effective in disseminating health-related information. The study "Characterizing the Content Related to Oral Health Education on TikTok" (2021) examined how audiovisual content on TikTok engages users, especially adolescents, in understanding oral health. However, concerns about content accuracy and the promotion of unscientific therapies underline the importance of verifying such information. Digital posters provide flexibility in distribution and engaging visualization. Limitations: Limited access to technology in rural areas. Facilitators require specific training to optimize media usage. Practical Implications: The integration of simulation and digital poster media into national programs such as Posyandu and school health units (UKS) can improve health literacy.

CONCLUSION

Digital poster education has proven effective in enhancing knowledge and oral hygiene practices. Recommendations: Further research is needed to evaluate the effectiveness of these methods in broader populations. Integrating these media into national health promotion policies could significantly impact public health. From these studies, it is evident that digital media—including AR, videos, and social media platforms—holds significant potential for improving dental health education across various age groups and populations. The transition to digital posters offers numerous advantages, including cost-efficiency, environmental sustainability, broader reach, and enhanced engagement. By utilizing innovative digital tools, practitioners in fields such as health, education, and public communication can develop more effective strategies to convey messages. These advancements will help improve public knowledge, behaviors, and skills related to oral hygiene, ensuring better health outcomes in the future.

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