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**DESIGNING OF THE CREATIVE ILLUSTRATION BOOK AS LEARNING  
MEDIA ABOUT DENTAL HEALTH FOR CHILDREN**



By

**RAIHAN NARADIKA**

**POLITEKNIK  
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**Project Submitted in Partial Fulfillment of the Requirements for the Degree of  
Bachelor in Creative Multimedia (Hons.) in the Faculty of Information Sciences  
and Engineering**

**June 2023**

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## DESIGNING OF THE CREATIVE ILLUSTRATION BOOK AS LEARNING MEDIA ABOUT DENTAL HEALTH FOR CHILDREN

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### ABSTRACT

Poor dental health is a significant public health concern, particularly among children. Caring our dental health is a must to do for better health for adulthood later. Studies in Malaysia found most common cases for children is tooth decay or cavities. However, published learning media for children about dental health still limited and outdated. Therefore, there is a need for new approach to make a learning media about dental health for children that are effective and engaging. This research project aims to fill this gap by designing an illustration book for children and understanding children dental health and provide the solution through the book. Data were collected using quantitative method from Sub-Urban city in Malaysia and Indonesia, specifically on Klang Valley and Jakarta. It was found that illustration book about dental health for children still hard to find in sub-urban area. The teaching process about dental health to children is often do by parents because it was found the children often brush their teeth twice a day. Parents stated they will often use illustration book about dental health to teach their children if the book is available on the market. The result implies a presence of illustration book about dental health will help parents on helping them teaching their children. This study conclude children can learn something new with a fun and creative way.

**Keyword:** *Awareness Campaign, Dental Health, Illustration Book*

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### ABSTRAK

Kesihatan pergigian yang buruk adalah kebimbangan kesihatan awam yang penting, terutamanya di kalangan kanak-kanak. Menjaga kesihatan pergigian adalah satu kemestian yang perlu dilakukan untuk kesihatan yang lebih baik untuk masa dewasa kelak. Kajian di Malaysia mendapati kebanyakan kes biasa bagi kanak-kanak adalah kerosakan gigi atau kaviti. Namun begitu, media pembelajaran untuk kanak-kanak tentang kesihatan pergigian yang diterbitkan masih terhad dan ketinggalan zaman. Oleh itu, perlu pendekatan baharu untuk menjadikan media pembelajaran tentang kesihatan pergigian untuk kanak-kanak yang berkesan dan menarik. Projek penyelidikan ini bertujuan untuk mengisi jurang ini dengan mereka bentuk buku ilustrasi untuk kanak-kanak dan memahami kesihatan pergigian kanak-kanak dan memberikan penyelesaian melalui buku tersebut. Data dikumpul menggunakan kaedah kuantitatif dari bandar Sub-Urban di Malaysia dan Indonesia, khususnya di Lembah Klang dan Jakarta. Didapati buku ilustrasi tentang kesihatan pergigian untuk kanak-kanak masih sukar ditemui di kawasan pinggir bandar. Proses pengajaran tentang kesihatan pergigian kepada anak-anak sering dilakukan oleh ibu bapa kerana didapati anak-anak sering menggosok gigi dua kali sehari. Ibu bapa menyatakan mereka akan sering menggunakan buku ilustrasi tentang kesihatan pergigian untuk mengajar anak-anak mereka jika buku itu boleh didapati di pasaran. Hasilnya membayangkan kehadiran buku ilustrasi tentang kesihatan pergigian akan membantu ibu bapa dalam membantu mereka mengajar anak-anak mereka. Kajian ini merumuskan kanak-kanak boleh mempelajari sesuatu yang baharu dengan cara yang menyenangkan dan kreatif.

**Keyword:** *Awareness Campaign, Dental Health, Illustration Book*

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## ACKNOWLEDGEMENTS

Praise and gratitude to Allah SWT because only by His mercy and grace the writer can finish this thesis well. Sholawat and greetings will continue to be bestowed on Prophet Muhammad SAW until the end of time. By saying thank God, the researcher was able to complete the preparation of the thesis entitled "Designing of The Creative Illustration Book As Learning Media About Dental Health For Children".

In carrying out this thesis, guidance, support, inspiration, and prayers from various parties cannot be separated. Through this opportunity, the researcher would like to express his deepest gratitude to Mrs. Mastina Binti Masood, who has guided and patiently supported the writer so that the writer could finish this thesis. Not to forget, thank you also to the writer's beloved family, the mother Arika Arnowo, the father Irwandi, the brother Rakha Pramadika, and the sister Rasya Amanadira who have supported and prayed for the success of the author so that the author can write this thesis to completion. Likewise, thank you to Rara Adlina Wijaya who has provided support for the author to complete the thesis on time. And lastly, thanks also to Said Ahmad, Brillyan Firdana, Evan Maulana, Abdurrahim Hafizh, Muhammad Reihan, Muhammad Nazhara, Sabrina Zahra, Fadia Sekar, and Elysa Pagita who have become friends and supported the author to complete this thesis until the end.

The researcher realizes that this final project is still not perfect due to limited ability and experience. Therefore, the researcher expects constructive criticism and suggestions for the improvement of this final project. Finally, we return all our affairs to Allah SWT, and the author hopes that this research can be useful for all parties.

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## CHAPTER I

### INTRODUCTION

#### 1.1 Project Background

Illustration book is an important learning method for children. With illustration book, children can learn better than just reading a text since children more attracted to shape and color than just a text. This project will be designing an illustration book for children about treat their dental health. The target audience will be children with their parents' guide to learn the book. Children should take care their dental for their future. Take caring dental from early ages is important because our health is start from our mouth (Fiorillo, 2019). With the target audience is children, illustration book is an effective learning method for children to understand about dental health.

The purpose of this study is to help parents teaching their children about dental health through a creative way. Parents can teach their children to prevent their children having tooth decay with illustration. In this way, parents and their children will spend more time together. Other than tooth decay, this project will help parents to tell their children not to scared of the dentist. Constantly visits to the dentist are necessary before something bad happen. But, a lot of children afraid of dentist because of trauma on the last time they went to dentist.

Dental health for children is important to handle from young age. The most common dental problem for children is tooth decay. The bacteria from food or things that children put their mouth will stay on their teeth and will cause the tooth decay. There are a lot of ways to prevent tooth decay on children such as brushing their teeth twice a day or eat clean food. The other common problem for children



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is dental anxiety or scared on going to dentist to do a simple check up on their teeth. This happens because of trauma of their last visit to dentist or shows that they watch. Common dental problem happens in aged 5-7 years old according to studies on America.

Designing an illustration book for children aged 5-7 years old, colorful and big text explanation is needed to make them interested on the book. With illustration book, children will be able to learn and understanding the message on the book. All this have to be accompanied by their parents to be able asking about simple things and learning at the same time. But there will be another challenge for the book so the children will attract to the book. The most important is having a good book cover because that's what the children will look first. The illustration has to be clear about the message and the story of the book. Otherwise, the children will not enjoy or attracted to learn with the book.



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## 1.2 Introduction

This project will be focusing on learning media for children about their dental health using illustration book as the media. Illustration book is the effective idea for children learning because children attracted more into a shape and a color. With illustration, children can think creatively about the graphic and will enhance their ability to think creative. Good illustration book can attract children to read and doesn't make children become bored of the book. The main attractive point is good illustration and easy to understand for the children. Color is important to attract children attention. Using bright colorful will be attract them to focus on the book. Having a good book cover is plus point for children because they see the cover first before learn about the topic. Have a good cover will make children more attract of the book

Main topic is dental health for children. There are some of stage of children to understand before determine which stage to target in this project. There are three stages of children. The first one is early childhood with range of age from the day of birth until the day they turning 5 years old. At this stage, children still full under parents' responsibility. Therefore, early childhood is not the target of this illustration book. The second stage is middle childhood with range of age from 5 years old to 13 years old. At this stage, children will try new things by their own interest. They will learn new things and they will implement it as soon they understand it. Role of parents is important at this stage. This is the perfect stage for the target of this illustration book to nurse their dental health. And the third stage is adolescence or teens. At this stage, their mind will be mature enough to search their solution by their self. Illustrating for teens will be difficult because they have their own interest on the illustration design.



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Tooth decay or cavities is most common problem on dental health. Studies on America by their government stated 20% children aged 5-11 years old at least have 1 tooth decay. CDC (Centers for Disease Control and Prevention) is a national public health in America. They studied about all health problem and provide the solution. Tooth decay is condition where our teeth got infected by a bacterium causing a hole on our teeth. If the teeth didn't get the treatment soon, there will be a chance the patient will lose the teeth. The cause of tooth decay for children is too much sugar that bring the bacteria to live on the teeth. Other than sugar, putting something dirty into children mouth is the other cause of tooth decay

Other common problem is fear of the dentist or dental anxiety in medical term. Dental anxiety is all age problem, but children will be the main focus on this project. Dental anxiety happens because post trauma from last visit the dentist or watch something on the tv about dental. The illustration from this project will persuade children not to be scared of the dentist using the fun illustrations and colorful book. The book will help the children to come to the dentist

The main focus on this project will be persuade children to take care of their teeth and prevent tooth decay. The illustration design will persuade children to be brave coming in to the dentist and relieve them from fear of the dentist or dental anxiety. This illustration book will need parents' role to help their children to understand about the material of the book. The illustration book will enhance the learning for the children.



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### 1.3 Problem Statement

The following are the problem that will be appointed in this project;

- a. Published studies on children's oral health in Malaysia are still very limited (Nordin E. A., Shoaib, Yusof, Manan, & Othman, 2019)
- b. Studies in Malaysia found most common cases for children in dentist is tooth decay or cavities (Heng, 2016)
- c. Fear of dentist or dental anxiety numbers in Malaysia relatively high (Esa, Ong, Humpris, & Freeman, 2018)
- d. Published illustration book about dental health for children are still faintly to find
- e. Illustration reference for designing dental health for children still a few to find

### 1.4 Research Question

Based on the problem statement, the research question is below;

- a. Lack of awareness of dental health for children from ages 5-13 years old
- b. Appropriate learning media for children about dental health
- c. Children having trouble to learn with all text media. Children needs graphics or illustration to enhance their learning

### 1.5 Research Objectives

The following are the main objectives for the project. The main objectives are the goal for every research question;

- a. To understand children dental health problem and provide solution



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- b. To determine an appropriate learning media about dental health for children
- c. To develop a creative illustration book as learning media about dental health for children

## 1.6 Definition of Terms

### 1.6.1. Children

Human being lives through some phases of their life. First phase they got through is a child. Many of studies interpreted children as someone whom their ages is below under 18 years old. Children tend to grow fast physically and their mind become more mature over time. Children divided to 3 stages; Early childhood, middle childhood, and adolescence. Early childhood is started when someone just born until their turning into 5 years old. 5-13 years is called middle childhood. Last is adolescence or some studies call it as teens that start at the age 13 years old until they turning 18 years old.

### 1.6.2. Dental Health

When we talk about dental, we immediately think about our teeth. Dental health is a condition of our teeth and gum is healthy or not. Scientist research stated take care our dental health is important because our health starts from our mouth (Fiorillo, 2019) .The reason why our health starts from our mouth is because our mouth is a gate from outside to our body. Even our dental has to be functioning because all food that we ate should be subtle to prevent our stomach overworking. That's why take care our dental is important.



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### 1.6.3. Cavities

Cavities or usually we call it as tooth decay is a condition where our teeth exposed by bacteria called *S Mutans* (Heng, 2016). The bacteria cause our teeth to be black in some area and make a hole of infection inside the teeth. If tooth decay doesn't get treatment soon, there will be a probability the patient will lose the teeth because of infections (Heng, 2016).

### 1.6.4. Dental Anxiety

Dental anxiety is a major compilation for both patient and doctor (Ishafan, 2016). Fear of the dentist is a common problem for our dental cause the delay to check up our dental health. Dental anxiety could affect patient relationships with dentist and resulting in misdiagnosis (Ishafan, 2016). Cause of the dental anxiety isn't determined for now, but we can support other who has dental anxiety for their health.

### 1.6.5. Creative

Most of the times, creatives confined only with the art as paintings, drawing, dance, or literature. Yet, the definition of creative is not about art but creative is people or person who has an idea that unique and make them tangible (Silvins, 2018). From the statement, we can conclude creative is a unique idea that people got from their imagination.

### 1.6.6. Illustration



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Illustration is a visualization by the artist (Akimova, 2020). Visualization means a picture by the author visualize an event or a writing. If our drawing doesn't explain anything, then it's a work of art. Illustration can explain an idea or event without any text beside it. People should understand the meaning of the picture so it can be called illustration.

### 1.6.7. Illustration Book

Illustration book or some people call it as picture book is a product that enhance a story of a book using picture. Some research said illustration book is important source of new language, concepts, and lessons for young children (Strouse, Nyhout, & A.Genea, 2018). With illustration book, the reader can visualize their reading better than just a writer describing an event through a text.

## 1.7 Scope Project

This project will give parents a learning media for their children for teach them about how to take care our dental health from young age.

### 1.7.1 Demographic

The project will be focusing on children aged 5-7 years old. The reason of this choice because at this range age, children tend to learn new thing every day and they will ask anything that come up on their mind. With this situation, parents have opportunity to teach their children to take care their dental health.

### 1.7.2 Physiographic



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Illustration book is important for children to learned. The book can help children to be more creative and understand about color, shape, and the storyline. With this, children can learn the topic from the book they read.

### 1.7.3 Geographic

This project will be run in Kuala Lumpur, Malaysia. As an international student in Malaysia, researcher has limitations on running a questionnaire since there is language barrier. Researcher will get help from relatives in Kuala Lumpur to run the questionnaire. Other because help from relatives, researcher targeting children who lives in urban area.

### 1.8 Significance of Project

It is asserted after the completion of the study, it will help parents to teach their children how to take care of their teeth through this book. Hopefully, it will reduce percentage of how much children have tooth decay or having dental anxiety. Aside from tooth decay and dental anxiety, children can learn together with their parents to understand the important of dental health. Children will start to treat their own teeth and brave to come to dentist.

With creative illustration book, children will intensify their creative mind while they learning about the subject. Children will see the picture first before the text and they will start to think creatively what the illustration tell to about the story. Parents still should guide their children while reading the book for explaining what's the illustration about. Therefore, children creative thinking will improve.

After the study completed, this project will be useful for further research or related with the project. Since published illustration book about dental health for



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children still limited, this project will help to be the reference for new researcher. The illustration inside the book could be the reference for anyone who want to make an illustration for children for other topics. The illustration design for children is unique and has the characteristic on its own.

## 1.9 Assumptions and Limitations

### 1.9.1 Assumptions

There are some assumptions after the study just finish. Children will aware more about their dental health and parents can teach their children to understand more. The numbers of dental caries for children will reduce and children will not be scared anymore going into dentist. With the illustration book, children can learn and play at the same time with their parents.

### 1.9.2 Limitations

There are some limitations on the project that researcher will be facing while developing the illustration book. First is researcher having to create an illustration book that suit the design for 5-13 years old to understand about the learning media. The reference for illustration about dental is still a few to find. The other limitations are researcher has to understand and provide the solution accurately about the dental health. Last limitations will be the time for the researcher.





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## CHAPTER V

### SUMMARY, CONCLUSION, AND RECOMMENDATIONS

#### 5.1 Summary

Children dental health must be considered. Their learning media to understand and learn how to take their teeth is still limited in the market. Children should learn about dental since young age because their teeth must be healthy to have healthier future. Children aged 5-7 years old can't learn by themselves, that's why parents' role on children learning process is important.

One of the learning media for children is Illustration Book. Children are more attracted on shape and color than a lot of text. Designing an illustration book for children is another challenge for researcher because children tend to be more attracted on certain color palette and color scheme. The text inside the book must be short but full of information.

The project emphasizes the use of illustration books as an effective learning medium for children. Good illustrations, engaging content, and attractive book covers are crucial to capture children's attention and foster their interest in learning. The project aims to enhance children's learning and encourage them to take care of their dental health.

This study uses quantitative methodology to get a new illustration book as learning media. The instrument that was used is questionnaire using google form. Then the data is being compiled from the google form itself.



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## 5.2 Conclusion

After all the data being sorted and the implementation process is done, researcher can start to concluded all the research. From the questionnaire, research can conclude that the satisfactory from the audience is 100% strongly satisfied with the product. Audience also agree that the AR application can help the learning process for the children. Some of the audience said that children would be interests with the AR inside the book.

## 5.3 Recommendations

Based on the result of the open question, there are several things that can make the book more effective for the learning process. The first one it to only using one QR code for the AR application to using the application more convenient for the users. Second, make a storyline to make the book more attractive for the children. Using the straight forward learning will make the children bored. And the last one is to make the animation smoother and more interaction.

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