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PENGARUH PENDIDIKAN KESEHATAN MELALUI MEDIA VIDEO DENGAN PENGETAHUAN CUCI TANGAN PAKAI SABUN DI PAUD CAHYA MENTARI

ABSTRAK

Latar Belakang: Cuci tangan pakai sabun merupakan sebuah proses membersihkan kotoran dan debu dari tangan dengan menggunakan air yang mengalir dan sabun, serta langkah-langkah yang benar untuk sehingga dapat memutus rantai penyebaran penyakit. Cuci tangan dapat dilakukan sebelum atau sesudah makan, setelah memegang unggas, menggelap ingus dan lain-lain. (KEMENKES RI, 2014). Diare merupakan penyumbang ketiga angka kesakitan dan kematian pada anak diberbagai negara berkembang seperti di Indonesia setiap anak berisiko terkena diare sebanyak 3,3 kali selama setahun (Agrina, 2018). Profil Kesehatan Indonesia (2021) temuan kasus penderita diare pada semua umur yang ditangani di fasilitas pelayanan kesehatan sebesar 33,6% dan pada balita sebesar 23,8 % dari sasaran yang ditetapkan. Dari wawancara dengan kepala sekolah didapatkan hasil belum pernah ada petugas penyuluhan kesehatan dari Puskesmas terdekat dan terdapat pula hasil wawancara terdapat 3 siswa yang bisa menerapkan langkah cuci tangan pakai sabun dengan benar sedangkan sisanya belum bisa menerapkan langkah cuci tangan dengan tepat.

Metode: Jenis penelitian yang digunakan dalam penelitian adalah penelitian kuantitatif menggunakan pendekatan *Pre Experimental* dan rancangan *One-Group Pre-Post test design*. Sampel dalam penelitian ini diambil dengan teknik *Purposive Sampling*, pada siswa TK di PAUD Cahya Mentari sebanyak 23 siswa. Instrumen penelitian ini adalah kuesioner. Analisis data penelitian ini menggunakan uji *Wilcoxon* dengan $\alpha=0,05$.

Hasil: Hasil penelitian menunjukkan bahwa responden dengan pengetahuan sebelum diberikan pendidikan kesehatan kategori tinggi yaitu 4,3 %. Sedangkan setelah diberikan pendidikan kesehatan memiliki pengetahuan 30,4 % dengan kategori tinggi. berdasarkan uji *Wilcoxon* diperoleh hasil *p value*=0,000 dimana nilai $p<0,05$, sehingga diperoleh simpulan ada pengaruh pendidikan kesehatan dengan pengetahuan siswa TK antara sebelum dan setelah diberikan pendidikan kesehatan melalui media video tentang Cuci Tangan Pakai Sabun.

Simpulan: Pendidikan kesehatan melalui media video berpengaruh terhadap pengetahuan siswa tentang Cuci Tangan Pakai Sabun.

Kata kunci: Video, Siswa TK, Pengetahuan Cuci Tangan Pakai Sabun.

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THE EFFECT OF HEALTH EDUCATION THROUGH VIDEO MEDIA WITH KNOWLEDGE OF HANDWASHING WITH SOAP AT CAHYA MENTARI PAUD

ABSTRACT

Background : Washing hands with soap is a process of cleaning dirt and dust from hands using running water and soap, as well as the correct steps to break the chain of disease transmission. Hand washing can be done before or after eating, after handling poultry, wiping snot and others. (RI Ministry of Health, 2014). Diarrhea is the third contributor to morbidity and mortality in children in various developing countries, such as in Indonesia, every child is at risk of getting diarrhea 3.3 times a year (Agrina, 2018). The Indonesian Health Profile (2021) found that 33.6% of cases of diarrhea sufferers of all ages were handled in health care facilities and 23.8% of the target set for toddlers. From the interview with the school principal, it was found that there had never been a health education officer from the nearest health center and there were also interview results, there were 3 students who could properly apply the steps for washing hands with soap, while the rest could not apply the steps for washing hands properly.

Method : The type of research used in this research is quantitative research using the Pre-Experimental approach and the One-Group Pre-Post test design. The sample in this study was taken using the purposive sampling technique, with 23 kindergarten students at Cahya Mentari PAUD. The research instrument is a questionnaire sheet. Data analysis in this study used the Wilcoxon test with $\alpha=0.05$.

Result : The results showed that respondents with prior knowledge of health education were in the high category, namely 4.3%. Meanwhile, after being given health education, 30.4% had knowledge in the high category. Based on the Wilcoxon test, the results obtained were p value = 0.000 where the value of $p < 0.05$, so that it was concluded that there was an effect of health education on the knowledge of kindergarten students between before and after being given health education through video media about Handwashing with Soap.

Conclusion : Health education through video media influences students' knowledge about Handwashing with Soap.

Keryword : Video, Kindergarten Students, Knowledge of Handwashing with Soap.