

Universitas Ngudi Waluyo  
Program Studi Kesehatan Masyarakat, Fakultas Kesehatan  
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Titania Ayu Patricia  
021191056

## **RANCANGAN MEDIA FLASH CARD TENTANG PENTING NYA MINUM AIR PUTIH PADA SISWA MI HIDAYATUL ATHFAL GEDANG ANAK**

### **ABSTRAK**

**Latar Belakang :** Air berperan penting bagi kesehatan tubuh manusia, karena kandungan air dalam tubuh manusia sekitar  $\frac{2}{3}$  atau sekitar 60% - 70% dari berat tubuh. Di era sekarang banyak bermunculan minuman manis dan berwarna dan dijual di lingkungan sekolah. Hal tersebut didukung dengan temuan peneliti saat berkunjung ke sekolah. Maka dari itu harus didukung kebiasaan minum air putih yang di terapkan sejak dini. Pemberian edukasi atau pengetahuan pentingnya minum air putih sangat penting untuk merubah perilaku minum air putih. Maka dari itu peneliti tertarik untuk merancang media pendidikan kesehatan yaitu media flash card tentang pentingnya minum air putih bagi tubuh. Tujuan dari penelitian ini yaitu menghasilkan draft media *flash card* tentang pentingnya minum air putih pada siswa sekolah dasar.

**Metode :** Penelitian ini menggunakan metode kualitatif dengan model pengembangan media promosi kesehatan P Process dimulai pada tahap analisis, desain strategi, pengembangan dan uji. Tahap pelaksanaan dan pemantauan serta evaluasi tidak dilakukan karena peneliti hanya bertujuan untuk merancang media flash card. Informan pada penelitian yaitu ahli materi dan ahli media serta 12 siswa kelas V Mi Hidayatul Athfal Gedang Anak dengan metode *purposive sampling* dengan kategori siswa yang suka media bergambar. Pengumpulan data dilakukan pada bulan Januari-Februari 2023 dengan uji validasi oleh ahli materi dan ahli media serta uji terbatas pada 12 siswa dengan *Focus Grup Discussion* (FGD). Analisis data menggunakan *literatur review*.

**Hasil :** Berdasarkan hasil analisis kebutuhan untuk merancang media flash card pada uji expert oleh ahli materi dan ahli media masuk ke dalam kategori sangat baik pada setiap aspek penilaiannya. Karena kategori sangat baik, persentase nilainya yaitu 81-100%. Maka dari itu flash card layak untuk digunakan sebagai media promosi kesehatan.

**Kesimpulan :** Media flash card dinyatakan layak untuk digunakan dalam penyampaian informasi pentingnya minum air putih bagi tubuh untuk siswa sekolah dasar. Karena flash card menarik dan menyenangkan bagi siswa.

**Kata kunci :** Flash Card, Pentingnya Minum Air Putih, Anak Sekolah Dasar

Ngudi Waluyo University  
Public Health Study Program, Faculty of Health  
Final Project, February 2023  
Titania Ayu Patricia  
021191056

## **FLASH CARD MEDIA DESIGN ABOUT THE IMPORTANCE OF DRINKING WATER FOR MI HIDAYATUL ATHFAL GEDANG ANAK STUDENTS**

### **ABSTRACT**

**Background:** Water plays an important role for the health of the human body, because the water content in the human body is around 2/3 or about 60% - 70% of body weight. In the present era, many sweet and colorful drinks have sprung up and are sold in the school environment. This is supported by the findings of researchers when visiting schools. Therefore, it must be supported by the habit of drinking water which is applied from an early age. Provision of education or knowledge of the importance of drinking water is very important to change the behavior of drinking water. Therefore, researchers are interested in designing health education media, namely flash card media about the importance of drinking water for the body. The purpose of this research is to produce a draft of flash card media about the importance of drinking water in elementary school students.

**Methods:** This study uses a qualitative method with the development model of health promotion media P Process starting at the stages of analysis, strategy design, development and testing. The implementation and monitoring and evaluation stages were not carried out because the researchers only aimed to design flash card media. The informants in the research were material experts and media experts as well as 12 fifth grade students Mi Hidayatul Athfal Gedang Anak using the purposive sampling method with the category of students who like pictorial media. Data collection was carried out in January-February 2023 with a validation test by material experts and media experts and a limited test of 12 students with a *Focus Group Discussion* (FGD). Data analysis using *literature review*.

**Results:** Based on the results of the needs analysis for designing flash card media in the expert test by material experts and media experts, it was included in the very good category in every aspect of its assessment. Because the category is very good, the percentage value is 81-100%. Therefore flash cards are suitable for use as learning media.

**Conclusion:** Based on the results of the needs analysis for designing flash card media in the expert test by material experts and media experts, it was included in the very good category in every aspect of its assessment. Because the category is very good, the percentage value is 81-100%. Therefore flash cards are appropriate to be used as health promotion media.

**Keywords:** Flash Cards, The Importance of Drinking Water, Elementary School Children