

ABSTRAK

EFEKTIVITAS EDUKASI DENGAN MEDIA VIDEO DAN DEMONSTRASI UNTUK MENINGKATKAN KEMAMPUAN CUCI TANGAN DI SD NEGERI KREGENAN 2

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Sekolah merupakan salah satu sasaran PHBS yang perlu mendapatkan perhatian karena rawannya terserang berbagai penyakit dan munculnya penyakit yang sering menimpa anak usia sekolah (usia 6-12) seperti diare, kecacangan dan anemia. Data Riskesdas 2013 menunjukkan bahwa persentase siswa SD yang telah berperilaku hidup bersih dan sehat (PHBS) dalam skala nasional sebesar 38,7%, sedangkan hasil survey perilaku CTPS di Indonesia terhadap waktu pentingnya cuci tangan menunjukkan hasil yang sangat rendah yaitu: 12% setelah ke jamban, 9% setelah menceboki anak, 14% sebelum makan, 7% sebelum memberi makan anak dan hanya 6% sebelum menyiapkan makanan. Salah satu cara untuk meningkatkan perilaku cuci tangan memakai sabun melalui pemberian edukasi kesehatan kepada anak sekolah secara berulang dengan media video dan demonstrasi. Tujuan penelitian ini ialah meneliti bagaimana efektivitas edukasi dengan media video dan demonstrasi untuk meningkatkan kemampuan cuci tangan di SD Negeri Kregen 2. Penelitian ini merupakan penelitian kuantitatif dengan metode penelitian pra-eksperimental dengan pendekatan one-group *pretest-posttest* design. Sampel terdiri dari 40 siswa yang dipilih dengan teknik total sampling. Sebelum diberikan intervensi, kemampuan cuci tangan pakai sabun anak sekolah mayoritas dalam kategori kurang (87,5%) dan cukup (12,5%). Sesudah diberikan intervensi, kemampuan cuci tangan pakai sabun anak sekolah dalam kategori baik (95%) dan cukup (5%). Hasil uji Wilcoxon Sign Rank Test diketahui $p\text{-value} = 0,000$ dengan ($\alpha < 0,05$), berarti adanya efektivitas pemberian intervensi edukasi dengan media video dan demonstrasi untuk meningkatkan kemampuan cuci tangan di SD Negeri Kregen 2. Berdasarkan hasil tersebut, maka disarankan agar ada edukasi kesehatan cuci tangan pakai sabun dengan media video dan demonstrasi untuk meningkatkan kemampuan cuci tangan anak usia sekolah.

Kata kunci : Video, Demonstrasi, Kemampuan, Cuci Tangan

ABSTRACT

EFFECTIVENESS OF EDUCATION WITH VIDEO AND DEMONSTRATION MEDIA TO IMPROVE HAND WASHING SKILLS IN KREGENAN 2 ELEMENTARY SCHOOL

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Schools are one of the PHBS targets that need attention because they are prone to various diseases and the emergence of diseases that often afflict school-age children (aged 6-12) such as diarrhoea, helminthiasis and anaemia. Riskesdas 2013 data shows that the percentage of elementary school students who have a clean and healthy lifestyle (PHBS) on a national scale is 38.7%, while the results of the CTPS behaviour survey in Indonesia on the importance of hand washing show very low results, namely: 12% after going to the toilet, 9% after washing children, 14% before eating, 7% before feeding children and only 6% before preparing food. One way to improve handwashing with soap behaviour is through providing health education to school children repeatedly with video media and demonstrations. The purpose of this study was to examine how the effectiveness of education with video and demonstration media to improve hand washing skills at SD Negeri Kregenan 2. This study is a quantitative study with a pre-experimental research method with a one-group pretest-posttest design approach. The sample consisted of 40 students selected by total sampling technique. Before the intervention, the ability to wash hands with soap of school children was mostly in the category of less (87.5%) and enough (12.5%). After the intervention, handwashing with soap skills of school children were in the good (95%) and fair (5%) categories. The results of the Wilcoxon Sign Rank Test test showed that the p-value = 0.000 with ($\alpha < 0.05$), meaning that there is an effectiveness of providing educational interventions with video media and demonstrations to improve hand washing skills at SD Negeri Kregenan 2. Based on these results, it is recommended that there is health education on hand washing with soap with video media and demonstrations to improve the hand washing skills of school-age children.

Keywords: *Video, Demonstration, Skill, Hand Washing*