

# PENGARUH EDUKASI DENGAN VIDEO ANIMASI TERHADAP PENGETAHUAN REMAJA PUTRA TENTANG BAHAYA MEROKOK DI SMA ISLAM 1 GAMPING SLEMAN

Dyah Puspitarani<sup>1</sup>, Masta Hutasoit<sup>2</sup>

## INTISARI

**Latar Belakang:** Merokok menyebabkan gangguan pertumbuhan dan perkembangan paru-paru pada anak-anak dan remaja yang dapat menyebabkan masalah kesehatan kronis seiring bertambahnya usia. Pengetahuan remaja tentang bahaya merokok belum memadai yang disebabkan oleh kurangnya informasi, sehingga membawa remaja ke perilaku yang menyimpang, seperti melakukan perilaku merokok. Upaya untuk meningkatkan pengetahuan remaja tentang bahaya merokok yaitu edukasi dengan media video animasi. Pemberian edukasi menggunakan video animasi karena media video memberikan kontribusi yang sangat besar dalam perubahan pengetahuan, terutama dalam aspek informasi dan persuasi.

**Tujuan:** Mengetahui pengaruh edukasi dengan video animasi terhadap pengetahuan remaja putra tentang bahaya merokok di SMA Islam 1 Sleman Gamping.

**Metode:** Penelitian ini menggunakan desain *Quasi-experimental* dengan rancangan *one group pretest-posttest*. Populasi penelitian ini seluruh laki-laki kelas X dan XI jurusan IPS di SMA 1 Islam Gamping Sleman Yogyakarta berjumlah 59 orang. Teknik pengambilan *sampling* menggunakan total sampling. Intervensi pendidikan kesehatan tentang bahaya merokok menggunakan audiovisual, yaitu video animasi. Pengumpulan data menggunakan kuesioner pengetahuan bahaya merokok. Analisis data menggunakan uji *Wilcoxon Signed Rank Test*.

**Hasil:** pengetahuan yang dimiliki responden sebelum diberikan video animasi sebagian besar berpengetahuan kurang (55,9%), sedangkan pengetahuan responden tentang bahaya merokok sesudah diberikan pendidikan kesehatan melalui video animasi sebagian besar berpengetahuan baik (78%). Hasil uji normalitas menggunakan *Kolmogorov Smirnov* menunjukkan data tidak terdistribusi normal karena memiliki nilai *p value* <0,05. Hasil uji *Wilcoxon Signed Rank Test* diperoleh nilai *p value* = 0,001 (*p*<0,05).

**Kesimpulan:** Ada pengaruh video animasi terhadap pengetahuan tentang bahaya merokok pada remaja putra di MA Islam 1 Gamping Sleman Yogyakarta.

**Kata kunci:** Pengetahuan, Video animasi, Bahaya Merokok

---

<sup>1</sup>Mahasiswa Keperawatan (S1) Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Dosen Keperawatan (S1) Universitas Jenderal Achmad Yani Yogyakarta

# THE EFFECT OF EDUCATION WITH ANIMATION VIDEOS ON ADOLESCENT KNOWLEDGE ABOUT DANGERSMOKING IN SMA ISLAM 1 GAMPING SLEMAN

Dyah Puspitarani <sup>1</sup>, Masta Hutasoit<sup>2</sup>

## ABSTRACT

**Background:** Smoking causes impaired lung growth and development in children and adolescents which can lead to chronic health problems as they grow older. Adolescents' knowledge about the dangers of smoking is still lacking due to a lack of information, causing adolescents to behave in deviant ways, such as smoking. Efforts to increase adolescent knowledge about the dangers of smoking are education with animated video media. Provision of education using animated videos because video media makes a very large contribution in changing knowledge, especially in the aspects of information and persuasion.

**Objective:** Knowing the effect of education with animated videos on young men's knowledge about the dangers of smoking at SMA Islam 1 Sleman Gamping.

**Methods:** This study used a Quasi-experimental design with a one group pretest-posttest design. The population of this study were all male students of class X and XI majoring in social studies at SMA 1 Islam Gamping Sleman Yogyakarta, totaling 59 people. The sampling technique uses total sampling. Health education interventions about the dangers of smoking use audiovisuals, namely animated videos. Collecting data using a questionnaire knowledge of the dangers of smoking. Data analysis used the Wilcoxon Signed Rank Test.

**Results:** Most of the knowledge possessed by the respondents before being given the animated video had poor knowledge (55.9%), while the respondents' knowledge about the dangers of smoking after being given health education through the animated video was mostly well-informed (78%). The results of the normality test using the Kolmogorov Smirnov show that the data is not normally distributed because it has a p value  $<0.05$ . The results of the Wilcoxon Signed Rank Test obtained a p value = 0.001 ( $p <0.05$ ).

**Conclusion:** There was an effect of animated videos on knowledge about the dangers of smoking in young men at MA Islam 1 Gamping Sleman Yogyakarta.

**Keywords:** Definition, Animated video, The Dangers of Smoking.

<sup>1</sup>Student of Nursing (S1), Universitas JenderalA chmad Yani Yogyakarta

<sup>2</sup>Lecturer of Nursing (S1), Universitas Jenderal Achmad Yani Yogyakarta