

PENGARUH MEDIA AUDIO VISUAL TERHADAP KEMAMPUAN CUCI TANGAN PAKAI SABUN PADA ANAK PRASEKOLAH DI TK DHARMAWANITA I SINDUREJO

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INTISARI

Latar Belakang: Mencuci tangan menggunakan sabun merupakan bagian penting dari praktik hidup bersih dan sehat (PHBS) serta langkah pencegahan yang efektif untuk mencegah penyebaran penyakit menular. Menurut data dari WHO, mencuci tangan terbukti dapat mengurangi risiko terkena penyakit hingga 45%. Selain itu, mencuci tangan secara benar juga efektif dalam mencegah penyakit lainnya. Namun, angka praktik cuci tangan pakai sabun (CTPS) hanya mencapai 24,5%, yang menunjukkan bahwa meskipun PHBS di sekolah lebih tinggi dari rata-rata nasional, praktik CTPS masih tergolong rendah.

Tujuan: Untuk mengetahui pengaruh pemberian edukasi media audiovisual terhadap kemampuan mencuci tangan dengan sabun pada anak pra sekolah di TK Dharmawanita 1 Sindurejo.

Metode: Penelitian ini menggunakan pendekatan kuantitatif dengan desain *Quasi Eksperimen pre post test Without Control group*. Pengambilan sampel menggunakan Teknik *Purposive Sampling* sebanyak 45 responden, tempat penelitian di TK Dharmawanita 1 Sindurejo waktu penelitian pada bulan oktober 2024. Alat ukur yang digunakan Lembar Observasi. Analisis data menggunakan uji *Wilcoxon signed rank test*.

Hasil: Sebelum pemberian media audiovisual tingkat kemampuan masih rendah dengan kemampuan kurang sebanyak 28 anak (62,2%). Setelah pemberian media audiovisual ada peningkatan menunjukkan kemampuan baik sebanyak 33 anak (73,3%). Hasil uji *Wilcoxon* menunjukkan nilai $p < 0,001$ ($p < 0,05$), artinya terdapat perbedaan dalam kemampuan mencuci tangan dengan sabun sebelum dan sesudah intervensi media audio visual cuci tangan.

Kesimpulan: Adanya pengaruh pemberian media audio visual dalam kemampuan cuci tangan pakai sabun pada anak prasekolah di TK Dharmawania 1 Sindurejo. Oleh karena itu disarankan untuk menerapkan cuci tangan disekolah maupun dirumah secara mandiri.

Kata Kunci : Media Audio visual, Cuci Tangan, Anak Prasekolah

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**THE EFFECT OF AUDIO VISUAL MEDIA ON WASHING ABILITY
HANDS USING SOAP IN PRESCHOOL CHILDREN IN KINDERGARTEN
DHARMAWANITA I SINDUREJO**

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ABSTRACT

Background: Washing hands with soap is an important part of clean and healthy living practices (PHBS) as well as an effective preventive measure to prevent the spread of infectious diseases. According to data from WHO, washing hands has been proven to reduce the risk of contracting disease by up to 45%. Apart from that, washing your hands properly is also effective in preventing other diseases. However, the rate of hand washing with soap (CTPS) practice only reached 24.5%, which shows that although PHBS in schools is higher than the national average, CTPS practice is still relatively low.

Purpose: To determine the effect of providing audiovisual media education on the ability to wash hands with soap in pre-school children at Dharma Wanita 1 Sindurejo Kindergarten.

Method: This research uses a quantitative approach with a quasi-experimental pre-post test design without control group. The sample was taken using Purposive Sampling Technique as many as 45 respondents, the research location was at Dharma Wanita 1 Sindurejo Kindergarten during the research in October 2024. The measuring instrument used was the Observation Sheet. Data analysis used the Wilcoxon signed rank test.

Results: Before providing audiovisual media, the level of ability was still low with 28 children (62.2%) lacking ability. After providing audiovisual media there was an increase showing good abilities as many as 33 children (73.3%). The Wilcoxon test results showed a p value <0.001 ($p < 0.05$), meaning that there was a difference in the ability to wash hands with soap before and after the audio-visual hand washing media intervention.

Conclusion: There is an influence of providing audio visual media on the ability to wash hands with soap in preschool children at Dharmawania 1 Sindurejo Kindergarten. Therefore, it is recommended to practice hand washing at school and at home independently.

Keywords: Audio visual media, hand washing, preschool children

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