

PENGARUH EDUKASI KESEHATAN MENGGUNAKAN KOMIK (Edukom Kit) TERHADAP KETERAMPILAN SOSIAL ANAK USIA SEKOLAH SELAMA PANDEMI COVID-19

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INTISARI

Latar belakang: Keterampilan sosial anak usia sekolah selama pandemi Covid-19 dilaporkan mengalami penurunan, yang ditandai dengan kurangnya kemampuan diri untuk bergaul, kurangnya kemampuan anak dalam menyesuaikan diri dengan aturan-aturan yang ada di lingkungan sekitar dan motivasi belajar menjadi menurun. Hal tersebut perlu mendapatkan perhatian khusus untuk mencegah dampak yang berkelanjutan. Tujuan penelitian ini untuk mengetahui pengaruh edukasi kesehatan menggunakan komik (Edukom Kit) terhadap keterampilan sosial anak usia sekolah selama pandemi Covid-19.

Metode: Penelitian ini menggunakan rancangan *quasi-experimental* yang dilakukan di SD Negeri Nglempung sebagai kelompok intervensi dan SD Negeri Jongkang yang menjadi kelompok kontrol. Tujuh puluh dua (72) anak yang berusia 7-12 tahun merupakan responden dalam penelitian (kelompok intervensi =36 dan kelompok kontrol =36). Kelompok intervensi diberikan edukasi kesehatan menggunakan komik dan kelompok kontrol diberikan edukasi kesehatan menggunakan media *PowerPoint*. Intervensi keterampilan sosial dilakukan selama 5 hari (pada hari pertama komik dibaca bersama secara keseluruhan, kemudian pada hari ke 2-5 komik dibaca ulang secara bersama untuk masing-masing domain). Keterampilan sosial terdiri dari domain kesadaran diri, empati, hubungan interpersonal dan komunikasi efektif. Pada hari pertama intervensi dilakukan selama 90 menit (*share screen* komik, tanya jawab, *sharing* pengalaman, dan evaluasi). Kemudian pada hari berikutnya dilakukan selama 30 menit untuk membaca ulang komik secara bersamaan.

Hasil: Terdapat perbedaan skor keterampilan sosial yang signifikan antara kelompok intervensi dan kontrol ($2,47 \pm 1,594$ dan $0,47 \pm 1,383$, perbedaan rata-rata = 2,000, CI=1,298-2,702, $p=0,0001$). Hal ini menunjukkan bahwa secara statistik terdapat pengaruh Edukom Kit terhadap keterampilan sosial. Selain itu, Edukom Kit menunjukkan efek klinis dalam kategori besar ($d=1.34$). Berdasarkan hasil uji regresi linear bahwa edukasi kesehatan menggunakan komik (Edukom Kit) merupakan faktor dominan yang memengaruhi keterampilan sosial.

Kesimpulan: Edukasi kesehatan dengan menggunakan media komik (Edukom Kit) dapat meningkatkan keterampilan sosial anak usia sekolah (7-12 tahun) selama pandemi Covid-19. Faktor yang paling dominan memengaruhi keterampilan sosial adalah pemberian edukasi kesehatan.

Kata kunci: Edukasi kesehatan, keterampilan sosial, anak usia sekolah, pandemi Covid-19

THE IMPACTS OF HEALTH EDUCATION USING COMIC (Edukom Kit) On SOCIAL SKILLS OF SCHOOL AGE CHILDREN DURING THE COVID-19 PANDEMIC

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ABSTRACT

Background: The social skills of school-age children during the Covid-19 pandemic were reported to have decreased, which was marked by a lack of self-ability to get along, the child's lack of ability to adapt to the rules in the surrounding environment, and decreased learning motivation. This needs special attention to prevent a sustainable impact. The purpose of this study was to determine the effect of health education using comics (Edukom Kit) on the social skills of school-age children during the Covid-19 pandemic.

Methods: This study used a quasi-experimental design conducted at SD Negeri Nglempung as the intervention group and SD Negeri Jongkang as the control group. Seventy-two (72) children aged 7-12 years were respondents in the study (intervention group = 36 and control group = 36). The intervention group was given health education using comics and the control group was given health education using powerpoint media. The social skills intervention was carried out for 5 days (on the first day the comics were read together as a whole, then on the 2-5th day the comics were read together for each domain). Social skills consist of the domains of self-awareness, empathy, interpersonal relationships, and effective communication. On the first day, the intervention was carried out for 90 minutes (comic screen sharing, question and answer, experience sharing, and evaluation). Then on the next day, it was done for 30 minutes to reread the comics simultaneously.

Results: There was a significant difference in social skills scores between the intervention and control groups ($2,47 \pm 1,594$ and $0,47 \pm 1,383$, difference in mean = 2,000, CI=1,298-2,702, $p=0,0001$). This shows that statistically there is an effect of Edukom Kit on social skills. In addition, the Edukom Kit showed clinical effects in a large category ($d=1,34$). Based on the results of the linear regression test that health education using comics (Edukom Kit) is the dominant factor affecting social skills.

Conclusion: Health education using comic media (Edukom Kit) can improve the social skills of school-age children (7-12 years) during the Covid-19 pandemic. The most dominant factor influencing social skills is the provision of health education.

Keywords: Health education, social skills, school-age children, the Covid-19 pandemic