

Pengaruh Edukasi PHBS menggunakan *audiovisual* terhadap Pengetahuan dan Sikap Siswa SDN Inpres Kelurahan Waena-Jayapura

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ABSTRAK

Latar belakang: Perilaku hidup bersih dan sehat (PHBS) di sekolah merupakan upaya memperbaiki kesehatan individu atau masyarakat melalui kegiatan bimbingan, pembelajaran maupun pelatihan guna meningkatkan pengetahuan dan sikap siswa. Untuk itu diperlukan intervensi dalam meningkatkan pengetahuan dan sikap siswa dengan memberikan edukasi menggunakan media *audiovisual*.

Tujuan : Untuk mengetahui pengaruh edukasi PHBS menggunakan *audiovisual* terhadap pengetahuan dan sikap siswa SDN Inpres Kelurahan Waena-Jayapura.

Metode: Penelitian ini merupakan penelitian *quasi experimental* dengan rancangan *pre-test-post-test control group design*. Dilaksanakan pada tanggal 1 - 17 Oktober 2018. Teknik pengambilan sampel menggunakan *purposive sampling*, jumlah sampel sebanyak 272 siswa terdiri (eksperimen dan kelompok kontrol $n = 136$). SDN Inpres bertingkat Perumnas 1 Waena sebagai kelompok eksperimen menggunakan video dan kelompok kontrol SDN Inpres 5.81 Perumnas 1 Waena menggunakan poster. Alat ukur menggunakan kuesioner pengetahuan dan sikap. Analisis data menggunakan *Kolmogorov Smirnov*, *One way Anova*, dan *Wilcoxon signed ranks test*.

Hasil: Terdapat perbedaan rata-rata pengetahuan kelompok eksperimen menggunakan *audiovisual* (video dan poster) dengan nilai *pre test* 11,70 dan *post test* 17,50 selisih rerata 5,79 dengan nilai $p < 0,001$. Pada kelompok kontrol menggunakan poster nilai *pre test* 12,22 dan *post test* 16,65 selisih rerata 4,42 dengan nilai $p < 0,001$. Sedangkan perbedaan *pre test* dan *post test* sikap siswa pada kelompok eksperimen besarnya nilai *pre test* 41,77 dan *post test* 51,27 selisih rerata 9,50 dengan nilai $p < 0,001$. Kelompok kontrol menggunakan poster nilai *pre test* 41,53 dan *post test* 48,58 selisih rerata 7,05 dengan nilai $p < 0,001$.

Kesimpulan: Terdapat pengaruh edukasi PHBS menggunakan *audiovisual* terhadap pengetahuan dan sikap siswa.

Kata Kunci : Edukasi, PHBS (CTPS, Mengonsumsi jajanan sehat, melakukan aktivitas fisik), *audiovisual*.

The Effect of Clean and Healthy Behavior Education using *audiovisual* on Students Knowledge and Attitudes at SD Negeri Inpres Waena - Jayapura

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ABSTRACT

Background: Clean and healthy living behaviors at schools are one of the attempts to enhance either individual or social health through counseling and training activities, hence improving both students' knowledge and attitudes. As a consequence, several interventions are important to improve their knowledge and attitudes by giving education through audiovisual media.

Objectives: To analyze the implications of audiovisual clean and healthy living behavior education on students' knowledge and attitudes at SD Negeri Inpres Waena-Jayapura.

Methods: The research was quasi-experimental research with the pre-test and post-test control group design conducted on October 1st-17th, 2018. Sampling was done by applying the purposive sampling technique, generating 272 students divided into 136 students of experimental group and 132 students of control group. As the experimental group, SD Negeri Inpres Bertingkat Perumnas 1 Waena used videos; while the control group, SD Negeri 5.82 Perumnas 1 Waena used posters. Measuring equipment was questionnaires on knowledge and attitudes. Data were analyzed by using Kolmogorov Smirnov and Wilcoxon Signed rank tests.

Findings: There was a mean difference between experimental groups using audiovisual materials (videos and posters), with the pre-test and post-test, mean difference, and p-value scores were 11.70, 17.50, 5.79, and < 0.001 respectively. Meanwhile, the control group gained the pre-test, post-test, mean difference, and p-value scores of 12.22, 16.65, 4.42, and < 0.001 respectively. In terms of attitudes, the experimental group got the pre-test, post-test, mean difference, and p-value scores of 41.77, 51.27, 9.50, and < 0.001. Moreover, by using posters, the control group obtained the pre-test, post-test, mean difference, and p-value scores of 41.53, 48.58, 7.05, and < 0.001.

Conclusion: Audiovisual clean and healthy living behaviors affected both students' knowledge and attitudes.

Keywords: Education, Clean and healthy living behaviors (Hand Washing, Healthy Eating, Physical Activity), Audiovisual