

INTISARI

Latar belakang. Kasus batuk meningkat dari tahun ke tahun. Penyebab tersering virus. Terjadinya batuk dipengaruhi daya tahan tubuh, etika batuk dan kebiasaan cuci tangan pakai sabun. Penularan melalui udara dari droplet penderita saat batuk atau bersin. Perlu memberi pemahaman pada masyarakat untuk meminimalisir penularan terutama pada anak-anak. Pada akhirnya mempercepat proses penyembuhan.

Tujuan. Penelitian ini bertujuan untuk memberi pemahaman Etika Batuk dan perubahan perilaku dengan cara *narrative in action* sebagai upaya kesehatan berbasis masyarakat guru taman kanak-kanak.

Metode. Desain penelitian ini menggunakan metode kualitatif deskriptif – analitik dengan *narrative in action*. Subyek penelitian adalah populasi guru taman kanak-kanak di wilayah kerja Puskesmas Sedayu 1. Pengambilan sample *purposive sample* dan *snowball*. Pengambilan data melalui tahap observasi, kegiatan pra *narrative in action*, *narrative in action*, kegiatan paska *narrative in action* dan tahap observasi akhir di taman kanak-kanak.

Hasil. Observasi di sekolah untuk mengetahui sarana-prasarana yang tersedia dan dengan *narrative in action* guru termotivasi melengkapi. Pengamatan pra dan paska peragaan ada perbaikan disimpulkan semua dapat memperagakan Etika Batuk dengan benar hanya masih terlihat kaku memperagakan Cuci Tangan Pakai Sabun (CTPS). Menonton video Etika Batuk, CTPS, penularan penyakit melalui udara, dilanjut dialog, motivasi, edukasi, persuasi, promosi dan memberdayakan guru agar paham Etika Batuk dan merubah perilaku. Semua kelompok menutup hidung mulut saat batuk bersin dengan tisu, saat batuk bersin pakai masker atau lengan siku bagian dalam. Melakukan 7 langkah cuci tangan dengan sabun di air bersih mengalir mulai dari depan ke belakang tangan, sela-sela jari, buku-buku jari, kuku-kuku jari, jempol, pergelangan, membuang dahak di tanah, lodong dan kloset.

Kesimpulan. Kegiatan *narrative in action* merupakan alternatif cara memberi pemahaman untuk merubah perilaku. Menonton video mempermudah menjelaskan Etika Batuk. Perlu berlatih untuk meningkatkan ketrampilan *narrative in action*.

Kata kunci : Etika Batuk, *narrative in action*, CTPS

ABSTARCT

Background. Cough cases increase from year to year. The most common cause of virus. The occurrence of cough is influenced by immune system, cough ethic and hand washing habit with soap. Airborne transmission from droplet sufferers when coughing or sneezing. Need to give understanding to the community to minimize transmission, especially in children. Ultimately speed up the healing process.

Aim. This study aims to provide an understanding of Cough Ethics and behavior change by narrative in action as a community-based health effort of kindergarden teachers.

Method. This research design using descriptive-analytic qualitative method with narrative in action. The subjects of the study were the population of kindergarten teachers in the working area of Sedayu Puskesmas 1. Sampling purposive sample and snowball sampling. Taking data through the observation stage, pre narrative in action, narrative in action, post narrative in action activities and final observation stage in kindergarten.

Results. Observations in schools to find out the available facilities and with motivated narrative in action are complementary. Pre- and post-demonstration observations have concluded that all improvements can demonstrate Cough Ethics correctly only still appear stiffly demonstrate Handwashing with Soap (CTPS).

Watching videos of Ethics of Cough, CTPS, airborne disease transmission, continued dialogue, motivation, education, persuasion, promotion and empowering teachers to understand Cough Ethics and change behavior. All groups cover the mouth nose when coughing sneezing with a tissue, while coughing sneezing wear mask or elbow arm inside. Perform 7 steps of handwashing with soap in clean running water from front to back of hand, between fingers, knuckles, fingernails, thumbs, wrists, throwing sputum on the ground, lodong and closet.

Conclusion. Narrative in action activity is an alternative way of giving understanding to change behavior. Watching videos makes it easy to explain the Ethics of Cough. Need to practice to improve narrative in action skills.

Keywords: Cough ethic, narrative in action,CTPS.