

# **THE EFFECT OF HEALTH PROMOTION USING AUDIO-VISUAL MEDIA ON HAND WASHING IMPLEMENTATION IN KINDERGARTEN STUDENTS GALILEA HOSANNA KIDS MEDAN, 2023**

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## **ABSTRACT**

Washing hands with soap is cleaning hands using soap and water properly to avoid the spread of disease. Pre-school children are susceptible to health diseases, one of which is due to lack of hand washing. Audio visual media is one of the media that can be used for learning to wash hands. The purpose of this study was to analyze the effect of providing education with audiovisual media on correct hand washing behavior in pre-school age children. The research design is a one group pre test post test design. The population of this study was all students in Galilea Hosanna Kids Medan Kindergarten as many as 35 students with a total sampling technique. The independent variable is the audio visual media of hand washing and the dependent variable is the good and right hand washing behavior. Collecting data using a check list sheet according to the SOP for hand washing and observation. Data collection techniques using editing, coding, scoring, tabulating, and statistical tests using the Wilcoxon Signed Rank Test. The results of the study from 35 respondents, before being shown the audio-visual media, most of the respondents were less capable of 25 children (71.4%), after being shown the audio-visual media, most of the respondents had good abilities, a total of 22 children (62.9%). Wilcoxon statistical test shows  $p \text{ value} = 0.000 < \alpha (0.05)$  so that  $H_0$  is rejected or  $H_1$  is accepted. It is recommended that the provision of health education to preschool-age children use audiovisual media as an effort to increase children's compliance.

**Keywords : Audio visual media, Wash Hands with Soap, Pre-school children.**

## **INTRODUCTION**

Implementation of Early Childhood Education can be done in formal, non-formal and informal forms. Implementation of early childhood education on formal channels is Kindergarten (TK). Kindergarten is a form of education unit for early childhood on formal channels that organizes education for children aged 4-6 years, which is divided into two groups, namely group A for children aged 4-5 years and group B for children aged 5-6 year. Early Childhood Education has a goal of developing various potentials of children from an early age as a preparation for life and being able to adapt to their environment (Ariyanti, 2016).

Educational media has several benefits, including generating interest for

the target, avoiding boredom and boredom, helping to overcome many obstacles in understanding, facilitating the delivery of information, and facilitating the receipt of information for the target students. Health promotion media is currently growing rapidly, especially audiovisual media. Audiovisual media is a tool that is used by individuals through several senses which are considered to most influence knowledge into their brain through the eyes and ears. Education using audiovisuals must be adjusted to the target group (Ifroh et al., 2019).

The reason for using audio-visual media is because of the ability to paint vivid images and sounds that give it its own charm. Video learning contains a show in the form of a video in which there are

pictures so that children can see and listen to the show directly. This audio-visual media is used because early childhood has a high curiosity and is interested in things that interest him (Windaviv, 2014).

Furthermore, in this case the researcher uses video as a medium for sharing information with students at the Galilea Hosanna Kids Medan Kindergarten in the hope that it will be easier to understand and interesting to pay attention to. Thus the researcher is interested in conducting research on "The effect of health promotion with audiovisual media on the implementation of hand washing in Galilea Hosanna Kids Medan Kindergarten students.

## **LITERATURE REVIEW**

### **Definition of Washing Hands with Soap (CTPS)**

Washing hands with soap is an act of sanitizing the fingers on the hands using soap and running clean water. Washing hands with soap is the process of removing dust and dirt, through the process of removing the skin of both hands using water and soap. Washing hands with soap is an easy and very useful way to prevent various diseases that cause death, one of which is diarrhea (Fajaruddin, 2018).

Meanwhile, according to the Ministry of Health of the Republic of Indonesia (2019) Handwashing with soap (CTPS) is a small step to start a healthy life. This simple behavior can protect us from diseases such as diarrhea and respiratory infections. In addition, washing hands with soap can also prevent the spread of infectious diseases.

According to the Ministry of Health (2018), the benefits of doing hand washing are to:

- a) Kill germs that are in the hands
- b) Prevent transmission of diseases such as diarrhea, intestinal worms, skin diseases, acute respiratory infections (ARI).
- c) Hands become cleaner and appearance more attractive.

### **Hand Washing Steps.**

There are 2 ways to wash your hands, namely washing your hands with hand wash and hand rub:

#### **a) Hand-Wash**

Hand washing technique with soap and clean running water. that is, each sink is equipped with standard hand-washing equipment, for example, a long-stemmed water faucet to drain clean water, a covered trash can lined with trash bags, drying devices such as tissues, hand towels, liquid soap or hand sanitizer that functions as an antiseptic. Therefore, facilities and infrastructure must also be adequate to support hand washing so that it can be carried out optimally. Hand-wash procedure as follows:

- a) Removing all objects attached to the hand, such as rings or watches.
- b) Turn on the water faucet and wet your hands.
- c) Put enough liquid soap into the palms of the hands.
- d) perform hand movements, the first of which is to spread the soap with both palms.
- e) The two backs of the palms overlap alternately.
- f) Clean your palms and between your fingers like a cross motion.
- g) Clean the tips of the nails alternately on the palms with a locking motion.
- h) Clean the thumb alternately.
- i) Position your fingers pursed and turned into the palms alternately.
- j) Rinse hands under running water.

#### **Hand Washing Hand-Rub**

This hand washing technique is to clean hands with an alcohol-based liquid, done according to five times. The equipment needed to wash hands Hand-rub is only 2 – 3 cc of alcohol-based liquid. Procedure for washing hands Hand-rub as follows:

- a) Removing all objects attached to the hand, such as rings or watches.
- b) Alcohol-based liquid into the palm of

- 2 – 3 cc.
- Perform hand movements starting from spreading the soap with both palms.
  - The backs of the palms overlap alternately.
  - Clean your palms and between your fingers like a cross motion.
  - Clean the tips of the nails alternately on the palms with a locking motion.
  - Clean the thumb alternately.

### Definition of Health Promotion.

Health promotion is an effort to increase the ability of the community through learning from, by and for the community, so that they can help themselves, and develop activities that are community-based, according to local socio-culture and supported by health-oriented public policies.

### Health Promotion Media.

Media comes from the Latin which Advantages and Disadvantages

Excess	Lack
Can complement the basic experiences of students when read, discuss, practice, etc	Requires high costs and a lot of time
Can describe a process precisely that can be seen directly over and over again	Need to be skilled in operation
Can increase motivation in instilling attitudes	Requires sophisticated tools for its production

(Source: Azhar Arsyad, 2017)

### THEORETICAL FRAMEWORK.

#### Lasswell Model Theory

Communication is the delivery of a statement by someone to another person (Effendy, 2005). Communication has an important role in health promotion. According to Laswell, communication will run well if it goes through five stages. The five stages are:

- Who: Who is the person delivering the communication (communicator).

is the plural form of "Medium" and in general is "Intermediary" or "Introduction" so the meaning of the media is an intermediary or message delivery to the recipient of the message. Props or media in health promotion can be a tool for counseling activities that can be heard, seen, touched and felt in order to facilitate the delivery of health information (Kholid, 2014).

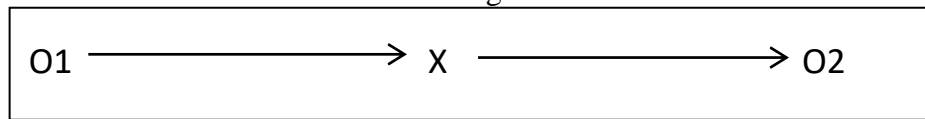
### Video Media

One of the health promotion media is video media, Arsyad A (2017) says video media is an image in a frame, frame by frame is done through a projector lens so that a live image appears on the screen. And it can be concluded that video media is one of the audio-visual media that can describe objects together with sound to match. Video media can present information, explain processes, teach skills, shorten or extend time and can influence attitudes.

- Say what: What message is conveyed.
- In which channel: What channel or media is used.
- To whom: Who is the recipient of the message (communicant).
- With what effect: What changes occur when the communicant.

### Types of Research and Research Design

Posttest                      Intervention                      Pretest  
Research design



Information :

O1 : The pretest value in the intervention group before the intervention with video media

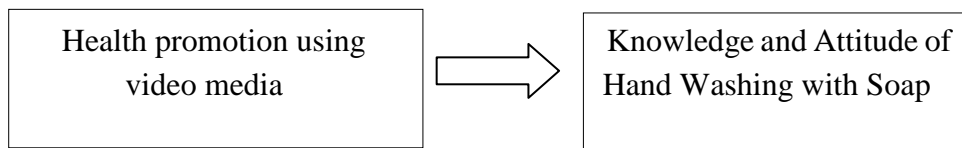
X : Providing health promotion interventions using video media

O2: Posttest scores in the intervention group after the intervention with video media

### Conceptual framework

Independent Variable

Dependent Variable



Conceptual framework

### Hypothesis

The hypothesis in this study is as follows:

H1: There is an effect of health promotion using audiovisual media on the implementation of hand washing in Galilea Hosanna Kids Kindergarten students in Medan.

H0 : There is no effect of health promotion using audiovisual media on the implementation of hand washing by Galilea Hosanna Kids Kindergarten students in Medan.

### Population.

The population in this study were all children in Kindergarten Galilea Hosanna Kids Medan, namely 35 children. Of the total population with the criteria of children aged 4-6 years. Sampling in this study using saturated samples, namely using all members of the population as samples. This was done because the population to be studied was small (Juliana, 2019). The population and sample in this study were all children at the Galilea Hosanna Kids Medan Kindergarten with the same characteristics, namely that all of them had not been able to wash their hands with soap sequentially and correctly.

### Sample

The sample used in this study was all students aged 4-6 years at the Galilea Hosanna Kids Kindergarten in Medan, a total of 35 children. The sample includes part of the population. This has two meanings, namely, the entire population must have the opportunity to be selected as a sample unit, and both samples are seen as estimators of the population or as populations in small form (Eddy et al, 2021). Researchers used non-probability sampling with a purposive sampling technique, namely researchers took samples according to the desired criteria, the desired criteria were as follows:

1. Inclusion criteria
  - a. Willing to be a respondent
  - b. 4 to 6 years old
  - c. Able to communicate well
  - d. Physically and mentally healthy

#### 2. Exclusion criteria

Exclusion criteria are criteria for members of the population who cannot be used as samples (Notoadmojo, 2012). The exclusion criteria in this study were students who did not attend school or were sick and students who were hyperactive.

## RESULTS AND DISCUSSION.

The results of the research and discussion are in accordance with the formulation of the problem and the objectives of this study, namely regarding the effect of health promotion using audiovisual media on the implementation of hand washing in Galilea Hosanna Kids Kindergarten students in Medan. Based on the data obtained during the study, there were 35 respondents who met the inclusion criteria of this study and were given audiovisual media in the form of videos as an intervention in assessing children's hand washing skills before and after being given treatment. The results of data collection with observation sheets to research respondents, namely students of Kindergarten Galilea Hosanna Kids Medan.

The intervention was carried out for 1 day with pretest and posttest treatment and then the results were compared. Data collection and research implementation were carried out by the researchers themselves. The data presented in this study consists of 2, namely general data and special data.

General data will display the characteristics of the respondents, namely the gender and age of the respondent. Specific data includes research data presented in tabular form. Data that meet the requirements are analyzed and presented based on Univariate analysis and Bivariate analysis.

### 1. General Data

Based on research at the Galilea Hosanna Kids Medan Kindergarten in 2023 are:

Frequency distribution of respondents based on gender in the Galilea Hosanna Kids Medan Kindergarten in 2023.

No	Gender	mount	Presentase (%)
1.	Man	15	42,9
2.	Woman	20	57,1
Total		35	100

Source: Primary Data, 2022

Shows that the majority of respondents are female as many as 20 people or by 57.1%. Frequency distribution of respondents based on age.

Frequency distribution of respondents based on age at Kindergarten Galilea Hosanna Kids Medan in 2023

No	AGE	mount	Presentase (%)
1.	4 years	10	28,6
2.	5 years	14	40
3.	6 years	11	31,4
Total		35	100

Shows that most of the respondents are 5 years old, namely as many as 14 children (40%).

Frequency distribution of respondents based on their ability to wash their hands properly before being given an intervention in the form of hand washing audiovisual media in 2023

### 2. Special Data

Ability to wash hands with soap	Before	
	Frekuensi (n)	Presentase (%)
Good	0	0
enough	10	28,6
Not enough	25	71,4
Total	35	100%

Source: Primary data, 2022

Shows that most of the respondents lack the ability to wash their hands properly and correctly before being given intervention/treatment using audiovisual media in the form of educational videos on proper and proper hand washing as many as 25 people (71.4%).

Frequency distribution of respondents based on their ability to wash their hands properly and correctly after being given an intervention in the form of hand washing audiovisual media in 2023.

Ability to wash hands with soap	After	
	Frekuensi (n)	Presentase (%)
Good	22	62,9
Enough	13	37,1
Not Enough	0	0
Total	35	100%

Source: Primary data, 2022

Showed that most of the respondents had a good ability to wash their hands with soap after being given an intervention in the form of education with audiovisual media washing hands as many as 22 children (62.9%).

implementation of hand washing in Galilea Hosanna Kids Kindergarten students in Medan.

## Discussion

The results of the frequency distribution of knowledge from 35 respondents showed an increase in knowledge before the intervention, namely 5.26 and after the intervention, namely 8.20. The researcher's assumption is caused by a choice of answers that are almost similar. but overall there is a difference in the average knowledge before and after the respondents after being given an intervention using video media.

Audiovisual media is able to stimulate the senses of hearing and vision so that the results obtained are maximized (Arsyad, 2013). Research by Saputra (2011) stated that there was a significant increase in respondents' knowledge before and after receiving health promotion through audiovisual media. Audio visual media attracts attention, saves time and can be played repeatedly. The results of the study using the Wilcoxon test obtained a p value =  $0.000 \leq 0.05$ , which means that there is an effect of health promotion through audio-visual media on the

## CONCLUSION

Based on the research objectives and research results obtained from the effect of health promotion using audio-visual media on the implementation of hand washing in Galilea Hosanna Kids Medan Kindergarten students, the researchers drew the following conclusions: There are differences before and after being given interventions for carrying out hand washing using audio-visual media . So it can be concluded that there is an effect of health promotion using audiovisual media on the implementation of hand washing in Galilea Hosanna Kids Medan Kindergarten students.

## Suggestion

- For institutions/communities  
It is hoped that agencies/communities can increase knowledge about good and correct handwashing and can apply it to everyday life.
- For Educational Institutions.  
It is hoped that the school will be able to coordinate with the UKS to be able to increase students' knowledge and attitudes towards washing hands with soap.

- For Other Researchers.  
This research is expected to be used as basic data information for similar research and this research is expected to provide input for future research in making other studies. The next researcher can develop research variables in addition to the existing variables.

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