

The Effect Of Health Education With Audio-Visual Media Over The Ability Of Washing Hands In Preschooler

Chatarina Suryaningsih

STIKES Jenderal Achmad Yani Cimahi

Corresponding Author: Chatarina Suryaningsih

Abstract: Washing hands is a clean and healthy lifestyle that is scientifically proven can prevent the spread of infectious disease in children. The aim of this study is to determine the effect of health education with audio-visual media over the ability of washing hands in preschooler. The design of this research is pre experimental design with one group pre test-post test without control. The sampling technique used non probability consecutive sampling with 21 respondents. Data collecting used observation sheet that consisted of 10 items on the ability to wash hands in preschooler of As-Shidiq Subang Early Childhood Education Program. The effect of health education with audio-visual media on the ability of washing hands in preschooler. The children ability in wasing hands increased after being given health education with median score resulted of 10,00, whereas before given health education median score resulted of 3,00. The school is expected can cooperate with health workers or health care facilities that can provide health education over proper washing hands in children. And collaborate with parents, so that children can avoid diseases.

Keywords : Health Education, Washing Hands, Preschooler

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I. Introduction

Preschooler begin to learn to control themselves and start to expand their social sphere. This period has characteristics in its development, some of which: imitative, eager to try, spontaneous, honest, cheerful, fond of playing, high curiosity, a lot of moving, and others. Children are more at risk of infection because the body immune or immune system of children are still vulnerable of getting virus and bacteria (Aisah & Reza, 2013).

Infectious disorders that occur in preschooler are due to poor personal hygiene. Prevention of infection is necessary so that the health of preschooler is maintained, one of which can be prevented by washing hands (Anisa, 2012). Make accustom to washing hands is equal to teach children and the whole family a healthy life early on. Washing hands is very useful to kill germs on the hands. Clean hands will prevent the transmission of diseases such as diarrhea, cholera, dysentery, typhoid, intestinal worms, skin disease, respiratory infection (Accute Respiratory Infection), avian flu, and others (Proverawati & Rahmawati, 2012).

Diarrhea experienced by children is influenced by various factors, among which personal hygiene or poor hand washing and environmental factor. Environmental factor such as habituation of parent to pay attention to hands hygiene can affect the child's behavior and ability in washing hands. It is supported by the knowledge of parents on giving benefits of washing hands. Therefore, parents can provide appropriate information to children on the importance of washing hands to prevent the transmission of disease (Listiyorini, 2012).

Health education is an activity or effort to deliver health messages to the community, group, or individual (Notoatmodjo, 2011). According to Anisa's research (2012), showed the ability of washing hands in children increased after they were given health education.

Health education to preschoolers can be done by using several learning media. One of practical health education medias is audio-visual media. Audio-visual media is a modern instructional media that is suitable with the time. Selection of an informative audio-visual media can be well received by children. Audio visual will make them to imagine and willing to try something new, so that through this media will enhance the children's intellectual and cognitive (Sari, 2015).

Based on the observation conducted on March 11, 2016 at As-Shidiq Subang Early Childhood Education Program showed there was no wastafle or other supporting equipment to wash hands in the classroom, the toilet area was not equipped with supporting devices of washing hands. As the number of children at As-Shidiq were 60 students, had two classrooms. Class A numbered 27 children, and class B numbered 33 children. The interview through one of teachers at As-Shidiq Early Childhood Education Program said that number of teacher there were 4 people (including the principal). Counselling from health center had never done before, the teacher also said they had never provided washing hands material to the students.

Result of interviews with 5 parents of As-Shidiq students, 4 parents said the children did washing hands only when they were bathing and defecating, 1 parent said the child did washing hands just only after eating, and when at school parents tended to use dry tissue to clean their children hands. The result of observaton of the children in class A, numberd 27 students with average age of 3-5 years showed that since the start of the course, break time (playing or eating) and when the lesson was over, none of the children did washing hands. It was clear that the children were not accustomed to wash their hands after a long day activities. If this behavior is not changed, it will have an impact on their health.

II. Research Method

The research design used in this study was pre-experimental design with one group pre test-post test without control that the researcher previous observation, and then saw the changes that occurred after the treatment. This design was done in the absence of a control group. The pupulation in this study were preschoolers aged 3-5 years, and the number of sample were 21 students of As-Shidiq Subang Early Childhood Education Program. The sampling technique used was consecutive sampling.

The instruments of this study was the observation sheet (check list), which consists of 10 observation items about the ability of washing hands on children, using the Guttman scale, that was yes and no.

III. Result And Discussion

The research result was presented in the form of univariate and bivariate analysis. The analysis result of the ability of washing hands before being given audio-visual health education showed that the median value of children ability in washing hands were 3,00 (95%CI: 2,70-3,68) which meant the ability of children to wash hands before audio-visual health education was poor, with the lowest score 1 and the highest was 5.

There were several factors that can affect the ability of correct washing hands on children thoroughly that was information factor which had not been obtained by the children, so that their knowledge were still lacking, the unavailability of facilitites for hands washing at school, there was no example given by the teacher, parents, and health workers over correct and proper washing hands to children.

The analysis result of children ability to wash hands after audio-visual health education showed the median value of ability in washing hands was 10,00 (95%CI: 9,01-9,75) which meant that the ability of children to wash hands after audio-visual health education was good with the lowest score 8 and the highest 10.

This result indicated there was an increase in the ability of children to was hands. This was because children could be given health education stimulus through audio-visual media voluntarily and without coercion. Health education could serve to enhance individual willingness and ability (Fitriani, 2011). Health education was also learning process of individual, groups, and communities from not knowing about health values become aware of it, of not being able to overcome his own health problems became capable, an so forth (Notoatmodjo, 2011). In this research children were given health education by using audio-visual media. Audio-visual media made them interested in learning, for through the media sound as well as images were presented to support the learning process (Wahyuningsih, 2011).

Statistical test result using *Wilcoxon* showed the p value = 0.001 ($\alpha < 0,05$). It meant that hypothesis analysis (H_a) was accepted, which meant there was effect of health education and audio-visual media on the ability of washing hands in children.

Based on the result of analysis showed a significant increase in the ability of children to wash hands after health education with audio-visual media. Preliminary observation (*pre test*) was done by observing the washing hands habits in children from the learning process started, breaktime, playing time, meal time, and learning was completed. When preliminary observation ((*pre test*) underwent, the response of each child was different. Most children were very active and enthusiastic when communicate with and were questioned by the researcher, but there were some children who only smiled when being asked to speak and were questioned by the researcher. Most children were able to express their thoughts and feelings and to argue with other children, but some children just pay attention and not blended in.

It is important to provide a stimulus to preschooler, for according to Abdurahman (2009) at this age children are in the active and imaginative phase. Children are also experiencing rapid development in terms of cognitive, motor, or intelligence. The stimulation can be provided in various forms, one of which by providing health education with audio visual media, therefore children can achieve good and optimal intelligence development. The good intelligence development will prevent children experiencing slownes in thinking and acting, reducing conflict and frustration. At this time will prevent children from poor and monotonous social and environmental circumstances.

IV. Conclusions And Suggestions

1. The ability of preschoolers to wash hands at As-Shidiq was poor before health education with audio-visual method was undergone with the results of the ability of the 21 children were at least 1 and maximum 5.
2. The ability of preschooler to wash hands at As-Shidiq was increasing after health education with audio-visual method was undergone with the result of the ability of the 21 children were at least 8 and maximum 10.
3. There was effect of health education with audio-visual method over the ability of washing hands in preschooler at As-Shidiq with score $p_{value} 0.001$; $\alpha < 0,05$.

Audio visual method in this study can stimulate growth and development of children in improving the ability of washing hands. Audio-visual method can be used as a reference in providing nursing care in preschooler in order to meet daily activities.

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