

ABSTRAK

**PENGARUH PENDIDIKAN KESEHATAN METODE *COURSE REVIEW*
HORAY DAN MEDIA VIDEO TERHADAP PENINGKATAN KEMAMPUAN
PERSONAL HYGIENE PADA ANAK USIA SEKOLAH**

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Pendahuluan: Masalah *personal hygiene* yang sering terjadi pada anak usia sekolah adalah terkait kebersihan tangan dan kebersihan gigi. Penelitian ini bertujuan untuk menjelaskan pengaruh pendidikan kesehatan metode *course review horay* dan media video terhadap peningkatan kemampuan *personal hygiene* pada anak usia sekolah. **Metode:** desain *quasy-experimental pretest-posttest with control group design*. Populasi sebanyak 150 siswa di SD Hidayatul Ummah Surabaya dan 123 siswa SD Muhammadiyah 03 Surabaya. Besar sampel dengan *proportional stratified cluster random sampling*. Total 72 responden di SD Muhammadiyah 03 Surabaya dan SD Hidayatul Ummah Surabaya dengan 36 kelompok perlakuan dan 36 kelompok kontrol. Instrumen menggunakan kuesioner dan lembar observasi (checklist). Analisis menggunakan uji *Wilcoxon Signed Ranks Test* dan uji *Mann-Whitney U Test*. **Hasil:** uji *Wilcoxon Signed Ranks Test* menunjukkan pengetahuan ($p=0.000$), sikap ($p=0.000$), praktik cuci tangan ($p=0.000$) dan praktik gosok gigi ($p=0.000$). Nilai $p<0.05$ maka ada pengaruh intervensi metode *course review horay* dan video terhadap peningkatan kemampuan *personal hygiene* pada anak usia sekolah. Hasil uji *Mann-Whitney U Test* menunjukkan pengetahuan ($p=0.000$), sikap ($p=0.000$), praktik cuci tangan ($p=0.000$) dan praktik gosok gigi ($p=0.000$). Nilai $p<0.05$ maka ada tingkat perbedaan mean kemampuan *personal hygiene* antara kelompok perlakuan dan kontrol. **Diskusi:** pendidikan kesehatan dengan metode *course review horay* dan media video memberikan pengaruh terhadap kemampuan kebersihan diri. Penelitian ini menyarankan bahwa dapat dilakukan penelitian selanjutnya terkait penambahan durasi intervensi.

Kata kunci: anak usia sekolah, *personal hygiene*, metode *course review horay*, video.

ABSTRACT

THE EFFECT OF HEALTH EDUCATION *COURSE REVIEW HORAY*
METHOD AND VIDEO MEDIA ON IMPROVING *PERSONAL HYGIENE*
ABILITY IN CHILDREN AGE SCHOOL

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Introduction: *Personal hygiene* problems that often occur in school-age children are related to *hand hygiene* and *dental hygiene*. This study aims to explain the effect of health education methods *review horay courses* and videos media on improving *personal hygiene* abilities. **Method:** quasy-experimental *pretest-posttest* design with control group design. A population of 150 students in SD Hidayatul Ummah Surabaya and 123 students in SD Muhammadiyah 03 Surabaya. The sample size is *proportional stratified cluster random sampling*. A total of 72 respondents in SD Muhammadiyah 03 Surabaya and SD Hidayatul Ummah Surabaya with 36 treatment groups and 36 control groups. The instrument uses a questionnaire and an observation sheet (checklist). The analysis uses the *Wilcoxon Signed Ranks Test* and the *Mann-Whitney U Test*. **Results:** *Wilcoxon Signed Ranks Test* showed knowledge ($p = 0,000$), attitude ($p = 0,000$), hand washing practice ($p = 0,000$) and tooth brushing practice ($p = 0,000$). The value of $p < 0.05$ then there is the effect of intervention *courses review horay* method and video to increase the ability of *personal hygiene* in school-age children. *Mann-Whitney U Test* results showed knowledge ($p = 0,000$), attitude ($p = 0,000$), hand washing practices ($p = 0,000$) and tooth brushing practice ($p = 0,000$). The value of $p < 0.05$ then there is a mean difference in the level of *personal hygiene* ability between the treatment and control groups. **Discussion:** the use of health education *with horay review course* method and video has an influence on the ability of *personal hygiene*. This study suggests that further research can be done regarding the addition of the duration of the intervention.

Key words: *school-age children, personal hygiene, horay review course methods, video.*