

ABSTRAK

PENGARUH PENDIDIKAN KESEHATAN METODE PEMBELAJARAN KOOPERATIF “NUMBERED HEADS TOGETHER” TERHADAP PERILAKU PENCEGAHAN ISPA ANAK USIA SEKOLAH DI SDN 1 PUNGGING MOJOKERTO

PENELITIAN *QUASY-EKSPERIMENTAL*

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ISPA menjadi penyakit yang mewabah di Jawa Timur tahun 2013 pada kalangan anak usia sekolah terutama di Kabupaten Mojokerto. Hal tersebut karena anak tidak mendapat informasi pencegahan ISPA sehingga perilaku pencegahan ISPA pada anak kurang. Pendidikan kesehatan metode *Numbered Heads Together (NHT)* tentang pencegahan ISPA merupakan salah satu intervensi untuk menciptakan perilaku tersebut. Tujuan penelitian untuk menganalisis pengaruh pendidikan kesehatan metode *NHT* terhadap perubahan perilaku pencegahan ISPA anak usia sekolah di SDN 1 Pungging.

Rancangan penelitian menggunakan *Quasy-Experimental* dengan *Pretest-Posttest Control Group Design*. Populasi penelitian sebanyak 60 siswa kelas 5 SDN 1 Pungging. Sampel sebanyak 58 siswa menggunakan *purposive sampling*. Variabel independen penelitian ini adalah pendidikan kesehatan metode pembelajaran kooperatif *NHT*. Sedangkan variabel dependen adalah perilaku (pengetahuan, sikap, dan tindakan) pencegahan ISPA anak usia sekolah. Instrumen yang digunakan ialah RPP dan kuesioner. Analisis menggunakan uji *Wilcoxon Signed Rank Test* dan *Mann-Whitney U-test* dengan tingkat kemaknaan $p < 0,05$.

Hasil uji *Wilcoxon Signed Rank test* pengetahuan, sikap, dan tindakan kelompok perlakuan adalah $p=0,000$; $p=0,405$; dan $p=0,000$. Pada kelompok kontrol, $p=0,083$; $p=0,248$; dan $p=0,084$. Hasil uji *Mann Whitney U-test posttest* pengetahuan, sikap dan tindakan adalah $p=0,000$; $p=0,602$; dan $p=0,000$.

Pendidikan kesehatan metode *NHT* efektif meningkatkan pengetahuan dan tindakan anak, tetapi belum efektif membentuk sikap positif. Peneliti selanjutnya disarankan untuk mengembangkan penerapan metode *NHT* pada pencegahan penyakit lainnya.

Kata Kunci: *Numbered Heads Together*, ISPA, perilaku

ABSTRACT

THE EFFECT OF HEALTH EDUCATION THROUGH “NUMBERED HEADS TOGETHER” COOPERATIVE LEARNING METHOD ON PREVENTION BEHAVIOR IN ARI AMONG SCHOOL-AGED CHILDREN IN ELEMENTARY SCHOOL 1 PUNGGING MOJOKERTO

QUASY-EXPERIMENTAL RESEARCH

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Acute Respiratory Infection (ARI) has become epidemic disease among school-aged children in Mojokerto in 2013. Lack of health education about prevention in ARI can increase incidence of ARI. Health education through NHT cooperative learning method can improve prevention behavior in ARI. This study was aimed to analyze the effect of health education through NHT cooperative learning method on prevention behavior in ARI among school-aged children.

This study used quasy-experimental design. The population was fifth grade students in Elementary School 1 Pungging with total sample 58 students, taken according to purposive sampling. The independent variable was health education through NHT cooperative learning method. The dependent variables were knowledge, attitude, and prevention behavior in ARI. Data were collected using questionnaires, analyzed using Wilcoxon Signed Rank Test and Mann Whitney U-test with significance value $p < 0.05$

Result showed NHT cooperative learning method has effect on knowledge ($p=0.000$) and prevention behavior ($p=0.000$) but has no effect on attitude ($p=0.405$) in treatment group. Control group showed $p=0.083$ (knowledge), $p=0.248$ (attitude), $p=0.084$ (prevention behavior). Mann Whitney U-test posttest showed $p=0.000$ (knowledge), $p=0.602$ (attitude), and $p=0.000$ (prevention behavior).

In conclusion, health education with NHT cooperative learning method can improve knowledge and prevention behavior in ARI, but has no effect to improve attitude. Further research should develop NHT cooperative learning method to prevent other disease.

Keyword: *Numbered Heads Together, Acute Respiratory Infection, behavior*