

ABSTRACT

METHOD GAME PICTURE CARDS TO ENHANCE THE KHOWLEDGE, ATTITUDES, AND ACTIONS OF MENSTRUAL HYGIENE IN MILD MENTAL RETARDATION CHILDREN

Pra-Eksperimental Study at
SLB C AKW Kumara I dan II Surabaya

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Introduction: children with mild mental retardation requires attention associated to menstrual hygiene using picture cards as a media for remember easily about how to use pads and how to clean it. **Aim:** this study aims to analyze the influence of picture cards simulation games to enhance the knowledge, attitudes, and actions of menstrual hygiene in mild mental retardation children.

Method: this study used experimental one-pre-pre-group post test design as a method. The population in this research were the female students of SLB C AKW Kumara I and II Surabaya. The sample in this study were 30 respondents taken with purposive sampling technique. Data collection was done using questionnaires, then analyzed using the Wilcoxon Signed Rank Test with significance $p = 0.05$.

Result: The result showed that health education through game simulation method of picture cards had a significant effect on respondents with knowledge ($p = 0.000$) but had no effect on attitudes ($p = 0.467$) and action of menstrual hygiene ($p = 0.346$).

Discussion: picture cards simulation game can be used as a method of administering health education on children with mild mental retardation about menstrual hygiene in order to improve the knowledge, attitudes, and actions. Simulation games picture cards proved to be not significantly influential in attitude and action of menstrual hygiene. Respondents are less focused on receiving the intervention while the research was held. The conclusion Mild mental retardation child have a distinct ability to receive in information.

Keywords: picture cards simulation game, knowledge, attitude, action, menstrual hygiene, mild mental retardation