

ABSTRAK
PENGARUH PENDIDIKAN KESEHATAN DENGAN METODE
***EXPLICIT INSTRUCTION* TERHADAP PERUBAHAN PERILAKU**
DALAM PENANGANAN CEDERA DI KOMUNITAS
BREAKDANCESURABAYA

QUASY EKSPERIMENTAL

Oleh: Lucy Kartika Dewi

Cedera merupakan sebuah keadaan yang mengakibatkan tubuh mengalami kerusakan karena tekanan fisik atau kimiawi. Kemampuan penanganan cedera sangat diperlukan anggota komunitas *breakdance* untuk menangani cedera. Tujuan penelitian ini untuk menganalisis pengaruh pendidikan kesehatan metode *explicit instruction* terhadap perilaku penanganan cedera di komunitas *breakdance* Surabaya.

Penelitian menggunakan desain *quasy eksperimental* dengan *pre* dan *post-test* pada dua kelompok. 13 responden kelompok perlakuan dan 13 responden kelompok kontrol. Menggunakan *purposive sampling*. Data dianalisis dengan *Wilcoxon Signed Rank Test*, *Mann Whitney Test*, dan *Chi Square Test* kemaknaan $p < 0,05$.

Hasil uji *Wilcoxon Signed Rank Test* pada kelompok perlakuan sesudah diberikan pendidikan kesehatan metode *explicit instruction* didapatkan pengetahuan ($p=0,001$) dan tindakan ($p=0,001$), pada kelompok kontrol didapatkan pengetahuan ($p=0,102$) dan tindakan ($p=1,000$). Hasil uji *Mann Whitney Test* antara kelompok perlakuan dan kontrol didapatkan pengetahuan ($p=0,000$), dan tindakan ($p=0,000$). Hasil Uji *Chi Square Test* didapatkan sikap ($p=0,047$).

Penelitian menunjukkan pendidikan kesehatan metode *explicit instruction* berpengaruh terhadap perilaku anggota komunitas *breakdance* dalam penanganan cedera. Diharapkan penelitian selanjutnya dilakukan pendidikan kesehatan dengan metode lain.

Kata Kunci : *Explicit instruction*, komunitas *breakdance*, perilaku, penanganan cedera

ABSTRACT
**THE EFFECT OF HEALTH EDUCATION WITH EXPLICIT
 INSTRUCTION METHOD TOWARDSTHE INJURYHANDLING
 BEHAVIORIN THE BREAKDANCE COMMUNITY SURABAYA**

QUASY EKSPERIMENTAL

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Injury is a condition causes the body to be injured or damaged by a physical pressure or chemical substance. An ability of the first handling on the injury is needed for breakdance community members to handle themselves or others when getting an injury. The purpose of this study is to analyze the influence of health education with an explicit instruction method towards the injury handling behavior in Surabaya breakdance community.

This study used quasy experimental design by conducting pre-test and post-test in two groups. It consists of 13 treatment group respondents and 13 control group respondents. This study also used a purposive sampling technique. The data were analyzed by Wilcoxon Signed Rank Test, Mann Whitney Test, and Chi Square Test with significance level $p < 0,05$.

The results of Wilcoxon Signed Rank Test showed that the treatment group respondents have the knowledge result ($p = 0,001$), action ($p = 0,001$). On the other hand, the control group respondents have the knowledge result ($p = 0,102$), action ($p = 1,000$). Furthermore, the Mann Whitney Test result between the treatment and control group were obtained the knowledge result ($p = 0,000$), action ($p = 0,000$). The result of Chi Square Test have the attitude result ($p = 0,047$).

This research showed that the health education with an explicit instruction method influences the behavior (knowledge, attitude, and action) of breakdance community members in handling the injury. In addition, it is expected for further research to undertake the health education by using other methods.

Keywords: Explicit instruction, breakdance community, behavior, handling injury