

EFEKTIFITAS METODE MENDONGENG TERHADAP PENGETAHUAN DAN SIKAP MENCUCI TANGAN PADA ANAK USIA SEKOLAH DI INDONESIA

The Effectiveness of Storytelling Method Toward Hand Washing Knowledge and Attitude Among School Age Children In Indonesia

Liya Dahlia¹, Dewi Srinatania², Agni Laili Perdani¹

1. Department of Pediatric Nursing, STIKep PPNI Jawa Barat
2. Bachelor Nursing Program, STIKep PPNI Jawa Barat

Riwayat artikel

Diajukan: 5 Juni 2022

Diterima: 23 Juli 2022

Penulis Korespondensi:

- Liya Dahlia
- STIKep PPNI Jawa Barat
- e-mail: dewisrinatania@yahoo.com

Kata Kunci:

*Storytelling, Hand puppets,
Knowledge, Attitude,
School age children*

Abstrak

Pendahuluan: Anak usia sekolah sangat sensitif terhadap stimulus sehingga pada usia ini mudah diberikan bimbingan dan dibiasakan dengan perilaku hidup sehat. Rendahnya kesadaran dan kurangnya pengetahuan menyebabkan cuci tangan yang tidak benar banyak ditemukan pada anak-anak. *Storytelling* merupakan salah satu metode untuk menyampaikan pendidikan kesehatan dan mengembangkan aspek kognitif (pengetahuan), afektif (perasaan), sosial dan konatif (penghargaan) pada anak. **Tujuan:** Penelitian ini bertujuan untuk mengetahui efektivitas mendongeng terhadap pengetahuan dan sikap cuci tangan pada anak usia sekolah. **Metode:** Penelitian ini merupakan penelitian kuantitatif dengan desain *Pre-Experimental One Group Pre-Posttest Design*, dilaksanakan pada bulan April-Mei 2021. Responden setuju untuk berpartisipasi. Instrumen penelitian berupa data demografi, angket yang diisi sendiri terkait pengetahuan dan sikap mencuci tangan dengan reliabilitas baik Cronbach's alpha > 0.881 (pengetahuan) dan > 0.925 (sikap). Analisis data menggunakan SPSS Versi 23 pada rumus univariat dan bivariat. **Hasil:** Terdapat perbedaan pengaruh mendongeng yang signifikan terhadap pengetahuan dan sikap sebelum dan sesudah intervensi pada anak usia sekolah dengan nilai P 0,000 (< 0,05). **Kesimpulan:** Selama pandemi Covid-19 pengetahuan dan sikap terhadap cuci tangan sangat penting. Pendidikan melalui berbagai media terdapat di tempat-tempat umum, televisi, media sosial dan lain-lain. Namun, perlu pendekatan khusus untuk anak usia sekolah sebagai populasi rentan karena prevalensi Covid-19 ini relatif tinggi

Abstract

Background: School-age children are very sensitive to the stimulus thus at this age easy to be given guidance and familiarized with healthy life style behavior. Low awareness and lack of knowledge caused improper hand washing are mostly found among children. Storytelling is a method to deliver health education and develop cognitive (knowledge), affective (feeling), social and conative aspects (appreciation) in children. **Objective:** This study aims to determine the effectiveness of storytelling toward handwashing knowledge and attitudes among school-age children **Methods:** This research is a quantitative design *Pre-Experimental One Group Pre-Posttest Design*, conducted in April-May 2021. The total of 40 respondents are agreed to participate. The research instrument including of demographic data, self-filled questionnaire related with hand washing knowledge and attitude with good reliability Cronbach's alpha > 0.881 (knowledge) and > 0.925 (attitude). Data analyzed used SPSS Version 23 on univariate and bivariate formula. **Results:** There is a significant difference in the effect of storytelling on knowledge and attitudes before and after the intervention in school-age children with a P-value of 0.000 (< 0.05). **Conclusion:** During pandemic Covid-19 knowledge and attitude toward of handwashing are essentials. Education through various media are found in public places, television, social media and others. However, specific approach is needed for school age children as vulnerable populations since this prevalence of Covid-19 is relatively high.

INTRODUCTION

School-age children are very sensitive to the stimulus thus at this age easy to be given guidance and familiarized with healthy life style behavior (Lina, 2016). Children still need to be nurtured to be able to achieve their intellectual development therefore they can calculate risk level for various health problems (Ikasari & Anggana, 2020). They susceptible to infectious disease than 10 years who wash their hands (Riskasdas, 13). The ultimate disease prevention is by washing hands, because hands is a gents that carry germs and cause pathogens to move from one person to another, either by direct or indirect contact. (Perdani, 2018). The level of awareness can be influenced by knowledge and someone who has good knowledge will show good hand washing behavior (Ashari, 2020).

Good hand washing needs to be given from an early age where at this phase children are easily receptive to stimuli so that they can be guided, directed and instilled good habits (Listyawati, 2015). High awareness of the importance of hand washing starts from knowledge and providing information to school children needs to be socialized with the right media (Yudiarni, et al. 2019). One of the method is by storytelling. Storytelling is a method that can develop cognitive (knowledge), affective (feeling), social and conative because their unclean food habit or not wash their hands appropriately (Sugihantono, 2016).

Low awareness and lack of knowledge caused improper hand washing are mostly found among children (WHO, 2020). Based on (Resikesdas, 2007) only 17% children practice hand washing with soap and clean water. Moreover, only 46.7 % children older aspects (appreciation) in children (Novita, 2016). Telling stories using hand puppet media will make children enjoy stories and indirectly learn life (Sulianto et al., 2014). Instrument validity and eability were accepted with good score.

Literature review described that the practice of handwashing is increased from 25.43% to 65.35%. after the intervention of hand puppets was given (Bellinda et al., 2018). Handwashing compliance and knowledge are also significant increased (Pangesti, 2014; Yudiarni et al., 2019). There are unmeet need for interesting and easy-to-understand information for handwashing knowledge and attitudes for school-age children. Based on the explanation bove researchers are interested to explore the effectiveness of storytelling by hand puppets method toward hand

washing knowledge and attitudes among school age children because there is still limited research related with that.

METHOD

This study is an experimental design with one group pretest and posttest design. The total of 40 respondents agreed to participated in this study. This study conducted on April 2021 in one of the biggest elementary school in rural area at Subang, West Java, Indonesia. At this school there is still limited counseling about knowledge and handwashing attitudes at the school.

The research instrument including of demographic data, self-filled questionnaire related with hand washing knowledge and attitude created by Hasanah et al (2019). The total of 24 questions with 12 on each variables, consecutively. The correct answer is given one score, while blank or wrong score given score 0 in knowledge variable and Likert Scale from 1-4 from strongly agree to strongly disagree. This instrument had good reliability with Cronbach's alpha > 0.881 (knowledge) and > 0.925 (attitude). Data analyzed used SPSS Version 23 on univariate and bivariate formula. Normality test with Shaphiro-Wilk described that data was normally distributed with p-value >0.005 Storytelling intervention were consist of the handwashing definition, purposes, time and stages. Respondents were divided into 10 people in each group and given the storytelling method intervention 10 minutes by using hand puppet dolls as media.

RESULTS

Table 1. Characteristics demographic among elementary school children (N=40)

Variables	n(%)
Age (years old)	Mean (± SD) 11.15 (0.94)
9	3 (7.5)
10	6 (15)
>11 tahun	7 (17.5)
Grade	
4	10 (25)
5	13 (32.5)
6	17 (42.5)
Gender	
Male	18 (45)
Female	22 (55)

Table 2. The difference of handwashing knowledge and attitude among school age children

Variables	Mean±SD	95% CI	t	p-value
Knowledge				
Pre	6.75 ±1.905	1.905 -	13.3	0.000
Post	10.90 ±.744	4.780	35	**
Attitude				
Pre	38.80 ± 4.328)	2.975 -	6.03	0.000
Post	43.28 ± (2.522)	5.975	4	**

Demographic characteristics of elementary students

Based on the description in Table 1, in this study most respondents (n=31, 77.5%) are > 11 years old, on grade 6 (n=17, 42.5%) and female (n=22, 55%). Age will determine appropriate method for health education therefore educate children to wash their hands by providing good knowledge is essential.

Handwashing knowledge and attitude

There is a significant statistically difference (Table 2) between the mean score before and after intervention on knowledge (t=13.335) and attitude (t=6.034) of hand washing ($p < 0.000$). There was an increase in total score of knowledge and attitudes among respondents after the intervention of storytelling given.

The most well-known method for health education is story telling. Researcher read a loud the stories and children not only remembered the message but spontaneously draw their own imagination (Mauliyah, 2015). This study is similiar with previous research (Ahmad et al 2018; Vianny, 2016) that resulted by conducting health education through stories is effective on hand washing skills with soap ($p < 0.000$). The information provided through storytelling method is easier for children to comprehend and remember. Through the stories conveyed by the researcher as storytellers and with demonstrations taught are well received by the children and most of the children understand about hand washing.

The effect of handwashing in this study alike with the prior research (Listuaayu, 2015) and found that storytelling can increase the motivation to practice personal hygiene up to

100%. It can be concluded the impact of storytelling to deliver health information is an effective solution and easier to understood by school-age children along with their growth and development (Suryabrata, 2014). However, in contrast result by Yuliana & Putri (2021), the effect of using digital storytelling on student learning outcomes was found very low because during the COVID-19 pandemic learning face-to-face replaced with online therefore researchers cannot directly monitor students in digital platform by WhatsApp group.

The effect of storytelling toward handwashing knowledge and attitude

From the results of bivariate analysis, school age children are very suitable to give lesson for handwashing. Parents collaboration to teach or familiarize children with washing hands is also vital because the family environment affect children learning habits. Researchers used hand puppet dolls because gives several advantages as generally children like dolls and identical to them. In addition, hand puppets are often played in groups or individually, therefore that the stories conveyed through puppet characters will clearly attract attention (Wiratama, 2017). Using dolls as media is effective in increasing children compliance in washing their hands (Widayanti, 2014). This study is in line with Budiwibowo et al (2019) that there is an effect of health education through the storytelling method on the level of dental hygiene knowledge of school-age children. It can be seen that there is an effect of health education through storytelling.

CONCLUSION

During pandemic Covid-19 knowledge and attitude toward of handwashing are essentials. Education through various media are found in public places, television, social media and others. However, specific approach is needed for school age children as vulnerable populations since this prevalence of Covid-19 is relatively high.

Schools are expected to actively give efforts by utilizing the delivery of health education using the storytelling method for school-age children. For pediatric nursing in community school it is hoped that story telling can be a consideration in the development and application of the standard operation on another health education.

REFERENCES

- Adriani, Dwi Aprilina. Minarti, Ni Made Aries. Adriana, D. (2014). Pengaruh pendidikan kesehatan dengan audio visual terhadap perilaku cuci tangan pakai sabun anak pra sekolah. *E-Jurnal Keperawatan*, 2(3).
- Ajizah, Asyifa. (2020) *Pertumbuhan dan Perkembangan Anak, Bayi, dan Usia*. Bogor: Linds Bestari
- Aries Abiyoga, Rani Fitriani Arifin, Y. N. (2018). Pengaruh Pendidikan Kesehatan dengan Metode Storytelling (Bercerita) dalam Personal Hygiene terhadap Hygienitas Kuku pada Anak Usia Prasekolah. *Darul Azhar*, 4(1), 71–80.
- Asthiningsih, N. W & Tri. (2019) Edukasi Personal Hygiene Pada Anak Usia Dini Dengan G3CTPS. *Jurnal Pesut: Pengabdian untuk kesejahteraan umat* Vol. 1 No. 2. Tersedia di: <https://journals.umkt.ac.id/index.php/pesut/article/view/28>
- Budiwibowo, et al. (2019) Pengaruh Pendidikan Kesehatan Dengan Metode Stor Telling Terhadap Tingkat Pengetahuan Kebersihan Gigi Pada Pnak Usia Sekolah di SDN Inpres Kala Tahun 2019. *Journal: Gravity edu* volume 2 Nomor 2
- Burhaein, (2017). Aktivitas Fisik Olahraga untuk Pertumbuhan dan Perkembangan Siswa SD. *Indonesian Journal of Primary Education*, 1(1), 51–58.
- Damanik, R. K. (2018). Pengaruh Storytelling terhadap personal hygiene pada anak usia prasekolah di TK. Baburrahman Kecamatan Kualuh Hulu Kabupaten Batu Utara. *Kesehatan Masyarakat dan Lingkungan Hidup*, 4002.
- Darmayanti , et al. (2020) *Teknik Pemberdayaan Masyarakat*. Ponorogo: Unmuh Ponorogo Press
- Devi, S. (2011) *Jadikan Anak Anda Jenius* Jakarta : Gramedia
- Elisa, U. (2018) *Tumbuh Kembang dan Stimulasi untuk Orangtua Anak PAUD/TPA*
- Hasanah, T. M., Majid, Y. A., & Tirtayanti, S. (2019). *Kartu Bergambar Meningkatkan Pengetahuan Sikap , Dan Prosedur Mencuci Tangan Anak Kelas 5 SD DI SD Muhammadiyah 14 Balayudha Palembang Tahun 2019*, *Healthcare Nursing Journal Fakultas Ilmu Keperawatan UMTS 2*.
- Iftitah, S. L. (2019). *Evaluasi Pembelajaran Anak Usia Dini*. Bangkes Kadur:Duta Media Publishing.
- Ikasari & Anggana, (2020). Pengetahuan anak usia sekolah tentang cuci tangan yang benar di kecamatan martapura. *Jurnal Perawat Indonesia* volume 4(1).
- Istiarni & Triningsih. (2018) *Jejak Pena Pustakwan. DIY: Azyan Mitrs Media*
- Izzaty. (2017) *Prilaku Anak Prasekolah*. Jakarta: PT Elex Media Komputindo Kelompok Gramedia Islam. (2018) *Pengaruh Penyuluhan CTPS Terhadap Peningkatan Pengetahuan Siswa SDN 169 Bonto Parang Kabupaten Jeneponto*. *Jurnal nasional ilmu kesehatan*, vol 1,2 2018
- Kemenkes. (2020) *Kasus Kematian Karena Covid Tertinggi Balita*. Tersedia di: <https://m.ayojakarta.com/read/2020/07/20/21585/kemenkes-sebut-kasus-kematian-karena-covid-19-balita-tertinggi>
- Kusumawardhani, Syahti Atmi. Puspaningtyas, Rusmanto. Kusuma Ayu.
- Septianingrum (2017). Pengetahuan, Sikap, dan Tindakan Mencuci Tangan Yang Benar Pada Siswa Kelas 1 dan 2 di SDN 2 Karanglo, Klaten Selatan. *Kementerian Kesehatan Politeknik Kesehatan Surakarta Jurusan Kebidanan*, 44–50.
- Kristanti & Cintika. (2019) *Kapasitas Orang Tua Terhadap Personal Hygiene anak autis*. Ponorogo: Uwais Inspirasi Indonesia
- Listuayu, J. luh N. R. (2018). *Pengaruh Storytelling Terhadap Motivasi Untuk Melakukan Personal Hygiene Pada Anak Usia Prasekolah di TK*. Mandala Kumara Denpasar. Skripsi.
- Lerin, C. (2012) *Aktivitas Anak Pintar*. Jakarta:

Cikal Aksara

- Marhaeni Ahmad, Anis Nikmatul Nikmah, N. L. M. P. (2019). Pengaruh Pendidikan Kesehatan Cuci Tangan Melalui Metode Cerita Bergambar Terhadap Keterampilan Cuci Tangan Pakai Sabun Pada Anak Usia 5-6 Tahun. *jurnal Mahasiswa kesehatan*, 1. Tersedia di: https://scholar.google.com/scholar?hl=en&as_sdt=0%2C5&q=pengaruh+pendidikan+kesehatan+melalui+cerita+bergambar+terhadap+keterampilan+cuci+tangan&btnG=#d=gs_qabs&u=%23p%3D77EYmK1xsmoJ
- Miranda Fitra Bellinda*, Fidi Rachmadi**, D. P. (2018). Pengaruh Pendidikan Kesehatan Cuci Tangan Pakai Sabun Dengan Metode Storytelling Menggunakan Finger Puppet (Boneka Jari) Terhadap Kemampuan Mencuci Tangan Pada Anak Usia Prasekolah Di Paud Pagi Ceria Pontianak Utara. *Journal of Chemical Information and Modeling*.
- Muhyi. (2020) PJOK Tematik Terpadu Tingkat Sekolah Dasar Kelas .Perpustakaan Nasional Indonesia: CV. Jakad Media Publishing
- Muriah & Khusnul. (2020) Psikologi Perkembangan Anak dan Remaja. Uterasi Nusantara
- Noordiaty. (2018) Asuhan Kebidanan, Neonatus, Bayi, Balita dan Anak Prasekolah. Wineka Media
- Panjaitan. Yetti Elindra, Nurani Yuliana. (2020) Pengaruh Media Pembelajaran Digital Animasi dan Kepercayaan Diri terhadap Hasil Belajar Pendidikan Agama Islam Anak. *Jurnal obsesi: Jurnal Pendidikan Anak Usia Dini*, 4 (2),
- Pangesti. (2018) Pengaruh Pendidikan Kesehatan Menggunakan Storytelling dan Permainan Ular Tangga Terhadap Tingkat Pengetahuan Mencuci Tangan Pakai Sabun di TK Al Hidayah Ajung Jember. Skripsi.
- Perdani, A. P. (2018). Pengaruh Storytelling Terhadap Perilaku Cuci Tangan. *MID-Z Jurnal*, 01(1), 13–18. tersedia di: https://scholar.google.com/scholar?hl=en&as_sdt=0%2C5&q=pengaruh+storytelling+terhadap+perilaku+cuci+tangan+menggunakan+sabun&btnG=#d=gs_qabs&u=%23p%3D77EYmK1xsmoJ
- Priyoto S. (2015) Komunikasi & Sikap Empati dalam Keperawatan. Yogyakarta:
- Graha Ilmu Pudjibudojo, dkk. (2019) Bunga Rampai Psikologi Perkembangan. Sidoarjo: Zifatama Jawa
- Reyhan, dkk. (2020) Bunga Rampai Pengabdian Mahasiswa KKN di Pedesaan Pemalang-Pekalongan. JAKARTA: CV Graf Literasi
- RI KK. Badan Penelitian dan Pengembangan Kesehatan. Riset Kesehatan Dasar. 2013
- Rozana, S & Ampun, B. (2020) Stimulasi Perkembangan Anak Usia Dini. Jawa barat: Edu Publisher
- Soetjiningsih et al. (2012) Konsep Dasar Tumbuh Kembang Anak. Jakarta: EGC
- Simbolon, D. (2019) Pencegahan Stunting Melalui Intervensi Gizi Spesifik Pada Ibu Menyusui Anak Usia 0-24 Bulan. Ebook
- Siska Dyah Ratnasari, Sri Hartini, R. A. (2015). Efektivitas Ber cerita Dengan Media Boneka Jari Terhadap Kepatuhan Perilaku Mencuci Tangan Pada Anak. *Jurnal Ilmu Keperawatan dan Kebidanan*
- Siregar, P. A. dkk (2020) Promosi Kesehatan Lanjutan, Jakarta: Kencana
- Sitepeo, M. (2010) Melawan Influenza A (H1N1), Jakarta : Jakarta Grasindo 2019
- Sulianto et al., (2017). Profil Cerita Anak dan Media Boneka Tangan Dalam Metode Ber cerita Ber karakter Untuk Siswa SD., 1, 113–122.
- Sutriyanti, Ni. K. (2020) Menyemasi Benih Dharma Perspektif Multidisiplin. Sulawesi Selatan: Yayasan Ahmar Indonesia
- Septy, S. D. (2018). Pengembangan buku cerita bergambar materi pembiasaan mencuci tangan untu anak kelomok B di TK III Lahat. Skripsi.
- Triyanti D (2019). Perilaku Tentang Cuci

Tangan Pakai Sabun Di Madrasah
Ibtidaiyah Taswirul Afkar. Jurnal
Promkes. 7(1):47-56.

Trismanjaya Hulu, et all. (2020) Kesehatan
Lingkungan Victor. Yayasan Kita
Menulis

Van Beeck, A. H. E., Zomer, T. P., Van Beeck,
E. F., Richardus, J. H., Voeten, H.

A. C. M., & Erasmus, V. (2016). Children's
hand hygiene behaviour and available
facilities: An observational study in
Dutch day care centres. *European
Journal of Public Health*, 26(2), 297–
300.
<https://doi.org/10.1093/eurpub/ckv228>

Vianny, A. (2016). Pengaruh storytelling dalam
pendidikan personal hygiene terhadap
cuci tangan yang baik dan benar pada
anak usia prasekolah di TK Tunas
IGTKI-PGRI PONTIANAK, 10.
Tersedia di:
https://scholar.google.com/scholar?hl=en&as_sdt=0%2C5&q=pengaruh+pendidikan+kesehatan+cuci+tangan+pakai+sabun&btnG=#d=gs_qabs&u=%23p%3DtMp7yJGI440J

Wirawan, I. (2013) Kata Dokter. Jakarta:
PandaMedia

Yudiarni et al., (2019). Storytelling Dalam
Pendidikan Personal Hygiene
Mempengaruhi Kepatuhan Cuci Tangan
Pakai Sabun Pada Anak usia 6-7 Tahun
Di SD Negeri 13 Sesatan. *Jurnal
Keperawatan Terapan(e-Journal*,
06(01).

Yus, A. (2011) Penilaian Perkembangan Belajar
Anak Taman Kanak-Kanak. Jakarta: PT
Fajar Interpretama Mandi