

Education Of Teacher's Knowledge And Skills In Washing Hands Of Soap In The Basic School Of The Region in Ponorogo

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ABSTRACT

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School-age children are those who are prone to various diseases, especially those related to the stomach. Children not doing hand washing with soap before eating will cause various disease-causing germs to enter the body easily. The role of the teacher in guiding how to wash hands properly and correctly plays a role in the level of health of students. The purpose of this study was to determine the effect of education on the knowledge and skills of teachers in hand washing using soap at the Elementary School in the Kauman Village area of Ponorogo District.

Quasi-experimental research design with pre-test and post-test design to determine teacher's knowledge and skills before and after being educated with counseling and simulation methods. The population in this study is all elementary school teachers in the area of Kauman Village with a sample of 30 respondents in a simple random sampling. Data collection using questionnaires and assessment sheets on how to wash hands before and after education are then analyzed by Paired Sample T Test.

The results of the study before being educated all respondents had less knowledge as many as 35 people (100%), after education of respondents who had good knowledge of 21 people (60%), only 14 people (40%). The respondents' skills before being educated were 12 people (34%) enough, 23 people (66%) lacking. After being educated as many as 25 people (72%) were good, 10 people (29%) were sufficient. The results of statistical tests showed differences in teachers' knowledge and skills before being educated and after being educated with sig (2-tailed) = 0,000 < 0.05.

After being educated there is an increase in teacher's knowledge and skills in hand washing. Good education can affect the teacher's knowledge in washing hands with soap which can be better too.

BACKGROUND

Health is a state of prosperity from body, soul, and social that allows everyone to live productively socially and economically. Improving the quality of life of children, one of which is determined by the planting of health behaviors early (Hendra, 2015).

The realization of the degree of public health can be achieved, one of which is the Clean and Healthy Life Behavior (PHBS) program. PHBS program is an effort to provide a learning experience or create a condition for individuals, families, groups and communities, by opening communication channels, providing information and conducting education, to improve knowledge, attitudes and behavior, through a leadership approach (advocacy), developing the atmosphere (Social Support and community empowerment (Wati, 2011).

Almost everyone understands the importance of washing hands using soap, but does not get used to doing it right at the important time. Washing your hands with soap is done at 5 important times: before eating, after defecating, before handling the baby, after washing the child, and before preparing food. If this is done it will be able to reduce up to 47% of morbidity due to diarrhea and 30% of acute respiratory infections or ARI (upper respiratory tract infection) (Ministry of Health, 2011).



Students as students in primary school education institutions have that responsibility, students must play a role in efforts to create a healthy life, and a healthy environment, it can be started by applying a clean and healthy lifestyle to each of them. Students are the backbone of the nation in the future therefore, teenagers should have a tendency to apply hygienic and healthy living behavior as one of the requirements for achievement in optimal education, both in the school environment and in society in general (Rinandanto, 2015).

Elementary school is a golden age to instill PHBS values and has the potential as an agent of change to promote PHBS both in schools, families and communities so as to create quality human resources later. A suitable channel to provide early socialization and health practices for children is through school. The emergence of various diseases that often affect school-age children (6-10 years), is generally associated with PHBS (Diana et al, 2014). One of the four key PHBS activities to improve the achievement of health degrees is to improve the correct hand washing behavior (washing hands with running water and soap).

School-age children are those who are prone to various diseases, especially those related to the stomach, such as diarrhea, worms, and others. The habit of children consuming snacks freely, plus children not doing hand washing with soap before eating will cause various disease-causing germs to enter the body easily, because the hands are the part of our body that is most polluted by dirt and germs. If this problem is not considered, it will increase the risk of diseases such as diarrhea, worms, and so on (Kartika et al, 2016). The role of the teacher in guiding how to wash hands properly and correctly plays a role in the level of health of students.

The results of the preliminary study on January 6, 2018 to 7 children and 5 teachers, that students had suffered from diarrhea in the last 6 months, did not wash their hands before eating snacks, only washed their hands when they looked dirty, while the teacher did not know how to wash hands good and right.

RESEACH PURPOSE

The purpose of this study was to determine the effect of education on the knowledge and skills of teachers in hand washing using soap at the Elementary School in the Kauman Village area of Ponorogo District.

RESEARCH METHODS

Quasi-experimental research design with pre-test and post-test design to determine teacher's knowledge and skills before and after being educated with

RESULTS

Subject Characteristics

Table 1. Characteristics of respondents in this study include age, education, employment status, knowledge and skills of the pre test and post test.

No	Characteristics	ΣN	Σ%
1	Age (year)		
	26-35	3	9
	36-45	15	43
	46-55	19	48
2	Education		
	Master	6	17
	Bachelor	29	83
3	Employment status		
	Non ASN	3	9
	ASN	32	91

4	Knowledge (pre test)		
	Good	0	0
	Enough	0	0
	Less	35	100
5	Knowledge (post test)		
	Good	21	60
	Enough	14	40
	Less	0	0
6	Skills (pre test)		
	Good	0	0
	Enough	12	34
	Less	23	66
7	Skills (post test)		
	Good	25	72
	Enough	10	29
	Less	0	0
	Total	35	100

STATISTICAL TEST RESULTS

Table 2. Distribution of Paired Sample T Test Analysis on Teacher's Knowledge in Hand Washing with Soap in Elementary Schools in Kauman Village, Ponorogo District, 2018.

	average	N	Sig (2-tailed)
Before being given education	6,00	3	,000
After Education	12,00	3	
		5	

From the results of statistical analysis, paired sample T test shows that there is a difference in the average knowledge of the teacher before being given education (6.00) and after being given education (12.00) in washing hands with soap in the Elementary School in Kauman Village, Ponorogo District, 2018.

Based on the above statistical tests using analysis of paired sample T test get a significance value of $0.000 < \alpha: 0.05$, it can be stated that there are differences in teacher's knowledge before being educated and after being educated hand washing using soap in the Elementary School of Kauman Village, Ponorogo District, 2018, that good education can affect the teacher's knowledge in washing hands with soap which can be better too.

Table 3. Distribution of Paired Sample T Test Analysis on Teacher Skills in Hand Washing with Soap in Elementary Schools in Kauman Village, Ponorogo District, 2018

	average	N	Sig (2-tailed)
Before being given education	5,80	35	,000
After Education	10,46	35	

From the results of statistical analysis, paired sample T test shows that there is a difference in the average skills of teachers before being given education (5.80) and after being given education (10.46) in washing hands with soap in the Elementary School of Kauman Village, Ponorogo District, 2018.

Based on the above statistical tests using a paired sample T test analysis in getting sig (2-tailed) $0.000 < \alpha: 0.05$, it can be stated that there are differences in teacher skills before being educated and after being educated hand washing with soap at the

Kauman Village Elementary School Ponorogo Regency in 2018, that good education can affect the teacher's skills in washing hands with soap which can be even better.

DISCUSSION

Education of Teacher's Knowledge in Hand Washing with Soap in Elementary Schools in Kauman Village, Ponorogo District, 2018

The results of the research were obtained data on the independent variables namely education of the dependent variable namely the knowledge and skills of the teacher in hand washing with soap in the Elementary School of Kauman Village Ponorogo District in 2018. It is known that the teacher's knowledge in washing hands with soap before being given education as much as 35 respondents (100%) have less knowledge value. This is because there are several factors that influence, among others, lack of knowledge and attitudes that are less concerned about health (Notoatmodjo, 2010). After the respondents were given education about hand washing with soap, respondents with good grades were 21 respondents (60%), just 14 respondents (40%), and no respondents had less value (0%).

The results of different knowledge can be influenced by various things, namely education, work, age, interests, culture, experience, and information. The age of a person will affect the maturity of his thinking. A person's knowledge is also influenced by experiences gained from before and through formal education, so that information is obtained. Education will affect one's knowledge where this will also shape one's attitude according to their knowledge (Notoatmodjo, 2010).

From the results of the characteristics of respondents based on age, education, and employment status, the majority of respondents were 46-55 years old (48%), had an undergraduate education (83%), and respondents were ASN employees (91%). The higher one's knowledge about hand washing, the better their attitude in applying handwashing (Wati, 2011). Furthermore, research conducted by Sulastris & Purna (2014) showed a significant relationship between the level of knowledge with schoolchildren's behavior regarding Clean and Healthy Life Behavior (PHBS) ($p = 0.005$). According to an experimental study, health education about hand washing will have a positive impact on both students' knowledge and hand washing behavior (Anisa, 2015).

Education of Teacher's Skills in Hand Washing with Soap in Elementary Schools in Kauman Village, Ponorogo District, 2018

The results of the research that have been carried out obtained data about independent variables namely education of teachers' knowledge and skills in hand washing with soap at the Kauman Village Elementary School in Ponorogo District in 2018. It is known that the teacher's skills in washing hands with soap after 25 good grades respondents (72%), only 10 respondents (29%), and less 0 respondents (0%). From these data it is known that the teacher's skill in washing hands using soap at a level is sufficient to good. With just hand washing education, there are still many who cannot wash their hands properly and correctly. This is due to several factors that have not supported the teacher's skills to wash hands properly including: information factors that have never been obtained by the teacher so that the teacher's knowledge of hand washing is still lacking, facilities are not available for hand washing at school, no examples have been given from health workers about how to wash hands properly and correctly.

Education of the knowledge and skills of teachers in washing hands with soap in elementary schools in the area of Kauman Village, Ponorogo District, 2018

It is known that the teacher's knowledge in washing hands with soap before being given education with good grades as many as 0 respondents (0%), enough 0 respondents

(0%), and less 35 respondents (100%), and after being given education with good grades as many as 21 respondents (60%), only 14 respondents (40%), and less than 0 respondents (0%). The skills of teachers in washing hands with soap before being given education with good grades were 0 respondents (0%), enough 12 respondents (34%), and less 23 respondents (66%), and after being given education with good scores as many as 25 respondents (72 %), only 10 respondents (29%), and less 0 respondents (0%). From the results of statistical tests using analysis of paired sample T test shows the hypothesis there is an influence of education on the knowledge and skills of teachers in hand washing with soap in the Elementary School area of Kauman Village, Ponorogo District, 2018 with a significance value of 0,000.

Based on the above statistical tests using a paired sample T test obtained sig (2-tailed) = 0,000 with α : 0.05 p value $<\alpha$ (0,000 $<$ 0,05) it can be stated that there is a significant difference in teacher's knowledge and skills in washing hands using soap before being educated and after being educated, good education can affect the teacher's knowledge and skills in hand washing with soap in the Elementary School in the area of Kauman village, Ponorogo District in 2018.

CONCLUSION

1. Teacher's knowledge in washing hands with soap at the elementary school in Kauman Village, Ponorogo District in 2018 before being given education, 35 respondents (100%) had less knowledge, then after being given education, respondents who had good knowledge increased to 21 people (60%) , enough to be 14 people (40%) and less as many as 0 people (0%).
2. The skill of the teacher in hand washing with soap at the elementary school in the Kauman Village area of Ponorogo District in 2018 before being given education, namely both 0 respondents (0%), enough 12 respondents (34%), and less 23 respondents (66%), then after given education namely 25 respondents (72%), 10 respondents (29%), and 0 respondents (0%).
3. Based on statistical tests using paired sample T test obtained a significance value = 0,000 with α : 0,05 sig (2-tailed) $<\alpha$ (0,000 $<$ 0,05) which has a significant difference in knowledge and skills before being given education and after being given education. Education influences knowledge and skills that are getting better at washing hands with soap.

SUGGESTION

It is hoped that this research can be an input for teachers to pay attention to hygiene habits or behavior in their students, to the importance of teaching their students the importance of hand washing as early as possible.

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