

The Effectiveness of Audiovisual Media on Knowledge of School-Age Children About Clean and Healthy Life Behavior Washing Hands as an Effort to Prevent Covid-19

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ABSTRACT

Coronavirus Disease (Covid-19) is an infectious disease that is currently in the spotlight of the world community including Indonesia since its appearance in 2019. To prevent the transmission of Covid-19, it is necessary to conduct health education to increase children's knowledge and teach them how to live clean and healthy habits. Healthy especially washing hands using soap and clean running water which is a protocol in preventing Covid-19. The purpose of this study was to determine the effectiveness of health education with audiovisual media about Clean and Healthy Lifestyle Behavior on handwashing on knowledge in school-age children as an effort to prevent Covid-19 at State Elementary School 06 Balai Badak, Ampek Nagari District, Agam Regency in 2021. This type of research is a pre-experiment with a research design of One Group PretestPosttest. The population in this study were all students of class II State Elementary School 06 Balai Badak, Ampek Nagari District, Agam Regency as many as 12 people using the Total Population sample technique. Collecting data by using a questionnaire. The data were processed computerized using Wilcoxon non-parametric statistical test. The results of the study obtained that the average knowledge before being given health education (pretest) was 2.42 and after being given health education (posttest) was 7.25 with a p-value of 0.002. This study concludes that there is an effect of health education with audiovisual media on Clean and Healthy Lifestyle Behavior on handwashing on knowledge in school-age children as an effort to prevent Covid-19 at State Elementary School 06 Balai Badak, Ampek Nagari District, Agam Regency in 2021. It is hoped that the school can facilitate children to improve their ability to wash their hands properly and correctly.

Keywords: Covid-19, Health Education, Audiovisual, Clean and Healthy Lifestyle, Washing Hands

1. INTRODUCTION

Coronavirus Disease 2019 (Covid-19) is an infectious disease that began with the emergence of cases of pneumonia of unknown aetiology found in Wuhan, Hubei, China at the end of 2019. On January 7, 2020, the Chinese government announced that the cause of the case was a type of coronavirus which was later named SARS-CoV-2 (Severe Acute Respiratory Syndrome Coronavirus-2). [1]

The coronavirus that causes Covid-19 can spread through droplets when talking, coughing, and sneezing from people infected with the coronavirus. This disease can also be transmitted through physical contact such as touching and shaking hands with sufferers and touching the face,

mouth, and nose by hands exposed to the coronavirus. The body part that is the most common medium for the spread of the virus is the hands. Coronavirus can also be attached to other objects, such as toys, money, doorknobs and others. When these objects are held by the child and then not cleaned immediately, it is very possible that the child can contract the Covid-19 disease. [2], [3]

The spread of Covid-19 can be prevented by implementing a Clean and Healthy Lifestyle through washing hands with soap and clean running water, eating nutritious food to keep the immune system stable, exercising and taking care of the environment properly. The application of Clean and Healthy Living Behavior is the best solution as early anticipation in preventing the transmission of the coronavirus to children. Maintaining a clean and

healthy lifestyle is very important to be applied from an early age, namely in school-age children. After all, children are prone to disease because children's immune systems are not as strong as adults in general.[4]

One of the indicators in Clean and Healthy Living Behavior that can be done to prevent Covid-19 is washing hands using soap and clean running water. Washing hands with soap according to WHO is the right way according to health because soap can kill germs or viruses that stick to the hands. This effort that the community considers trivial can make an important contribution to efforts to prevent Covid-19. To prevent the transmission of Covid-19, it is necessary to conduct health education to teach how to live clean and healthy behaviours, especially washing hands using soap and clean running water properly and correctly, which is the protocol. in the prevention of Covid-19.[5], [6]

A preliminary study was conducted by researchers on January 9, 2021, at the 06 State Elementary School Balai Badak, Ampek Nagari District, Agam Regency. The school has implemented limited face-to-face learning activities. Researchers got the results of interviews 9 out of 10 grade II students said that hand washing is an ordinary handwashing activity. The children said they only wash their hands before and after eating. The results of the observations found that the school already provided handwashing facilities such as tap water, but the researchers did not see hand soap that could be used during hand washing activities. Hand washing activities are still rarely carried out, seen before entering the room some

children did not wash their hands. They also have not been able to practice the steps for washing hands using soap and clean running water properly and correctly, so the children are still not used to washing their hands independently. The results of the interview from the principal stated that at the school there had been counselling about Covid-19 by the local health centre, but the implementation of health education, especially regarding the Clean and Healthy Life Behavior program, washing hands using audiovisual media had never been carried out. Based on this, the researchers researched the effectiveness of audiovisual media about Clean and Healthy Life Behavior on increasing children's knowledge. This research was conducted during the Covid-19 pandemic and was carried out face-to-face while still paying attention to health protocols, namely applying social distancing and masks.

2. METHODS

This type of research is Pre-Experimental with the One Group Pretest Posttest research design. This research was conducted at the State Elementary School 06 Balai Badak, Ampek Nagari District, Agam Regency on June 4, 2021, which began with compiling a research proposal in January 2021 until making a report on the results in August 2021. The population used in this study were all students. Class II at State Elementary School 06 Balai Badak, Ampek Nagari District, Agam Regency in 2021 as many as 12 people. With a total population sampling technique.[7]

3. RESULT AND DISCUSSION

Table 1. Characteristics of Respondents by Age

Characteristics	f	%
Age		
8 years	2	17%
9 years	10	83%
Amount	12	100%

Table 2. Characteristics of Respondents by Gender

Characteristics	f	%
Gender		
Man	8	67%
Woman	4	33%
Amount	12	100%

Table 3. Average Knowledge of Respondents After being given Health Education (Posttest) with Audiovisual Media about Clean and Healthy Lifestyles Washing Hands as an Effort to Prevent Covid-19

	N	Minimum	Maximum	Mean	Std. Deviation
Pretest	12	1	6	2,42	1,443

Table 4. Average Knowledge of Respondents After being given Health Education (Posttest) with Audiovisual Media about Clean and Healthy Lifestyles Washing Hands as an Effort to Prevent Covid-19

	N	Minimum	Maximum	Mean	Std. Deviation
Posttest	12	6	10	7,25	1,357

Bivariate analysis was conducted to determine the effectiveness of audiovisual media on Clean and Healthy Lifestyle Behavior on handwashing on knowledge of school-age children as an effort to prevent Covid-19.

Table 5. Results of Bivariate Analysis

	Meandifference	N	SD	95% Confidence IntervalofThe Difference		P-Value
				Lower	Upper	
<i>Pretestandposttest</i>	-4.83	12	.718	-5.289	-4.377	.002

Based on the results of the study, it was found that the average difference in knowledge before and after being given health education with audiovisual media on Clean and Healthy Lifestyle Behavior as an effort to prevent Covid-19 was 4.83. After the Wilcoxon non-parametric statistical test was carried out, the p-value = 0.002 (p-value≤ 0.05). Then there is the effect of health education with audiovisual media on Clean and Healthy Lifestyle Behavior on handwashing on knowledge in school-age children as an effort to prevent Covid-19 at State Elementary School 06 Balai Badak, Ampek Nagari District, Agam Regency in 2021.

Education through audiovisual media is carried out because health education also plays a role in helping an individual to acquire and improve his knowledge. The right knowledge can change a person's behaviour in a better direction so that he can take appropriate action. This health education uses audiovisual media. The audiovisual media used is a video containing information about Clean and Healthy Lifestyle, washing hands as an effort to prevent Covid-19. The video displays the material points in a concise, clear and easy to understand manner, of course, this can make it easier for children to understand in receiving information.

Health education on Clean and Healthy Living Behavior, hand washing as an effort to prevent Covid-19 for school-age children can provide a learning experience for children in creating awareness to apply healthy ways of life to improve their health, and this activity can also help the government's efforts in minimizing the number of cases of Covid-19 in the community.

4. CONCLUSIONS

1. The average knowledge of school-age children at State Elementary School 06 Balai Badak,

Ampek Nagari District, Agam Regency in 2021 before being given health education with audiovisual media about Clean and Healthy Living Behavior, Handwashing as an effort to prevent Covid-19 is 2,42.

2. The average knowledge of school-age children at State Elementary School 06 Balai Badak, Ampek Nagari Sub-district, Agam Regency in 2021 after being given health education with audiovisual media about Clean and Healthy Lifestyle and Handwashing as an effort to prevent Covid-19 is 7,25.
3. There is an effect of health education with audiovisual media on Clean and Healthy Lifestyle and Handwashing on knowledge in school-age children as an effort to prevent Covid-19 at the 06 Balai Badak State Elementary School, Ampek Nagari District, Agam Regency in 2021 (p-value = 0,002).

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