# ABSTRAK

**Pengaruh Edukasi PHBS Dengan Video *Handwashing Dance* Terhadap Perilaku Mencuci Tangan Pada Anak Usia Sekolah Di SD Negeri 4 Buahan**

Ni Made Ria Ariani1, Ni Komang Ayu Resiyanthi2, Ni Ketut Ayu Mirayanti3

Program Studi Keperawatan Program Sarjana STIKES Wira Medika Bali

*Email:* [*arianiria60@gmail.com*](mailto:arianiria60@gmail.com)

Anak usia sekolah dasar (6-12 tahun) berada dalam kelompok rentan yang perilakunya dapat mempengaruhi kesehatan, terutama terkait kebiasaan mencuci tangan dan mengonsumsi jajanan yang kurang sehat. Perilaku mencuci tangan yang tidak tepat dapat menjadi pemicu penyakit, termasuk diare yang masih menjadi salah satu penyebab utama kematian anak-anak di seluruh dunia. Penelitian ini bertujuan untuk mengetahui pengaruh edukasi perilaku hidup bersih dan sehat (PHBS) dengan video *handwashing dance* terhadap perilaku mencuci tangan pada anak usia sekolah di SD Negeri 4 Buahan Payangan. Metode penelitian yang digunakan kuantitatif *pre experimental design* dengan *one group pre-test post-test*. Teknik pengambilan sampel menggunakan *Non-probability sampling* dengan teknik *total sampling* dan didapatkan sebanyak 34 sampel. Metode pengumpulan data menggunakan lembar observasi dan lembar *Pre-test and Post-test*. Analisis data menggunakan analisis univariat, dan analisis bivariat dengan uji *Wilcoxon Signed-Rank Test.* Hasil penelitian menunjukan bahwa mayoritas responden berusia 11 tahun (58,8%) dengan distribusi jenis kelamin yang seimbang antara perempuan dan laki-laki (50%). Hasil *Post test* menunjukkan, mayoritas pengetahuan tentang cuci tangan baik (50%), sikap cukup (100%), dan tindakan cukup atau kurang (35,3%), sedangkan hasil *post test* menunjukkan pengetahuan (94,1%) dan tindakan (100%) meningkat menjadi baik, sementara sikap cukup (73,5%). Berdasarkan hasil uji *Wilcoxon* didapatkan nilai (p<0,05, α = 0,05), yang menunjukkan bahwa terdapat pengaruh terhadap skor perilaku yang bermakna setelah diberikan video *handwashing dance*. Terdapat pengaruh sebelum dan sesudah diberikan perlakuan menggunakan metode video *Handwashing Dance.*

**Kata Kunci: Edukasi Pola Hidup Bersih dan Sehat (PHBS), Perilaku Mencuci Tangan, video *Handwashing Dance*, Anak Usia Sekolah**

# ABSTRACK

***Influence of PHBS Education with Hand Washing Dance Videos on Hand Washing Behavior in School-Age Children at SD Negeri 4 Buahan***

Ni Made Ria Ariani1, Ni Komang Ayu Resiyanthi2, Ni Ketut Ayu Mirayanti3

Program Studi Keperawatan Program Sarjana STIKES Wira Medika Bali

*Email:* [*arianiria60@gmail.com*](mailto:arianiria60@gmail.com)

*Elementary school-aged children (6-12 years old) were in a vulnerable group whose behavior could impact their health, especially related to the habit of handwashing and consuming unhealthy snacks. Improper handwashing behavior could trigger diseases, including diarrhea, which remained one of the leading causes of child mortality worldwide. This study aimed to determine the effect of health-promoting behavior (PHBS) education using the handwashing dance video on handwashing behavior in elementary school children at SD Negeri 4 Buahan Payangan. The research method used was quantitative with a pre-experimental design and a one-group pre-test post-test approach. The sampling technique used non-probability sampling with total sampling, and 34 samples were obtained. Data collection methods included observation sheets and pre-test and post-test sheets. Data analysis was conducted using univariate analysis and bivariate analysis with the Wilcoxon Signed-Rank Test. The results showed that the majority of respondents were 11 years old (58.8%), with an even distribution of gender between males and females (50%). The post-test results indicated that the majority had good knowledge of handwashing (50%), adequate attitude (100%), and adequate or poor actions (35.3%). In contrast, the post-test results showed that knowledge (94.1%) and actions (100%) improved to good, while attitudes were adequate (73.5%). Based on the Wilcoxon test, the value was (p<0.05, α = 0.05), indicating a significant effect on behavior scores after the handwashing dance video intervention. There was an effect before and after the intervention using the handwashing dance video method.*

**Key Words: Clean and Healthy Lifestyle Education (PHBS), Handwashing Behavior, Handwashing Dance Video, School Age Children**