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IMPROVING HAND WASHING BEHAVIOR WITH SOAP IN PRESCHOOL AGE CHILDREN USING AUDIO VISUAL STORYTELLING MEDIA AT RAUDHATUL ATHFAL MISFTAHUSSIDIQ CIMAHI CITY

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ABSTRACT

Preschool aged children have a habit of not paying attention to the need to wash their hands and the ability to wash hands in 6 steps in preschool aged children is still low. The 6-step hand washing behavior is an activity carried out in cleaning hands with 6 steps aimed at maintaining cleanliness and killing germs. Community service that continues the tridharma activities of higher education. This research aims to determine the effect of storytelling using audio-visual media on hand washing behavior with soap in preschool children in Raudhatul Athfal Miftahussidiq, Cimahi City. This community service method uses a posttest pretest design with a total of 20 respondents. The results of community service show pretest behavior of 30%, and posttest behavior of 70%, there is a difference between pretest and posttest of 40% with a value of $P = 0.000 < \alpha 0.05$. So it can be concluded that telling stories using audio-visual media about the behavior of washing hands with soap in preschool-aged children has a significant effect on the ability to wash hands in 6 steps in preschool-aged children. Therefore, it is hoped that all parties will be able to apply and develop storytelling methods (audio-visual) which have been proven to be effective in increasing knowledge and changing health behavior at preschool age.

Keywords: Strorytelling, Media Audio Visual, CTPS, Usia Prasekolah

INTRODUCTION

One of the best efforts that can be made to stop the transmission of disease is to wash your hands with soap, because more germs will be removed when washing your hands with soap compared to using hand sanitizer, which can only remove around 60% of germs.

According to the World Health Organization (2013), contact with hands is the main way of disease transmission. As a result, it is important to start teaching preschool-aged children about personal hygiene early. In percentage terms, Clean and Healthy Living Behavior (PHBS) increased from 27% to 36.3% in 2013 and to 40% in 2015. The national target in 2019 is to increase the percentage of the Indonesian population who very well meet PHBS standards to 80% .

Washing your hands with soap is one way to maintain personal health. This is done because direct or indirect touch with other people's hands often results in the spread of germs and disease. Keeping hands and fingers clean, by washing hands with soap and running water is a sanitation strategy that can be used by preschool children.

Hands are one of the main media for disease transmission because they come into contact with so many items or locations that are contaminated with many disease-causing bacteria. The most effective way to protect our health is to wash our hands with soap.

Washing your hands with soap may seem like a simple activity, but many people forget to do it. Even though it looks easy, washing your hands as often as possible can help to avoid

several health problems. The habit of washing hands before or after carrying out activities can reduce a person's chances of contracting diseases, including Covid-19, diarrhea, food poisoning, hepatitis A, E. coli. bacterial infections and impetigo.

The results of research conducted by Afik Achsanti Saputri et al. 2019, namely the influence of health education using audio visuals regarding CTPS, that before being given health education, of the 44 respondents, 27 respondents or around 36.4% had sufficient knowledge. Meanwhile, after health education was carried out, it increased to 44 respondents or around 63.6% had good knowledge.

Data obtained from the Cimahi City Health Service as of January 2022, only around 40% of children in West Java Province wash their hands using soap. Meanwhile, in the Cimahi City area itself, only around 45% of children implement the habit of washing their hands with soap or practicing PHBS.

A narrative approach using audio-visual content is one of the media strategies used for children's health education. Preschool children's memories will be full of information and lessons if the narrative is entertaining, not patronizing and encourages them to use their imagination.

METHOD

In this community service, pre and post tests are carried out to determine children's knowledge and behavior in washing their hands with soap.

RESULT

Frequency Distribution Table of Hand Washing Behavior with Soap Before Storytelling Using Audio Visual Media in Raudhatul Athfal Miftahussidiq, Cimahi City

Previous behavior	Frequency	Percentage (%)
Good	6	30
Bad	14	70
Total	20	100

Based on the table above, the results showed that before storytelling was carried out, the results showed that a small percentage of respondents had good behavior, namely 6 students (30%), and the majority had bad behavior, namely 14 students (70%).

Table of Frequency Distribution of Hand Washing Behavior with Soap After Storytelling Using Audio Visual Media in Raudhatul Athfal Miftahussidiq, Cimahi City

Preceding behaviour	Frequency	Persentase (%)
Good	15	75
Bad	5	25
Total	20	100

Based on the table above, the results showed that after storytelling, the results showed that the majority of respondents had good behavior, namely 15 students (75%) and a small percentage had bad behavior, namely 5 students (25%).

Frequency Distribution Table of Hand Washing Movements with Soap Before Storytelling Using Audio Visual Media in Raudhatul Athfal Miftahussidiq, Cimahi City

Preceding Movement	Frequency	Percentage (%)
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Correspond	5	25
Not correspond	15	75
Total	20	100

Based on the research results in the table above, it was found that before the storytelling was carried out, the results showed that a small percentage of respondents had appropriate hand washing movements, namely 5 students (25%) and the majority had inappropriate hand washing movements, namely 15 students (75 %).

Table of Frequency Distribution of Hand Washing Movements with Soap After Storytelling Using Audio Visual Media in Raudhatul Athfal Miftahussidiq, Cimahi City

Following Movement	Frequency	Percentage (%)
Correspond	17	85
Not correspond	3	15
Total	20	100

Based on the table above, the results showed that after storytelling, the results showed that the majority of respondents had appropriate hand washing movements, namely 17 students (85%) and a small percentage had inappropriate hand washing movements, namely 3 students (15%).

DISCUSSION

Poor hand washing habits in preschool children are the result of children not knowing the importance of washing their hands with soap thoroughly and correctly. According to Lawrence Green, quoted by Notoatmodjo (2017), there are three factors that influence a person's behavior: predisposing factors (such as knowledge, attitudes and beliefs), enabling factors (such as the physical environment and availability or not). health facilities), and reinforcing factors (support from health workers).

The need to wash hands with soap, the ability to wash hands effectively, the accessibility of handwashing facilities, and social support from the surrounding environment all impact how often a person washes their hands.

This is supported by observation data on the behavior of washing hands with soap before receiving storytelling using audio-visual hand washing media which has been carried out by researchers. Most of the respondents did not comply with hand washing procedures, namely 14 students (70%) who complied with the procedures and a small number, namely 6 students (30%). According to the Ministry of Health of the Republic of Indonesia (2018), washing hands properly using soap and water can help eliminate bacteria and other disease-causing agents on the hands as well as serve to prevent disease.

Because they are still dependent on other people, preschool age children are still less concerned about their own situation, especially when it comes to PHBS. Predisposing variables that encourage someone to wash their hands with soap include knowledge, customs and value systems that have been established by society. These factors impact hand washing. Notoatmodjo (2017) emphasized that knowledge-based behavior is proven by experience and study.

This community service is in line with research by Sasmitha (2017) which found that univariate and bivariate data analysis was carried out using the Wilcoxon test and Mann-Whitney test. Based on the research results, 12 respondents (57.1%) of the respondents in the intervention group scored in the good category for knowledge on the pre-test, and 17 respondents (81%)

scored in the good category on the post-test. Knowledge is one of the characteristics that influences hand washing habits. Preschoolers should understand the purpose, benefits, and dangers of their actions before washing their hands, as well as the consequences of not doing so.

By choosing the right resources based on the chosen technique, the client's need to learn, and the client's learning abilities, storytelling is one successful way to teach health education to preschool-aged children. Picture books can be used as a storytelling tool because they are interesting, cheerful, and familiar to children's culture. It can be difficult to communicate engaging stories to children. Because preschoolers often experience boredom, it is important to use simple language, choose the right topic, story, and duration, and conduct storytelling with these factors in mind.

Applying storytelling with audio visual media to teach about using soap on hands. Preschool children's knowledge and ability to wash their hands properly according to protocol can be improved by washing their hands with soap, thereby enabling respondents to develop habits or behaviors that can later be carried out by preschool children. Apply it in everyday life. In order to teach preschool children how to wash their hands with soap properly and correctly, the storytelling method with audio-visual media is used to wash their hands. This method uses images, movements and sounds to show the importance of washing hands with soap and the steps according to the correct procedure.

A person's behavior to maintain health can be improved by engaging in positive behavior, especially in terms of washing hands with soap.

CONCLUSIONS AND SUGGESTIONS

Based on the results of research at Raudhatul Athfal Miftahussidiq, Cimahi City, it can be concluded that:

The behavior of washing hands with soap of Raudhatul Athfal Miftahussidiq students before doing storytelling using audio-visual media, washing hands with soap, the majority, namely 14 students (70%) still do not understand the importance of washing hands with soap properly and correctly, and after Storytelling was carried out using audio-visual media on washing hands with soap, the majority, namely 15 students (75%) understood the importance of washing hands with soap properly and correctly.

Raudhatul Athfal Miftahussidiq students' hand washing movement with soap before doing storytelling using audio visual media, washing their hands with soap, most of the 15 students (75%) in the category did not comply with the procedure, and after doing storytelling using audio visual media, wash their hands with soap, the majority, namely 17 students (85%) were in the category according to the procedure and a small percentage, namely 3 students (15%) were in the category not yet in accordance with the procedure.

There is an influence of storytelling using audio-visual media on the behavior of washing hands with soap in preschool children in Raudhatul Athfal Miftahussidiq, Cimahi City ($p \text{ value} = 0.000 < \alpha 0.05$).

It is hoped that all parties will be able to implement and develop using the storytelling method with audio-visual media which has been proven effective in increasing knowledge and changing health behavior in pre-school age.

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