

**PENERAPAN EDUKASI KESEHATAN CUCI TANGAN DENGAN MEDIA
POP-UP BOOK PADA ANGGOTA KELUARGA DI WILAYAH KERJA
PUSKESMAS GAMPING II**

Zulfa Hilmi Fatima¹, Titik Endarwati², Tri Widyastuti Handayani³

^{1,2,3}Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta,

Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman

email: zulfahifa0904@gmail.com

ABSTRAK

Latar Belakang: Keluarga dengan anak usia sekolah memiliki tugas perkembangan, salah satunya kebutuhan meningkatkan kesehatan anggota keluarga. Anggota keluarga dengan usia sekolah termasuk kelompok rentan terhadap gangguan kesehatan yang umumnya terkait kebersihan diri dan lingkungan. Mencuci tangan pakai sabun terlebih dengan enam langkah ialah cara paling efektif untuk mengurangi risiko terjangkit penyakit. Mencuci tangan pakai sabun mampu menurunkan risiko Infeksi Saluran Pernapasan Akut (ISPA) sebanyak 16-23%, diare hingga 48%, dan menghilangkan kuman sebesar 87%. Perawat dibantu oleh orang tua memiliki peran untuk selalu menanamkan kesadaran tentang enam langkah cuci tangan pakai sabun dengan melakukan edukasi kesehatan. Edukasi kesehatan yang efektif dapat dicapai dengan bantuan media promosi kesehatan, seperti menggunakan *pop-up book*.

Tujuan: Studi kasus ini dilaksanakan bertujuan untuk mengetahui penerapan edukasi kesehatan cuci tangan menggunakan media *pop-up book* pada keluarga dengan anak usia sekolah.

Metode: Metode yang digunakan dalam karya tulis ini berupa deskriptif kualitatif dalam bentuk studi kasus dengan pendekatan proses keperawatan. Subjek studi kasus ini ialah dua keluarga yang memiliki anak kelas 3 Sekolah Dasar (SD) dengan riwayat diare dan/atau ISPA.

Hasil: Setelah dilakukan penerapan edukasi kesehatan selama 3 kali dalam 1 minggu penuh pada anak di kedua keluarga, didapatkan hasil peningkatan perilaku kesehatan dengan meningkatnya keterampilan enam langkah cuci tangan pakai sabun selama 3 kali pertemuan.

Kesimpulan: Penerapan edukasi kesehatan dengan media *pop-up book* efektif untuk meningkatkan perilaku kesehatan enam langkah cuci tangan pakai sabun.

Kata Kunci: Edukasi kesehatan, *Pop-up book*, Enam langkah cuci tangan pakai sabun, Keluarga dengan anak usia sekolah, Perilaku kesehatan

**APPLICATION OF HANDWASHING HEALTH EDUCATION THROUGH
POP-UP BOOK MEDIA FOR FAMILY MEMBERS IN THE SERVICE AREA
OF GAMPING II COMMUNITY HEALTH CENTER**

Zulfa Hilmi Fatima¹, Titik Endarwati², Tri Widyastuti Handayani³

^{1, 2, 3}Department of Nursing Poltekkes Kemenkes Yogyakarta,
No. 3 Tatabumi Street, Banyuraden, Gamping, Sleman
email: zulfahifa0904@gmail.com

ABSTRACT

Background: Families with school-aged children have developmental tasks, one of which is the need to improve the health of family members. School-aged children are considered a vulnerable group to health problems, commonly related to personal and environmental hygiene. Handwashing with soap, especially following the six-step method, is one of the most effective ways to reduce the risk of disease transmission. Handwashing with soap can reduce the risk of Acute Respiratory Tract Infections (ARTI) by 16–23%, diarrhea by up to 48%, and eliminate up to 87% of germs. Nurses, supported by parents, play a role in continuously instilling awareness of the six-step handwashing technique through health education. Effective health education can be supported by health promotion media, such as using pop-up books.

Objective: This case study aims to examine the implementation of handwashing health education using pop-up book media for families with school-aged children.

Method: This paper uses a descriptive qualitative method in the form of a case study with a nursing process approach. The subjects of this case study were two families with children in the third grade of elementary school who had a history of diarrhea and/or ARTI.

Results: After conducting three health education sessions within one week for children in both families, there was an improvement in health behavior, as indicated by increased skills in performing the six-step handwashing method with soap after the three sessions.

Conclusion: The implementation of health education using pop-up book media is effective in improving health behavior related to the six-step handwashing method with soap.

Keywords: Health education, Pop-up book, Six-step handwashing with soap, Families with school-aged children, Health behavior