

**PENERAPAN EDUKASI CUCI TANGAN 6 LANGKAH MELALUI MEDIA
FLASH CARD DALAM MENINGKATKAN PENGETAHUAN DAN
KETERAMPILAN UNTUK MENCEGAH DIARE PADA USIA
SEKOLAH DI SD NEGERI PATRAN**

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ABSTRAK

Latar Belakang : Diare merupakan salah satu penyakit saluran pencernaan yang sering menyerang anak usia sekolah dan menjadi masalah kesehatan global. Kendala utama dalam penerapan perilaku hidup bersih dan sehat (PHBS) di sekolah dasar adalah kurangnya pengetahuan dan edukasi yang menarik serta mudah dipahami oleh anak-anak. Oleh karena itu, dibutuhkan media pembelajaran yang efektif guna meningkatkan pemahaman serta keterampilan mencuci tangan pada anak, salah satunya melalui media *flash card*. **Tujuan :** Mengetahui penerapan edukasi cuci tangan 6 langkah dengan media *flash card* dalam meningkatkan pengetahuan dan keterampilan untuk mencegah diare di SD Negeri Patran. **Metode :** Menggunakan desain penelitian studi kasus dengan klien 2 responden anak usia sekolah di SD Negeri Patran. **Hasil :** Penerapan edukasi cuci tangan 6 langkah melalui media *flash card* menunjukkan peningkatan pengetahuan dan praktik cuci tangan 6 langkah. Sebelum diberikan intervensi, siswa memiliki pengetahuan dan praktik cuci tangan yang rendah. Setelah diberikan edukasi menggunakan media *flash card*, terdapat perubahan perilaku yang positif yaitu siswa menjadi lebih memahami, dan mampu mempraktikkan teknik cuci tangan 6 langkah yang dianjurkan WHO secara benar untuk mencegah penularan penyakit diare. **Kesimpulan :** Implementasi edukasi cuci tangan 6 langkah melalui media *flash card* terbukti efektif dalam meningkatkan pengetahuan dan praktik cuci tangan pada anak usia sekolah. Media visual ini dapat dijadikan sebagai salah satu alternatif media edukasi kreatif yang menarik bagi pihak sekolah maupun tenaga kesehatan dalam meningkatkan upaya pencegahan diare sejak dini.

Kata kunci : *flash card*, cuci tangan 6 langkah, diare, anak usia sekolah

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IMPLEMENTATION OF 6-STEP HANDWASHING EDUCATION USING FLASH CARDS
TO IMPROVE KNOWLEDGE AND SKILLS FOR PREVENTING DIARRHEA AMONG
SCHOOL-AGED CHILDREN AT PATRAN PUBLIC ELEMENTARY SCHOOL

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ABSTRACT

Background: Diarrhea is a common gastrointestinal disease that frequently affects school-aged children and is a global health issue. The main challenge in implementing healthy living practices (PHBS) in elementary schools is the lack of knowledge and educational materials that are engaging and easy for children to understand. Therefore, effective learning tools are needed to improve children's understanding and handwashing skills, one of which is the use of flashcards. **Objective:** To determine the effectiveness of implementing 6-step handwashing education using flashcards in improving knowledge and skills to prevent diarrhea at Patran Public Elementary School. **Method:** A case study research design was used with 2 school-aged children as subjects at Patran Public Elementary School. **Results:** The implementation of 6-step handwashing education via flashcards demonstrated an improvement in knowledge and practice of the 6-step handwashing method. Before the intervention, students had low levels of handwashing knowledge and practice. After receiving education using flashcards, there was a positive behavioral change: students became better able to understand and properly practice the WHO-recommended 6-step handwashing technique to prevent the spread of diarrhea. **Conclusion:** The implementation of 6-step handwashing education using flashcards has proven effective in improving handwashing knowledge and practices among school-aged children. This visual aid can serve as an engaging and creative educational tool for schools and healthcare workers to enhance early prevention efforts against diarrhea.

Keywords: flashcards, 6-step handwashing, diarrhea, school-aged children

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