

**UNIVERSITAS MUHAMMADIYAH TASIKMALAYA
FAKULTAS ILMU KESEHATAN
PROGRAM STUDI S1 ILMU KEPERAWATAN**

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**PENGARUH PENDIDIKAN KESEHATAN TERHADAP PENGETAHUAN
SISWA TENTANG PERILAKU HIDUP BERSIH DAN SEHAT (PHBS) DI
SDN 4 SUMELAP**

ABSTRAK

xiii halaman + 55 halaman + 5 tabel + 15 lampiran

Persentase perilaku hidup bersih dan sehat (ber-PHBS) provinsi Jawa Barat pada tahun 2021 mencapai 60,6% sedangkan Kota Tasikmalaya sebesar 41,25%. Berdasarkan pendataan perilaku hidup bersih dan sehat (PHBS) tahun 2022 Kota Tasikmalaya cakupan tertinggi dicapai oleh Kecamatan Tamansari sekitar 6.109 orang melakukan perilaku ber-PHBS dan sekitar 7.631 orang tidak melakukan perilaku ber-PHBS. Tujuan penelitian ini untuk mengetahui pengaruh pendidikan kesehatan terhadap pengetahuan siswa tentang perilaku hidup bersih dan sehat (PHBS) di SDN 4 Sumelap. Penelitian ini menggunakan metode kuantitatif dengan *pre-eksperimen* dan menggunakan rancangan *pre-post design*. Desain observasi yang dilakukan sebanyak 2 kali yaitu sebelum *eksperimen* dan sesudah *eksperimen*. Populasi dalam penelitian ini adalah siswa SDN 4 Sumelap yang berjumlah 193 orang, sampel menggunakan *purposive sampling* dengan jumlah 18 orang. Instrumen yang digunakan yaitu lembar kuesioner berisikan 18 butir soal pilihan ganda tentang perilaku hidup bersih dan sehat (PHBS) dan Analisa data menggunakan *Paired Sample t-Test*. Hasil menunjukkan bahwa pengetahuan siswa sebelum dilakukan pendidikan kesehatan memiliki nilai rata-rata 9,06 dan setelah dilakukan pendidikan kesehatan memiliki nilai rata-rata 11,28 dari hasil uji statistik diperoleh nilai $p=0,000$ ($p < 0,005$). Kesimpulannya yaitu terdapat pengaruh pendidikan kesehatan terhadap pengetahuan siswa tentang perilaku hidup bersih dan sehat (PHBS) di SDN 4 Sumelap. Saran: Hendaknya bagi sekolah dapat menerapkan perilaku hidup bersih dan sehat (PHBS) sehingga seluruh warga di lingkungan sekolah mendapatkan kesehatan yang baik dan dapat mencegah terjadinya penyakit serta dapat melakukan kegiatan edukasi kesehatan lainnya secara berkala.

Kata kunci : pengaruh pendidikan kesehatan, pengetahuan, PHBS

Kepustakaan : 21 (2013-2022)

**MUHAMMADIYAH UNIVERSITY OF TASIKMALAYA
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**THE INFLUENCE OF HEALTH EDUCATION ON STUDENTS'
KNOWLEDGE ABOUT CLEAN AND HEALTHY LIFE BEHAVIOR (PHBS)
AT SDN 4 SUMELAP**

ABSTRACT

xiii pages + 55 pages + 5 tables + 15 attachments

The percentage of clean and healthy living behavior (PHBS) in West Java province in 2021 reached 60.6% while in Tasikmalaya City reached 41.25%. Based on data collection on clean and healthy living behavior (PHBS) in 2022 Tasikmalaya City, the highest coverage was achieved by Tamansari Sub-district in which around 6,109 people conducted PHBS behavior and around 7,631 people were not conducted PHBS behavior. The aim of this study is that to determine the influence of health education on students' knowledge of clean and healthy living behavior (PHBS) at SDN 4 Sumelap. This study used a quantitative method with pre-experiments and used a pre-post design. Furthermore, the observation design was conducted 2 times, namely before the experiment and after the experiment. The populations in this study were 193 students of SDN 4 Sumelap. The sample used purposive sampling with a total of 18 people. In addition, the instrument used was a questionnaire sheet containing 18 multiple choice questions regards to clean and healthy living behavior (PHBS) and data analysis by using the Paired Sample t-Test. The results show that students' knowledge before health education was conducted had an average value of 9.06 and after health education is conducted it had an average value of 11.28. From the results of the statistical test, value of $p = 0.000$ ($p < 0.005$). The conclusion is that there is an influence of health education on students' knowledge of clean and healthy living behavior (PHBS) at SDN 4 Sumelap. Suggestion: It is expected for schools to implement clean and healthy living behavior (PHBS) so that all residents in the school environment have good health; besides, it can prevent disease. In addition, it is expected to conduct health education activities on a regular basis.

Keywords : *influence of health education, knowledge, PHBS*

Libraries : *21 (2013-2022)*