

# EDUCATION SIX STEPS OF HAND WASHING FOR ELEMENTARY SCHOOL STUDENTS

*By* Nisa Dewanti et al

## EDUCATION SIX STEPS OF HAND WASHING FOR ELEMENTARY SCHOOL STUDENTS

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### ABSTRACT

The six steps hand washing counseling activity given to grade five students at Rangkah Kidul Sidoarjo Elementary School is a form of community service in the form of presenting material and simulations which are expected to prevent disease in children. Implementation of counseling activities on January 26, 2023 at Rangkah Kidul Sidoarjo Elementary School. Target of this counseling activity is students of class 5A and 5B at Rangkah Kidul Sidoarjo Elementary School. Prior to carrying out extension activities, there is a process of preparing activities for approximately four weeks prior to implementation activities, starting from determining the type of extension to applying for permits to related parties. As a form of evaluation, the activity was attended by 47 grade five students, the participants took part in the activity with great enthusiasm, and the counseling activities ran smoothly.

**Keywords:** *Hand washing, Education, Counseling, Elementary School Students.*

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### INTRODUCTION

Thirty percent of Indonesia's population are elementary school-aged children, which is the best time to impart

important health values (Kemenkes RI, 2011). Children aged 6-12 years who occupy primary school are a period when children learn basic knowledge for self-

adjustment and are equipped with certain skills (Johan, Reni, & Noorbaya, 2018). School-age children are also a critical period because they are prone to various diseases, because many school-age children spend their daily activities in the school environment which becomes a threat of transmission of various diseases if not managed properly (Proverawati & Rahmawati, 2012). Guidance that can be given to school-age children to improve their health status is to provide Perilaku Hidup Bersih dan Sehat (PHBS) coaching program in schools (Kemenkes RI, 2016). PHBS consists of several indicators, especially PHBS in the school environment, namely washing hands with running water and using soap (DEPKES RI, 2010).

Based on Riskesdas data for 2018, only 49.8% of the Indonesian population over 10 years of age can practice proper hand washing. Meanwhile, the proportion of children aged 10-14 years in Indonesia who wash their hands properly is still 43% (Kemenkes RI, 2019).

Hand washing is one of the most effective ways to prevent transmission of various diseases which are the main causes of death in children, such as diarrhea and ARI. As many as 3.5 million children under 5 years worldwide die from diarrheal diseases and ARI (Kemenkes RI, 2015). Hand washing is an easy and cheap way to get rid of germs that cause infection in the limbs. Hand washing itself aims to mechanically remove microorganisms, dirt and dust from the surface of the skin (Tietjen, 2009).

Based on the description above, the author conducts counseling six steps to wash hands properly aimed at elementary school students.

## OBJECTIVES

### *General Purpose*

After being given counseling about the six step of hand washing, it is hoped that elementary school students can understand and apply it in their daily lives.

### *Special Purpose*

The specific objectives after this counseling are that elementary school students are expected to be able to:

1. Explain the definition of hand washing
2. Explain the purpose of hand washing
3. Explain benefits of washing hands
4. Explain the impact of not washing your hands
5. Explain when to wash hands correctly
6. Explain how to wash hands 6 steps
7. Practice and apply hand washing properly and correctly

## PLAN OF ACTION

### *Strategy Plan*

The strategic plan for implementing this counseling includes:

1. Coordinate with policy makers at Rangkah Kidul Sidoarjo Elementary School
2. Determine the implementation time contract with targets in Rangkah Kidul Sidoarjo Elementary School
3. Carry out outreach activities at Rangkah Kidul Elementary School, Sidoarjo

### *Implementation*

Counseling is carried out after the permit to carry out community service issued by Research and Society Kerta Scholar Health Service Institute Sidoarjo Polytechnic with the number: 027/SPPD/D/I/2023.

Actions performed in implementation these activities include:

1. Contact the school principal of SDN Rangkah Kidul Sidoarjo to request permission to carry out the six steps of hand washing counseling activity
2. Prepare the place and equipment for counseling
3. Implementation of six steps of hand washing counseling activities including education on six steps of hand washing and six steps of hand washing practices.

### *Setting*

This counseling activity was carried out at Rangkah Kidul Sidoarjo Elementary School on January 26, 2023.

### *Target*

The target for this six steps of hand washing counseling are 47 students in grades 5A and 5B at Rangkah Kidul Sidoarjo Elementary School.

## **RESULTS AND DISCUSSION**

Counseling activities start from 09.00 to 10.45. Counseling was carried out in the fifth grade room of Rangkah Kidul Sidoarjo Elementary School. Counseling was attended by 47 students of grades 5A and 5B.

Equipment used for outreach activities includes LCD, projector, laptop, hand washing videos, leaflets, posters, hand sanitizers, tissues, and questionnaires containing attitudes and hand washing actions.

Health education to increase knowledge will be more effective with the help of educational aids or media (Listiadesti, Noer, & Maifita, 2020). At the age of children, conveying knowledge messages requires the right media because children like to imagine, one of the right media is video media because it can be easier for students to understand and practice again (Wati & Paridah, 2017). The use of video media as a form of introduction to hand washing given to school-age children as a guide for washing hands independently at home can increase motivation and practice of hand washing thereby increasing clean and healthy living behavior (Amalia, 2019). Apart from videos, the learning method that is considered appropriate to be applied in clinical skills is by using demonstrations, especially for children (Silalahi, 2019). Demonstration techniques present very thorough learning to show an action accompanied by moving and sound illustrations (Padila, Andri, J, Andrianto, & Admaja, 2020). In this counseling,

students were shown an animated video containing the steps to wash their hands properly. After showing the video, the instructor re-demonstrated the correct six steps of washing hands. Then students were asked to practice how to wash their hands again with the instructor's guidance. The students looked very enthusiastic watching the hand washing video that was shown and enthusiastic when practicing the correct hand washing method again.

In addition to using video media, this counseling also uses posters and leaflets. Leaflet and poster media can attract students' attention because there is a visual blend in a strong design with colors, writing, pictures, messages. Media flyers and posters aim to grab the attention of passers-by but take a long time to instill a significant idea in memory (Muwakhidah, Fatih, & Primadani, 2021).

All questions raised by participants were answered by the presenter. All students who were asked questions by the presenter were able to answer questions. All students can also re-practice the six steps of washing hands correctly and sequentially. So that it can be said that this counseling was running quite effectively and successfully.

The policy makers of Rangkah Kidul Sidoarjo Elementary School are willing to work together in implementing this health education.

## **CONCLUSION**

Six steps hand washing education is considered sufficient success because the participants were able to mention the definition, purpose, benefits, and time of washing hands correctly. All participants were also able to re-practice the six steps of washing hands correctly and in accordance with the sequence.

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