

EFEKTIFITAS PENYULUHAN TENTANG PERILAKU HIDUP BERSIH DAN SEHAT TERHADAP PENINGKATAN PENGETAHUAN ANAK SEKOLAH DASAR DI DESA TULIKUP

I Made Rodja Suantara¹, Ni Putu Agustini², A.A.N. Kusumajaya³

Abstract. *The study aim is to examine the effect of education about clean and healthy lifestyle in school children. This is a quasi-experimental design using pre-post test control group design in elementary schools. There were two schools as intervention group who got education on clean and healthy lifestyle for three months and two schools as control group. Data was collected using a structured questionnaire before and after intervention. Paired sample t-test and independent sample t-test were used to analyze the difference of knowledge in the group and between the groups before and after intervention respectively. The average of knowledge before intervention is about 5.25 in intervention group and 5.26 in control group. After intervention, there was an increase in the knowledge level, 8.27 in intervention group and 6.25 in control group. The study found that there was a significant increase of knowledge on clean and healthy lifestyle before and after education in the intervention group ($p < 0.000$). It is also noted that there was a significant difference of the knowledge of clean and healthy lifestyle between intervention group and control group ($p < 0.000$). The interactive educational method using leaflet could increase the knowledge of school children about clean and healthy lifestyle. Improving this factor could be an effective strategy, which could prevent health problems in school and community.*

Keywords: *clean and healthy lifestyle, knowledge, school children*