

EFFECTIVENESS OF EDUCATIONAL VIDEOS ON STUDENTS' KNOWLEDGE ABOUT TOILET HYGIENE PRACTICES

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Abstract

The implementation of PHBS (Healthy Living Environment) in schools is crucial. One indicator of PHBS in schools is the use of clean and healthy latrines. Student behavior is influenced by their level of knowledge about PHBS. This study aims to determine the effectiveness of educational videos on improving students' knowledge about PHBS in latrines at SDIT Madani Al Mujahidin Pekanbaru. This research is quantitative and analytical with a quasi-experimental design using a one-group pretest–posttest approach. The study population consisted of 60 fourth and fifth grade students selected using a total sampling technique. The results of the statistical analysis showed a significant increase in student knowledge after the intervention, with a p-value of 0.000 ($p < 0.05$), indicating that educational videos are effective in improving students' knowledge about PHBS in latrines. It is recommended that schools utilize video media as a learning tool in health promotion efforts in the school environment.

Keyword: Effectiveness, Video, PHBS

INTRODUCTION

Clean and Healthy Living Behavior (PHBS) is currently a major focus of government attention. This aspect can be seen in the establishment of PHBS as one of the health development measures in the 2015-2030 Sustainable Development Goals (SDGs) program. Therefore, PHBS, within the SDGs context, plays a role in improving health as a strategy to prevent short-term effects related to three aspects: community, family, and school. (Puteri et al., 2022).

The availability of healthy latrines in schools is a crucial factor in supporting student health and hygiene. According to the WHO, adequate sanitation in educational settings can reduce disease transmission and improve students' quality of life. However, several risks can impact the rate of healthy latrines' use. These risks include the availability of facilities; currently, 80% of schools have latrines, while 70% are more likely to use improved latrines. Furthermore, only 50% of students are aware of the link between good sanitation and their health. Approximately 65% of students have knowledge about healthy latrines and how to use them. (Betty & Syakurah, 2023)

By 2022, approximately 11.43% of educational institutions at all levels in Indonesia had separate and functioning toilets. However, this figure is still far from the target of achieving universal WASH services for all children by 2030 (Ministry of Education and Culture, 2024). Toilet provision refers to Minister of National Education Regulation No. 24 of 2007, with a toilet ratio of 1:60 for male students and 1:50 for female students. Each new classroom addition should be accompanied by an additional toilet.

The percentage of toilets in schools in Indonesia is 42.9% with adequate and separate toilets in good condition or slightly damaged, 62.0% with separate toilets, and 81.9% with toilets. The condition of toilets for boys is 12.49% with damaged toilets, 16.40% with moderate damage, 25.23% with light damage, and 45.85% with good conditions. Meanwhile, the condition of toilets for girls is 11.52% severely damaged, 15.42% moderately damaged, 25.31% lightly damaged, and 47.75% good.

Nationally, only 1 in 3 elementary schools has a proper and separate toilet. What is meant by a proper toilet includes health standards, with the types of sitting/squatting toilets, cubluk with a cover, and composting toilets. Meanwhile, the remaining 2 out of 3 Indonesian elementary schools have proper toilets but not separate, or have toilets but are not proper, or even do not have toilets at all. What is meant by inadequate toilets are the type of cubluk without a cover, hanging toilets and defecation in random places.

Access to toilets in elementary schools in Riau Province is as follows: 46.3% have adequate and separate toilets in good condition or with minor damage, 66.6% have separate student toilets, and 82.2% of schools have toilets. The condition of school toilets for boys is 12.72% damaged, 16.23% moderately damaged, 20.09% lightly damaged, and 46.96% in good condition. Meanwhile, the condition of toilets for girls is 12.04% severely damaged, 15.55% moderately damaged, 24.40% lightly damaged, and 48.01% in good condition. In general, the condition of toilets for both boys and girls in private elementary schools is much better than that of public elementary schools. 41.54% of private elementary schools have toilets in good condition, compared to only 19.98% of public elementary schools. The same applies to the condition of toilets for female students. A total of 43.45% of private elementary schools have toilets for girls in good condition, while only 21.19% of public elementary schools have toilets for girls in good condition. (Ministry of Education and Culture, 2022).

The PHBS program in schools is crucial for students' behavior in living a clean and healthy life. To foster a healthy lifestyle in schools, several aspects must be considered, such as the availability of clean water, facilities for waste disposal and its management, and the availability of adequate toilets for human waste disposal. All of these are essential elements for sanitation in the school environment. Sanitation includes the provision of clean water, waste management, and the availability of adequate facilities for human waste disposal. As an activity aimed at improving and maintaining the quality of basic environmental conditions, this impacts human well-being. Lack of knowledge about PHBS prevents the PHBS program from running optimally, leading to problems with toilet hygiene in schools (Sukmawati et al., 2021).

RESEARCH METHODS

The method used in this study was a quasi-experimental design with a one-group pre- test-post-test design. A one-group pre-test-post-test design is an experiment conducted on only one group without a comparison group. The purpose of this study was to identify the effectiveness of video media on students' knowledge before and after the intervention.

This type of research is quantitative. Quantitative research is a systematic examination of parts, phenomena, and relationships. Quantitative research aims to develop mathematical models, theories, or hypotheses related to natural phenomena (Candra Susanto et al., 2024).

A population represents a very large and diverse set of data in a study, where the population also includes all possible individual objects and other measurements that are the focus of the research. (Purnawansa et al., 2022). The population in this study was 60 fourth and fifth-grade students at SDIT Madani Al Mujahidin Pekanbaru.

Meanwhile, a sample is a subset of the entire population. Sample selection is carried out by researchers by considering various factors, including the problem faced in the study, the objectives to be achieved in the study, the hypotheses formulated, the methods to be used, and the tools used for analysis. (Purnawansa et al., 2022)

The study used a questionnaire. This questionnaire assessed students' knowledge of toilet use at school. The instrument used consisted of a questionnaire. The questionnaire had 20 questions covering two indicators: (1) the definition of toilet PHBS (Healthy Living Environment) and (2) indicators of toilet PHBS. Respondents were asked in a yes-no format, where "Yes" was scored 1 and "No" was scored 0.

The results of the validity test conducted at SDIT Madani Al Mujahiddin, from 20 questions were declared valid because the calculated r was 0.485 to 0.821. The video effectiveness questionnaire on increasing students' knowledge about PHBS in the use of toilets at school has been tested for reliability with a Cronbach's Alpha value of 0.922 for the

RESEARCH RESULTS

The research on "The Effectiveness of Educational Videos on Improving Students' Knowledge of PHBS in Toilet Use at Madani Al Mujahidin Pekanbaru Elementary School" is a quantitative study, where the resulting data will be in numerical form. The data obtained will be analyzed using SPSS software.

Table 1 Frequency Distribution of PHBS Respondent Characteristics in Toilet Use at Madani Al Mujahidin Islamic Elementary School, Pekanbaru

No	Characteristics	Frequensi(n)	Percentage (%)
1	Usia(Tahun)		
	9 tahun	29	48,3
	10 tahun	31	51,7
	Total	60	100
2	Class		
	4	29	48,3
	5	31	51,7
	Total	60	100
3	Gender		
	Male	26	43,3
	Female	34	57,6
	Total	60	100

Source: Primary Data 2025

Based on Table 1, the results of statistical tests from 60 respondents, it can be seen that the majority of respondents were 10 years old (51.7%), the majority of respondents came from grade 5, as many as 31 people (51.7%), and the majority of respondents were female, as many as 34 people (57.6%).

Table 2 Knowledge Values Before and After Being Given Educational Videos About PHBS in Toilet Use at Madani Al Mujahidin Islamic Elementary School, Pekanbaru

No	Treatment	n	Mean	Median	Min-Max	SD
1	Pre Test	60	10,00	10	8-12	1,450
2	Post Test	60	17,33	17,5	14-20	1,902

Source: Primary Data 2025

Based on table 4.2, the results of the average knowledge value before and after being given an educational video about PHBS in the use of toilets were obtained with a mean of 10.00 and a median of 10. Meanwhile, after being given an educational video about PHBS in the use of toilets, the mean was 17.33 and the median was 17.5.

After conducting univariate analysis, a data normality test was performed to determine whether the data were normally distributed. This study used the Kolmogorov-Smirnov test because the number of respondents was >50. The normality test criterion is a sig. >0.05, indicating normal data. The following table shows the results of the Kolmogorov-Smirnov normality test:

Table 3 Normality Test Results

Variable	N	Kolmogrov-Smirnov		
		Statistic	df	Sig.
<i>Pre Test</i>	60	0,222	60	0,000
<i>Post Test</i>	60	0,137	60	0,007

Source: Primary Data 2025

Based on Table 4.3, the pre-test results, or knowledge before being given an educational video about PHBS in toilet use, obtained a Sig. 0.000 ($p < 0.05$), while the post-test results, or knowledge after being given an educational video about PHBS in toilet use, obtained a Sig. 0.007 ($p < 0.05$). The results of the normality test can be concluded that the pre- test and post-test data were not normally distributed. In accordance with applicable regulations, the statistical test used was the non-parametric Wilcoxon test.

The bivariate analysis aimed to determine the effectiveness of the educational video on improving students' knowledge about PHBS in toilet use at SDIT Madani Al Mujahidin Pekanbaru using the non-parametric Wilcoxon test. The results of the study were considered effective if there was an increase in knowledge after being given the educational video, with a p-value <0.05.

Table 4. Effectiveness of Educational Videos on Increasing Students' Knowledge about PHBS in the Use of Toilets at SDIT Madani Al Mujahidin Pekanbaru

Variable	n	Mean	SD	Mean Rank	P-Value
Knowledge before being given educational videos (pre-test)	60	10,00	1,450		
Knowledge after being given the educational video (post-test)	60	17,33	1,902	30,50	0,000
Knowledge before < knowledge after given 0 educational video					
Knowledge before > knowledge after given 60 educational video					
Prior knowledge = subsequent knowledge Educational videos are provided	0				

Source: Primary Data 2025

Based on Table 4.4, the mean score increased after being given the educational video, with a pre-test score of 10.00 and a post-test score of 17.33, obtained by 60 students (100%). The Wilcoxon statistical test showed a p-value of 0.000 ($p < 0.05$), indicating that the use of the educational video significantly increased student knowledge. Therefore, H_a was accepted and H_0 was rejected. It can be concluded that this study demonstrated the effectiveness of the educational video in improving student knowledge about clean and healthy living (PHBS) and toilet use at SDIT Madani Al Mujahidin Pekanbaru. This study will analyze the results by comparing the research results with existing theory.

DISCUSSION

1. Univariate Analysis

a. Student Knowledge Before the Intervention

Before the intervention, students at SDIT Madani Al Mujahidin Pekanbaru's knowledge level regarding PHBS in toilet use at school was in the intermediate category. Pre- test results showed a mean score of 10.00, indicating that before the intervention, students' knowledge regarding PHBS in toilet use at school was low.

In line with research conducted by (Karbito K, Helmy H, 2023), this study used a pre- test and post-test to measure PHBS knowledge scores before and after the video intervention. Initial data showed that PHBS knowledge was still low, then experienced a significant increase (an average score increase of +12.63, p-value = 0.021).

The results of this study are in line with research (Prastya et al., 2024) where the study conducted using a quasi-experimental one-group pre-test and post-test showed that the average score of students' knowledge increased significantly from 8.65 (pre-test) to 13.27 (post-test) which proves that students' initial knowledge was still low before the video intervention.

b. Knowledge After Intervention

After an intervention using a video-based educational system, there was a significant increase in students' knowledge of PHBS (Healthy Living Environment) and toilet use at SDIT Madani Al Mujahidin Pekanbaru. Post-test results showed a mean score of 17.33, indicating that the video-based educational system successfully provided more accessible, accessible, and interactive information.

The results of this study are in line with the research conducted by (Shofa et al., 2023) where this study used a quasi-experimental control with the Wilcoxon test, the results of this study showed (p -value = 0.000) which means that the existence of PHBS education with animated videos significantly increased students' knowledge.

The results of this study also align with previous research, which found an increase in students' understanding of the dangers of smoking. Before the counseling, only 42% of students answered correctly, while after the counseling, this increased to 88%.

The results of this study are also in accordance with research conducted by (Fitri & Fitriani, 2025) which found that digital education with nutritional knowledge ($r=0.425$; $p<0.001$) showed a significant practical impact.

According to the researchers' assumptions, after being given an educational video, students' knowledge of PHBS (Health and Wellness) regarding toilet use significantly increased. This indicates that delivering material through video is more accessible and affordable, making it easier for students to understand the learning content. Using video media is an effective method for improving student understanding.

2. Bivariate Analysis

The Wilcoxon statistical test (table 4.4) shows a p -value of 0.000 ($p<0.05$), indicating a significant increase in average knowledge before and after the educational video. therefore, H_a is accepted and H_o is rejected t can be concluded that providing education using a video about PHBS (Clean and Healthy Living) and toilet use effectively increased student knowledge at SDIT Madani Al Mujahidin Pekanbaru.

The results of this study are in line with the research conducted by (Collins et al., 2021) where this study used a one group pre-test design, using the Wilcoxon 65 statistical test results obtained a p -value of 0.000 ($<\alpha 0.05$). It can be concluded that there is an effect of the superior intervention method per group using PHBS educational animation videos on children's knowledge at SDN 14 Telaga Biru.

The results of this study are also in line with the research conducted by (Purnama, 2024) where this study used the Wilcoxon test, the p -value was 0.000 so it was concluded that there was an effect of providing counseling through video media on increasing PHBS knowledge at SDN 7 Kota Agung, Kota Agung District, Lahat Regency.

According to researchers, the use of video media in educational delivery is more effective at capturing students' attention than traditional lectures. This is because students are more engaged and easily understand information conveyed through images and audio. Before the educational video, students' knowledge of healthy living (PHBS) and toilet use was relatively low due to a lack of clear and engaging information. By showing a short and clear educational video, it is hoped that students will focus and their knowledge will increase.

CONCLUSION

Based on research conducted at SDIT Madani Al Mujahidin Pekanbaru regarding "The Effectiveness of Educational Videos on Increasing Students' Knowledge of PHBS in

the Use of Toilets at SD IT Madani Al Mujahidin Pekanbaru", the following conclusions can be drawn: The research results show that the average knowledge score before being given an educational video about PHBS in toilets for students was 10.00, and the minimum-maximum score before being given the video was 8-12, The research results show that the average knowledge score after being given an educational video about PHBS in toilet use for students was 17.33, and the minimum- maximum score after being given the video was 14-20 and The research results show a significant increase in the average knowledge score before and after being given the educational video. The effectiveness of the educational video on increasing students' knowledge about PHBS in toilet use at SD IT Madani Al Mujahidin Pekanbaru

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