

THE EFFECTIVENESS OF CTPS VIDEO MEDIA IN IMPROVING SCHOOL STUDENTS KNOWLEDGE

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Abstract

Hand Washing with Soap (CTPS) is an important part of Clean and Healthy Living Behavior (PHBS), but its application in schools is still relatively low. Proper handwashing habits have an important role in preventing the transmission of diseases such as diarrhea and respiratory tract infections. Video media is an effective learning alternative because it is able to attract attention, increase learning motivation, and facilitate students' understanding through interactive visual and audio displays. This study aims to analyze the effectiveness of video media in improving the knowledge, attitudes, and skills of school students about CTPS. The method used is Systematic Literature Review (SLR) by searching scientific articles from Google Scholar, PubMed, and ScienceDirect published in 2020–2025. The results of the study showed that most studies reported that video media was effective in improving the knowledge, attitudes, and practices of CTPS students. Educational videos with animations and children's songs are proven to help students understand the steps to wash their hands properly and make the learning process more fun and interactive. In addition, video-based learning is considered more effective than conventional lecture methods in strengthening student understanding and retention. In conclusion, video media is an effective, interesting, and easy-to-apply educational tool to improve CTPS behavior in schools. Therefore, this media is recommended to be integrated into the School Health Business (UKS) program and learning activities to support health promotion and disease prevention from an early age.

Keyword: Hand Washing with Soap, Video Media, Student Knowledge, School Children

INTRODUCTION

Hand Washing with Soap (CTPS) is one of the important aspects of clean and healthy living behaviors that are effective in preventing the spread of infectious diseases such as diarrhea and upper respiratory tract infections in children, especially in school settings[1]. Although CTPS is a simple and inexpensive practice, its application among students is still not optimal[2]. This is due to low knowledge and lack of effective and attractive education for school-age children[3].

Children's development at school age is an important time to form healthy living habits [4]. At this age children have begun to be able to understand simple logic and receive the information presented in a way that suits their learning character[5]. Therefore, effective educational media is needed to support the correct learning of CTPS behavior[6].

Alternative educational video media is promising because it is able to present information visually and audio, making it more interesting and easy for students to understand[7]. This approach allows for continuous duplication of material, which can improve knowledge retention and motivate changes in students' hygienic behavior[8]. Various studies have shown that the use of video media can significantly improve the knowledge, attitudes, and practices of CTPS in school children[9].

This literature review aims to examine various scientific studies related to the effectiveness of video media as an educational tool in improving CTPS knowledge in school students. This study is expected to provide a comprehensive overview of the potential of video media as an effective, interactive, and interesting means of health education to support the formation of clean living behaviors from an early age[10].

RESEARCH METHODS

This study uses the Systematic Literature Review (SLR) approach with a narrative synthesis method. Data was collected from various scientific sources such as Google Scholar, PubMed, Garuda Ministry of Education and Culture, and ScienceDirect with a publication range of 2020–2025. The search was conducted using the keywords "hand washing with soap," "handwashing with soap," "educational video," and "school student knowledge."

The inclusion criteria include articles that discuss the effectiveness of video media in improving CTPS knowledge or skills in school children. Articles that are irrelevant, not available in full text, or do not use video as an intervention medium are excluded from the analysis.

Data were analyzed using the narrative synthesis technique, which combines research results descriptively based on themes, similarities, and differences between studies. This analysis aims to thoroughly describe how video media affects the improvement of students' knowledge about CTPS.

RESEARCH RESULTS

From the results of the screening using inclusion and exclusion criteria, 25 articles were obtained that were relevant to the topic of the effectiveness of video media on increasing knowledge of Handwashing with Soap (CTPS) in school students.

Almost all studies show that the use of video media is able to improve students' knowledge, attitudes, and skills in handwashing. Audiovisual media is considered more interesting, easy to understand, and can increase students' concentration during the learning process compared to conventional lecture methods[10].

The following table summarizes the result of the review from the 25 journals reviewed in this study:

Table 1. List of Previous Research Related to the Effectiveness of CTPS

No	Judul	Penulisan/Tahun	Jenis Artikel	Metode	Temuan Utama
1.	Pengaruh Edukasi Media Video Terhadap Pengetahuan Dan Tindakan Cuci Tangan Pakai Sabun Pada Anak Usia Sd	Nadiya Alfianna Saria, Hartaty Sarma Sangkot, Ganif Djuwadi, dan Fiashriel Lundy	Riset	Kuantitatif	Adanya peningkatan pengetahuan dan tindakan serta pengaruh media edukasi video tentang CTPS pada anak usia SD.
2.	Pengaruh Media Audiovisual terhadap Tingkat Pengetahuan dan Sikap Cuci Tangan Pakai Sabun (CTPS) yang Baik dan Benar di SD Yaspenhan Medan Marelan	Arifin Shaleh Lubis, Meutia Nanda, dan Zata Ismah	Jurnal Kesehatan Komunitas	Kuantitatif	Pemberian edukasi melalui media audiovisual cuci tangan pakai sabun (CTPS) dapat meningkatkan pengetahuan siswa tentang CTPS. Peningkatan ini dapat dilihat dari tingkat pengetahuan sebelum edukasi berada dalam kategori cukup sebanyak 57 responden (76,0%) sedangkan setelah diberikannya edukasi dengan media audiovisual terhadap variabel pengetahuan berada pada kategori baik sebanyak 69 (92,0%)
3.	Perbedaan Metode Ceramah Dan Media Audiovisual Terhadap Pengetahuan Cuci Tangan Pakai Sabun	Mutmawardina M, Harpiana Rahman, Fariyah Muhsanah, Andi Asrina, Nurul Hikmah B.	Riset	Kuantitatif	Ada perbedaan efektivitas promosi kesehatan menggunakan metode ceramah dengan media audiovisual pada pengetahuan siswa/siswi kelas 3 SD Inpres Binanga 3 Mamuju tentang Cuci Tangan Pakai Sabun dan media video lebih efektif dibandingkan metode ceramah.
4.	Pengaruh Edukasi Kesehatan Dengan Video Terhadap Ketepatan Cuci Tangan Pada Anak Usia Sekolah	Nafilatulbalqi, Nikmatur Rohmah, dan Resti Utami	Jurnal ilmiah keperawatan	quasy eksperiment dengan rancangan post-test only with control group	Terdapat pengaruh edukasi kesehatan dengan video terhadap ketepatan 6 langkah cuci tangan pada anak usia sekolah di SDN Tamansari 1 Bondowoso dan SDN Tamansari 2 Bondowoso. Edukasi kesehatan menggunakan video dapat direkomendasikan untuk meningkatkan ketepatan perilaku cuci tangan menggunakan 6 langkah cuci tangan pada anak usia sekolah.
5.	The Effect Of Education Using Video Animation On Elementary School In Hand Washing Skill	Fauzul Hayat	<i>Jurnal of teaching and education</i>	Kuantitatif	Setelah menerapkan perawatan melalui animasi video para siswa dapat mencapai pengetahuan dan keterampilan yang lebih baik mencuci tangan dengan sabun, dengan peningkatan 65%

6.	Pendidikan Kesehatan Cuci Tangan Pakai Sabun dengan Video Terhadap Kemampuan Cuci Tangan pada Siswa SD	Ni Ketut Vera Parasyanti, Ni Luh Gede Puspita Yanti, Gusti Agung Ayu Putri Mastini	Observasi	pre eksperiment al design	pendidikan kesehatan cuci tangan pakai sabun dengan media video mampu membantu meningkatkan kemampuan cuci tangan Penggunaan pendidikan pada anak sekolah. media video dalam kesehatan menyebabkan responden menyerap pengetahuan lebih banyak karena melibatkan dua indera terbesar dalam penyerapan informasi, yaitu indera pengelihatan dan pendengaran.
7.	Pengaruh Media Video Terhadap Pengetahuan Dan Sikap Siswa Tentang Cuci Tangan Pakai Sabun Di Sekolah Dasar	Dewi Puspa Hardianti, dan Fenti Yulianti	Observasi	Kuantitatif	adanya peningkatan terhadap sikap tentang cuci tangan pakai sabun, adanya pengaruh media video terhadap pengetahuan sebelum dan setelah diberikannya intervensi video, adanya pengaruh media video terhadap sikap sebelum dan setelah diberikannya intervensi video.
8.	Efektivitas Pendidikan Kesehatan dengan Media Audio Visual Terhadap Tingkat Pengetahuan Cuci Tangan Pakai Sabun Sebagai Upaya Pencegahan Covid-19 Pada Anak Usia Dini di TK Amzar Molinow Kota Kotamobagu	Eys Novianti. S, dan Luvi Dian Afriyani	Journal of Holistics and Health Sciences	Quasy Ekperimenta l, One Group Design Pretest- Posttest	terdapat pengaruh signifikan terhadap efektifitas pendidikan kesehatan dengan media audio visual terhadap tingkat pengetahuan, sehingga H0 ditolak, Karena nilai rata-rata pengetahuan responden sebelum dilakukan pendidikan kesehatan yaitu 7.50 menjadi 0 sesudah dilakukan pendidikan kesehatan dengan media audio visual terhadap tingkat pengetahuan cuci tangan pakai sabun.
9.	Hubungan Metode Ceramah Dan Media Audiovisual Dengan Tingkat Pengetahuan Cuci Tangan Pakai Sabun Pada Siswa SDN 22 Jeppe'e Kabupaten Bone	Muh. Ikkal Arif, Abdur Rivai, dan Fitri Salsabila Syam	Observasi	kualitatif	Media video dapat meningkatkan secara signifikan pengetahuan siswa/siswi tentang perilaku cuci tangan pakai sabun. Hal ini dapat terjadi karena pada saat penellitian siswa menyimak dengan antusias apa yang disampaikan dalam meldia videlo dibuktikan pada saat pemultaran videlo siswa memperhatikan dan mendengarkan dengan tenang, kemuldian pada saat kembali ditanya mengenai apa yang suldah disampaikan sebelumnya, siswa mampu menjawab dengan serentak

10.	Peningkatan Pengetahuan Siswa Sekolah Dasar Tentang Cuci Tangan Pakai Sabun Menggunakan Media Video dan Gerak Lagu	Jilly Toar, Jumrah Jamil, Elni J Usuh, Jeffry Sonny J Lengkong, dan Victory Nicodemus Joufree Rotty	Jurnal edukasi	Kuantitatif	media video dan gerak lagu dapat meningkatkan pengetahuan siswa sekolah dasar tentang cuci tangan pakai sabun.
11.	Video Edukasi Atraktif Dalam Meningkatkan Keterampilan Cuci Tangan	Fika aulia, mirawati, bening prawita sari (2021)	Jurnal smart kebidanan	Quasy Experiment	ada pengaruh penyuluhan cuci tangan menggunakan media video atraktif terhadap keterampilan cuci tangan pada siswa Madrasah Diniyah Awalayah Belawang.
12.	Promosi Kesehatan Menggunakan Media Audio Visual Terhadap Peningkatan Pengetahuan Mencuci Tangan Pada Siswa/i	Dzul Akmal, Ayu Laili Rahmiyati, Reza Pahlawan SK	Observasi	pre-experimental	Terdapat pengaruh promosi kesehatan dengan media audio visual tentang mencuci tangan terhadap peningkatan pengetahuan siswa/i SDN Melong Mandiri
13.	Pengaruh Media Video Animasi terhadap Perilaku Hidup Bersih dan Sehat Mencuci Tangan 6 Langkah pada Siswa Sekolah Dasar	Desty Emilyani1, Theresia Avila Kurnia2(CA), Ely Mawaddah3, Rusmini4, Saskiyanti Ari Andini5, Riamah	Observasi	pretest – posttest design	Media video animasi memudahkan anak untuk memahami informasi yang dapat meningkatkan pengetahuan, sikap dan keterampilan. Media video animasi dapat merangsang pikiran, perasaan, motivasi anak melalui ilustrasi gambar yang bergerak disertai suara narasi dan berfungsi untuk memperjelas makna pesan yang disampaikan.
14.	Pengaruh Pendidikan Kesehatan Media Video Animasi Terhadap Pengetahuan Cuci Tangan Pakai Sabun Pada Anak Usia Sekolah	Selika Prahayu, Dewi Pujjana, Puji Setya Rini (2024)	Jurnal masker medika	kuantitatif	Terdapat pengaruh pendidikan kesehatan media video animasi terhadap pengetahuan cuci tangan pakai sabun pada anak usia sekolah di SD Negeri X Palembang.
15.	Pengaruh edukasi metode bernyanyi dan video animasi cuci tangan pakai sabun terhadap kemampuan mencuci tangan dengan benar pada siswa-siswi taman kanak -kanak	Bakti Herwanti, Christin Angelina Febriani, Fitri Ekasari (2022)	Penelitian	pre-test post-test design	Terdapat pengaruh edukasi metode bernyanyi dan metode video animasi cuci tangan pakai sabun terhadap kemampuan mencuci tangan pada siswa-siswa taman kanak-kanak (TK).
16.	Efektivitas Media Video Terhadap Perilaku Cuci Tangan Pakai Sabun Pada Anak Sekolah	Ayi Utari Listiadesti, Salman M. Noer, dan Yesi Maifita (2020)	Literatur Riview	Literatur Riview	Salah satu upaya yang dapat dilakukan adalah dengan memberikan penyuluhan melalui media vidio yang mudah dipahami dan menarik untuk dilihat, yaitu media vidio. Banyak siwa yang merasa bosan dengan pembelajaran yang berkaitan dengan tulisan atau pun bacaan.

17.	Educational technologies for teaching hand hygiene	DaianeRubinato Fernandes, ScoquiGuimarães Diniz dos Reis , BrunaNogueiradosSantos , Elaine Barros Ferreira , Carolina , AmandaSallesMargatho, Didier Pittet , Paula Elaine , Renata Cristina de CamposPereiraSilveira (2023)	Systematic riview	Systematic riview	educational technologies seperti video, aplikasi mobile, dan virtual reality secara konsisten meningkatkan pengetahuan dan kepatuhan terhadap praktik hand hygiene
18.	A study of handwashing training effects on awareness, attitude, and handwashing skills of third grade elementary school students	Maryam Mohammadi1, Asghar Dalvandi, Azin Chakeri (2020)	penelitian	pre-test and post-test	pelatihan cuci tangan menggunakan media audiovisual seperti video dan animasi secara signifikan meningkatkan skor kesadaran kesehatan siswa SD dari 49,03 menjadi 69,79 ($p < 0,05$).
19.	The Effect of Video-Supported Hand-washing Training on Hand washing Knowledge and Skills in Children in Need of Protection	Refiye Akpolat, Zehra Şevval Yavuz, Elçin Birce Birkan, Cansu Yeşil (2025)	Penelitian	Kuantitatif	Telah ditemukan bahwa pelatihan visual, pendengaran, dan praktis mencuci tangan untuk anak-anak meningkatkan target keberhasilan mereka.
20.	Handwashing videos on TikTok during the COVID-19 pandemic: Potential for disease prevention and health promotion.	CoreyH.Bascha, JosephFerab, AlessiaPellicanea, CharlesE.Basch (2022)	Research paper	Cross-sectional, deskriptif.	Media sosial seperti TikTok memiliki potensi besar untuk edukasi perilaku mencuci tangan
21.	Effectiveness of Mass Media Campaigns to Improve Handwashing-Related Behavior, Knowledge, and Practices in Rural Bangladesh	MahfuzaIslam, JadeBenjamin-Chung, SoniaSultana, LeanneUnicomb, MonirulAlam, MahbuburRahman, AyseErcumen, and Stephen P. Luby (2021)	Original research article (pre-post cross-sectional study)	pre-post design	Kampanye video dan audio massa media efektif meningkatkan pengetahuan serta praktik CTPS di masyarakat pedesaan.
22.	Improving Hand Washing Behavior With Soap In Preschol Age Children Using Audio Visual Storytelling	Mona Megasari, Rahayu Savitri, Fauzi Nur Rahman (2024)	Penelitian	kuantitatif	Storytelling menggunakan media audio-visual berpengaruh signifikan terhadap peningkatan perilaku dan keterampilan cuci tangan pakai sabun pada anak usia prasekolah.

	Media at Raudhatul Athfal Misfahussidiq Cimahi City				
23.	Social Learning Theory: Cognitive and Behavioral Approaches	Deri Firmansyah, Dadang Saepuloh (2022)	systematic literature review	systematic literature review	penggunaan media visual seperti video edukasi dan praktik langsung sangat efektif untuk menanamkan perilaku mencuci tangan pada anak-anak.
24.	Media Video Edukasi Efektif Meningkatkan Pengetahuan dan Keterampilan Cuci Tangan Pakai Sabun Siswa Sekolah Dasar	Ni Ketut Werdhi Rahayu, Wayan Sudiadnyana, Mochammad Choirul Hadi, Wayan Jana, Gusti Ayu Aryasih (2025)	Observasi	Pre Experimenta l	Terrjadi peningkatan pengetahuan dan keterampilan sebelum dan sesudah cuci tangan pakai sabun setelah diberikan intervensi berupa penyuluhan dengan menggunakan media video edukasi. Peningkatan dipengaruhi faktor pemanfaatan media, serta tambahan informasi mengenai cuci tangan.
25.	Pengaruh promosi kesehatan cuci tangan pakai sabun (ctps) melalui media video terhadap pengetahuan dan sikap siswa siswi sd negeri 076720 maluo kabupaten nias selatan tahun 2023	Augustianny Situmeang	Riset Ilmiah	Pre Eksperiment al One Group Pre test dan Post test Design	Ada pengaruh media video terhadap pengetahuan dan sikap tentang cuci tangan pakai sabun pada anak Sekolah Dasar Negeri 076720 Maluo Kabupaten Nias Selaatan.

DISCUSSION

The results of the study from 25 journals show that video media has a real influence on improving the knowledge and skills of school students in washing hands with soap (CTPS). Most studies have stated that audiovisual media is much more interesting than lecture methods, because it is able to present information visually and is easy for children to understand[11].

Educational videos are considered to be able to show the steps of washing hands in a clear and interesting way[12]. The combination of images, movements, and sounds helps students remember the sequence of steps better, while also fostering a curiosity to practice them[13]. In addition, the use of video makes the learning atmosphere more interactive and fun, making health messages easier to receive[14].

Some studies also emphasize that the effectiveness of video media will increase when accompanied by hands-on practice in schools[15]. Teacher support and the availability of facilities such as sinks, soap, and clean water are also important factors so that students can implement CTPS habits correctly[16]. Thus, the role of schools is not only as a place of learning, but also as an environment for shaping clean and healthy living behaviors[17].

Overall, video media has proven to be effective as a means of health education that is in accordance with the characteristics of school children[18]. Attractive visualizations help students understand the content of the message, while the ease of access to digital media makes the application of education through video even more relevant in today's era[19].

CONCLUSION

Video media has proven to be effective as a means of health education in improving the knowledge, attitudes, and skills of school students towards the behavior of Handwashing with Soap (CTPS)[20]. Video-based learning is able to attract students' attention, strengthen memory, and encourage more positive behavior changes towards personal hygiene[21]. The advantage of video media lies in its ability to combine audio and visual elements, so that health messages are easier for children to understand and remember[22]. However, its effectiveness will increase if it is accompanied by hands-on practice, teacher guidance, and adequate school facility support[23].

Therefore, the use of educational videos should be integrated into the School Health Business (UKS) program and daily learning activities[24]. With a directed and sustainable strategy, video media can be a simple but meaningful step in shaping the younger generation who have high awareness of the importance of clean and healthy living behaviors[25].

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