

**THE INFLUENCE OF HANWASHING STRICKERS ON
HANDWASHING BEHAVIOR WITH SOAP IN CHILDREN AT SDN 177
PEKANBARU**

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Abstract

In Indonesia, the prevalence of hand washing behavior using soap among children is still very low. There are around 30% of children who only routinely wash their hands with soap before and after eating and after using the toilet. One of the media used to implement hand washing behavior with soap is the use of hand washing stickers. Hand washing stickers have attractive sizes and colors so they can motivate children to get used to washing their hands with soap. The aim of this research is to determine the effect of hand washing stickers on children's hand washing behavior with soap. This research uses a quantitative method with a quasi-experimental design with a one group pretest-posttest design, the subjects of this research are grade 2 children at SDN 177 Pekanbaru with a sample of 17 respondents using a purposive sampling technique. The measuring tool used was a hand washing behavior questionnaire with soap. This research was conducted from 23 September to 25 February 2025. The results showed that there was an influence of hand washing stickers on hand washing behavior with soap in children with a sig value of $0.000 < (0.05)$ using the Wilcoxon test. In conclusion, hand washing stickers influence the behavior of washing hands with soap among children at SDN 177 Pekanbaru.

Keyword: Stickers 1; Behavior 2; Hand Washing 3; Children 4.

INTRODUCTION

Based on data from the United Nations Children's Fund (UNICEF), the prevalence of elementary school-aged children in the world who wash their hands properly in 2023 is 1,937,106. It is predicted that almost 1.4 million people, including almost 400,000 children under the age of 5, die every year due to diseases caused by inadequate hand hygiene such as diarrhea, acute respiratory infections (ARI) and worms that are transmitted through soil (UNICEF, 2023).

According to the Indonesian Health Survey (SKI), the proportion of correct hand washing behavior with soap among children aged ≥ 10 years in Indonesia in 2023 will reach 50.6 – 51.5% or the equivalent of 683,052 people. Meanwhile, in Riau, data on the behavior of school-aged children who wash their hands correctly is 40.8 – 45.3% (SKI, 2023).

The factors that influence the behavior of washing hands with soap in elementary school children are very diverse, including knowledge, attitudes and motivation. Good knowledge of the importance of washing hands can shape children's positive attitudes towards hygiene, making them more inclined to do it regularly. When children do not practice hand washing, they are more susceptible to various diseases such as diarrhea, respiratory tract infections and other diseases that can be fatal. This condition has the potential to increase the death rate in children, which should be prevented with simple but effective hygiene practices (Nisa & Ahmad, 2023).

Considering that only 13% - 25% of people rely on other senses, it is proven that visual aids are very helpful in delivering and receiving educational material. Elementary school age children have a strong curiosity to participate and contribute. At this age, children tend to find it easier to provide guidance and direction (Adista & Yulvia, 2021).

Using stickers on children can have a positive influence on their achievement, because these stickers create a deep sense of achievement in children. When children receive stickers after successfully completing a task well, this can increase their motivation to study and try harder. Thus, stickers not only function as a reward, but also as a tool to encourage children to continue trying to achieve satisfactory results in every task they do (Kurniati et al., 2024).

RESEARCH METHODS

The type of research used is quantitative research with a quasi-experiment design using a one group pretest-posttest approach. The target population in this research is grade 2 children. The sampling technique was taken by purposive sampling. There are inclusion and exclusion criteria in this study. The inclusion criteria in this study were being registered as a student at SDN 177 Pekanbaru. Meanwhile, the exclusion criteria in this research are students who cannot be present during the data collection process and students who are not willing to be respondents. The research sample was 17 respondents with one treatment using hand washing stickers.

The instrument used in this research was a hand washing behavior questionnaire with soap. Respondents were given the first observation, namely a pre-test, to measure the average behavior before being given the intervention, then given sticker media as a reward for 5 days. After completing the hand washing sticker intervention, a post-test was given to measure hand washing behavior with soap. Data analysis was carried out using a digitalization program, namely univariate and bivariate tests using the Wilcoxon test because the data was not normally distributed. Analysis using the Wilcoxon test to determine changes in hand washing behavior with soap before and after the intervention. The intervention using hand washing stickers has an influence on hand washing behavior with soap if the p-value is obtained.

RESEARCH RESULTS

Based on the results of research on 17 respondents, the characteristics of respondents can be seen according to 2 categories. For the characteristics of respondents based on age, the number of respondents was 17 people. The total number of respondents with an age range of 8 years (64.7%) was 11 respondents, an age range of 9 years was 5 respondents (29.4%), and an age range of 10 years was 1 respondent (5.9%). Based on gender, there were 9 female respondents (47.1%) and 8 male respondents (52.9%).

Based on research on 17 respondents, it can be seen that the average distribution of behavior scores before and after the intervention was given showed that the average result before the intervention was 18.71 and after the intervention was 22.24. There was an increase in the average value of behavior with a difference in average value of 3.54.

Based on the results of research on 17 respondents, it can be seen that the average value of hand washing behavior with soap before and after the intervention was 9.00, there was an increase between the pre-test and post-test. The results of the Wilcoxon test showed a p value of $0.000 < (0.05)$, which means that H_0 was rejected, there was an influence of hand washing stickers on children's hand washing behavior with soap after the intervention.

DISCUSSION

According to data from the 2023 Indonesian Health Survey, the proportion of school-aged children in Indonesia who wash their hands correctly is 48.2%. School-aged children are an example of a very effective target for changing healthy living habits and behavior from an early age. Therefore, clean and healthy living behavior at school is very important and needs to be implemented for the long-term health of children (Aini, 2024).

The results of research conducted by (Ikasari et al., 2020) show that there are differences in hand washing behavior between boys and girls. Usually, girls tend to have higher awareness and wash their hands with soap more often than boys. This can be influenced by different social and educational factors, with girls often being more involved in activities that emphasize educational hygiene.

A person's behavior has a big influence on healthy living habits. With good behavior, a person is expected to be able to choose a healthy life, including ways to prevent disease which can start from hand hygiene by implementing the behavior of washing hands with soap. This sticker functions as motivation for children to wash their hands more diligently with soap. Giving stickers as a reward creates positive reinforcement, increasing the child's likelihood of continuing good behavior.

CONCLUSION

The use of hand washing stickers significantly influences children's hand washing behavior with soap. Stickers given as a form of appreciation after children wash their hands with soap encourage them to be more disciplined and motivated in implementing clean living behavior. The results of this study confirm that positive approaches such as giving rewards can increase children's awareness and compliance with the practice of washing dishes with soap. There is a significant influence in the use of hand washing stickers on the behavior of washing hands with soap in class children at SDN 177 Pekanbaru.

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