

INCREASING TEENAGERS' KNOWLEDGE AND AWARENESS ABOUT CLEAN AND HEALTHY LIVING BEHAVIORS THROUGH THE GAME OF SNAKES AND LADDERS IN PIPA WHITE VILLAGE, OGAN ILIR DISTRICT

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ABSTRACT

This research aims to improve the understanding and behavior of teenagers regarding the implementation of Clean and Healthy Living Practices (PHBS) by using the snakes and ladders game as a supporting tool. The area, especially in Ogan Ilir Regency, especially Pipa Putih Village, has been chosen as a focus for reducing the stunting rate, which in 2022 will reach 24.9%. One of the factors that has been identified as a cause of stunting is an unclean environment, this is in line with previous research which emphasizes the importance of PHBS. The research method used was a quasi-experiment with one group as the research subject. The snakes and ladders game was chosen as an intervention tool to increase teenagers' understanding and attitudes towards PHBS. The study results showed a significant increase in adolescents' understanding after the intervention, although not statistically significant in attitudes. The snakes and ladders game is recognized as an effective tool in increasing teenagers' knowledge about PHBS, in line with the efforts of the government and related institutions to improve public health. The use of games as a medium in health education promises to make learning more enjoyable and increase learning motivation. It is hoped that this research can become a basis for developing a wider intervention program to improve PHBS in society, especially in groups of teenagers who have the potential to be agents of change.

Keywords: PHBS., Stunting., Snakes and ladders game

INTRODUCTION

Based on the Decree of the Ministry of National Development Planning/Bappenas in 2022 Ogan Ilir Regency is one of them designated district as locus intervention integrated stunting reduction in 2018 – 2021 .¹ White Pipe Village is one of the village in Ogan Ilir Regency which became locus reduction in stunting , because in 2022 the prevalence amounted to 24.9% .² According to research conducted by Matahari and Suryani, one of the risk factors for children experiencing stunting is an unhygienic living environment and poor sanitation.³ This is in line with the research results of Soekatri et al that in efforts to prevent stunting implementation Clean and Healthy Living Behavior (PHBS) needs to be improved.⁴

Clean and Healthy Living Behavior or PHBS is an effort to strengthen individual culture and community groups to care about and prioritize health in creating a better quality life.⁵ Ministry of Health of the Republic of Indonesia since 1995 to moment This always endeavor realize Indonesian people who follow PHBS For support enhancement degrees health quality society .

PHBS indicators can be used as a benchmark for the success of reducing health problems. This is in line with

Ministry of Health explained that PHBS indicators in Indonesia are an effort to prevent disease and improve maternal and child health.⁶ Based on data from the Ogan Ilir District Health Office, the percentage of PHBS-using households in this area has been achieved still relatively low (68.80%).⁷ In efforts to improve PHBS, the role of teenagers is considered important Good as a partner and key player to achieve positive change .⁸ This is confirmed by the Ogan Ilir Regent's Regulation of Number 49 article 3 that teenagers are the target group for accelerating stunting reduction through specific interventions .⁹

Some ways to improve PHBS include providing education , building an atmosphere and also empowering the community .¹⁰ Using visual or audiovisual media simultaneously is effective as a good learning medium and can increase teenagers' knowledge and understanding.¹¹ Based on research results from Anggriani et al, one of the learning media that can improve psychomotor, cognitive, emotional, moral, artistic and language skills and make the learning process fun is *the board game* (Snakes and Ladders).¹² The use of game media in the process of increasing knowledge can make teenagers more comfortable and increase learning motivation .¹³ The game of snakes

and ladders is called capable increasing clean and healthy behavior in school-aged children .¹⁴

Based on description that , then study This aim For deepen understanding and behavior teenager about application Clean and Healthy Living Behavior (PHBS) in life daily especially in Pipa Putih Village, Ogan Ilir Regency . The main purpose study This is For develop effective intervention strategies in increase awareness and application of PHBS among teenager . By special study This aim For analyze level understanding teenager about concept and importance of PHBS, evaluate behavior teenager about implementation of PHBS in life everyday , explore effectiveness use of game media snake ladder in increase understanding and behavior of PHBS in adolescents , formulating recommendations and possible intervention strategies increase awareness and application of PHBS in adolescents specifically through use of game media snake ladder .

With achieved objective that , is expected study This can give significant contribution to effort stunting prevention and improvement health teenagers , as well give base for development of more intervention programs effective in the future .

MATERIALS AND METHODS

Study This use design experiment pseudo with give treatment use game snake ladder to all over participants (one-group design). Search sample study done with non-probability sampling approach . One week before study done , team researcher coordinate with administrator Integrated Healthcare Center teenagers in Pipa Putih Village for inviting all over willing teenager become volunteer For follow activity study . This non-probability sampling approach chosen Because possible acquisition participant more fast and efficient in context study This .

Research sample consists of 20 teenagers representing various group age and background behind social economy in Pipa Putih Village. Participants chosen based on his willingness For participate in research and have give agreement volunteer . Before given treatment , every participant requested fill in questionnaire knowledge and attitudes (pretest) regarding PHBS. Study This has get agreement ethics from Committee Ethics Sriwijaya University Faculty of Public Health with number 112/UN9.FKM/TU.KKE/2024.

RESULTS

Target activity study This is group teenager . PHBS educational materials have been provided designed with various topic , including wash hand Which Correct , guard cleanliness environment , pattern Eat healthy , avoid behavior smoke And alcohol as well as benefit immunization .

this material customized with level understanding participant . Participant requested fill in form pre tests that have been done shared by the facilitator . Furthermore Game started with prepare Board snake ladder , facilitator request 2 volunteers become pawn snake ladder . every plot containing information or question related to PHBS. Participant play in group small , and every time they areland on the plot certain , they requested answer question from facilitator or carry out task related to PHBS.



Figure 1. PHBS Snakes and Ladders Game

After game finished , done session discussion group small For discuss information obtained during game . Service team public facilitate discussion This , answer question participant , And give explanation more carry on . Next , do it counseling advanced about PHBS, incl demonstration wash hand the right way , way guard cleanliness environment around , as well benefit immunization . Participants are also given brochures and related written materials topics This For reference more .

Figure 4.2. Discussion after PHBS Snakes and Ladders game

For now effectiveness from delivery material And method learning carried out in activities this , then target requested filling 2 types questionnaire that is questionnaire *pre-test* and questionnaires *posttest* . Questionnaire This consists from a number of questionbased on knowledge And attitude target related behavior life clean And Healthy with use method game snake ladder .

Table 1. Data Numerical Characteristics Target

Variable	Mean elementary school	Age Min	Age Max
Age	14.40	10	18

Table 1 shows the average age teenagers who become target activity namely 14.40 year , with age most young that is 10 year whereas age oldest that is 18 years .

Table 2. Data Categorical Characteristics Target

Variable	N	%
Type Sex		
Man	10	50.0
Woman	10	50.0
Education		
elementary school	6	30.0
JUNIOR HIGH SCHOOL	3	15.0
SMA/SMK	11	55.0

Based on table 2 shows that amount target Good man nor Woman that is each numbering 10 people (50.0%), with education respondents the most namely SMA as many as 11 people (55.0%), elementary school as many as 6 people (30.0%), while there were 3 people from junior high school (15.0%).

Following This table effectiveness game snake ladder to knowledge and attitudes about PHBS respondents :

Table 3. Effectiveness Snakes and ladders game To Knowledge and Attitude About PHBS respondents compared to with before game

	Mean elementary school	Min – Max	P-value
Knowledge <i>Pre Test</i>	5.65	2 – 9	0.046*
Knowledge <i>Post Test</i>	6.65	4 – 9	
Attitude <i>Pre Test</i>	37.60	32 – 45	0.384
Attitude <i>Post Test</i>	38.70	24 – 47	

^{*)} Wilcoxon Signed Ranks Test (Sig<0.005)

Based on Table 3 on , is known that there is enhancement score knowledge respondents in a way statistics significant (*p-value* = 0.046), and also exists enhancement score attitude respondents will but in a way statistics No significant (*p-value* = 0.384) after given education form game snake ladder about behavior life clean and healthy .

DISCUSSION

Research result This show that happen enhancement score knowledge teenager in a way significant (*p-value* = 0.046) and improvement score attitude teenager related to PHBS though in a way statistics No significant . This matter in line with Fatimah's research (2019) shows that There is meaningful differences between knowledge , attitudes and practices in Clean and Healthy Living Behavior after intervention promotion health in students grades 4 and 5 at

Kembaran Elementary School Subdistrict Loano Regency Purworejo and Hanif's research stated that There is meaningful differences knowledge and attitudes before and after given education health reproduction in Selo Boyolali with *p* value 0.000. ^{15, 16} Likewise with research by Sara et al which states that through intervention using game media snake ladder effective For increase knowledge and attitudes elementary school students about health children's teeth and mouth . ¹⁷ Knowledge is base from change the attitude that gives rise to it reaction or new behavior . ¹⁵ Level of knowledge about good PHBS is components and consequences from knowledge . After teenager know information about PHBS can give rise to desire For implementing PHBS, next process will evaluate or behave to behavior life clean and healthy them . With thereby will tend For practice behavior believed health will bring benefits. ¹⁸ Enhancement knowledge teenagers who become respondents study happen Because every teenager obtain information about PHBS content in each box game snake the stairs that he occupy . This matter in line with results Anjelina's research conveys that information about content material learning in game snake ladder will obtained every get step in accordance die . ¹⁹

Influencing factors somebody do behavior health according to Green it is determined by factors predisposition (predisposing factor), factor enabling factors and factors reinforcing factor. PHBS is one of them form behavior health in its implementation can determined by factors the . Predisposing factors consist from knowledge is something necessary is known about draft Healthy Sick or health . Necessary knowledge owned teenager about PHBS including understand importance implementing 8 PHBS indicators , benefits and impacts if PHBS does not done . Beside required knowledge , attitudes are also things part important that makes it possible student implement PHBS. Attitude is necessary thing noticed as material For formation character . Good character consists from good knowledge , attitude and thoughts so that student can do habit in behave like case in implementation of PHBS. ²⁰

Study This using alternative media game snake ladder aim For increase stimulation five senses so that respondents obtain understanding and shaping his consciousness For implement PHBS. Study This similar with study Prasetyani that behavior student increase after given game Snakes and ladders. ²¹ Alternative media game snake ladder this is also purposeful For increase enthusiasm participant so that participant obtain easy and fast understanding related to PHBS, *p* This in line with study Indriasih stated that game educative simulation snake ladder aim For form independence besides it's a learning medium This own pattern *learning by doing* . Implementation game snake ladder This creates a feeling of joy and enthusiasm so that without realized they enter in the learning process. ²² In line with study Sulaimansyah that every learning must create pleasant atmosphere through play activities . ²³ Other factors that come into play amplifier is strong pattern interaction

activity teenager moment play game snake ladder in activity learning cause game This is very popular with teenagers . According to research conducted by Ernita , et al at SD Paron Ngawi area use game snake ladder say that education health with method snake ladder done in groups small , p This give chance for child For interact with others and makes it possible happen exchange of ideas between student through the medium of snakes modified stairs in accordance with research purposes .²⁴

Based on theory development cognitive from Piaget (Winataputra , 2009) ability intellectual child ages 6 – 12 years Already Enough For become base he gave various capable skills develop pattern think or Power reason , with that's the media game snake ladder This possible happen improved behavior.²⁵ Draft game snake ladder in study This nature flexible so that when problem health switch so information on snakes ladder the can be replaced.²⁶ Advantages of gaming media namely : fun , existence participation For study , child can Study solve problem , capable increase ability communicate child .

The benefits of media are one method best in stimulating response somebody For more focus understand something especially in teenagers in study PHBS. One strategy for obtain change knowledge and attitudes is with giving information For increase knowledge and attitudes so that give rise to awareness that ultimately that person will own appropriate attitude with his knowledge . One of effort giving information That is with give an educational medium game snake modified stairs . Game media snake ladder is one of method giving information through something type game Where with the game that follows with giving information will interesting attention so that information will more easy acceptance and knowledge will the more increase.

With thereby application of snake media ladder in study This can made as one of the alternative For change more behavior Good in implementing PHBS in adolescents . As reinforcement , aside use of game media regular delivery of Health Education is something necessity . Ikeu Nurhidayah (2021) conveyed that Health Education is delivered regularly for knowledge teenager increase , behave good and practical in everyday life .²⁷ For realizing quality and empowered human resources (HR). competition , development health directed at effort enhancement awareness , will , and ability life Healthy for each person. This matter can realized through PHBS (Clean and Healthy Living Behavior).²⁸

CONCLUSIONS AND SUGGESTIONS

Education health using snake media ladder in a way significant capable increase the average score knowledge teenager related Clean and Healthy Living Behavior . On the other hand , there are positive change in mean score attitude teenager regarding PHBS after educated with Snakes and Ladders Media , however change This statistically no significant . So this media Can recommended

For push change knowledge teenager regarding PHBS however need Modify it so it can also push change attitude

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