

ABSTRAK

Dewi, Sanda Prima. 2016. *Pengaruh Pendidikan Kesehatan Menggunakan Permainan Ular Tangga Terhadap Tingkat Pengetahuan PHBS Santri Pondok Pesantren Mambaul Hisan Kabupaten Blitar*. Tugas Akhir, Jurusan Ilmu Keperawatan – Fakultas Kedokteran, Universitas Brawijaya Malang. Pembimbing : 1) Ns.Dewi Kartikawatiningsih, S.Kep, M.PH, dan 2) Ns. Tina Handayani Nasution, S.Kep,.M.Kep.

Masalah kesehatan di pondok pesantren kebanyakan disebabkan karena kurang terjaganya Perilaku Hidup Bersih dan Sehat (PHBS). Oleh karena itu penanaman tentang PHBS pada santri pondok pesantren sangat penting dilakukan menggunakan metode yang menarik dan efektif. Tujuan penelitian ini adalah mengetahui pengaruh pendidikan kesehatan menggunakan permainan ular tangga terhadap tingkat pengetahuan PHBS santri pondok pesantren Mambaul Hisan Kabupaten Blitar. Rancangan penelitian menggunakan *quasy experimental desaign - non equivalent control grup* dengan jumlah responden 50 orang santri usia 7-12 tahun (25 orang di kelompok intervensi, 25 orang di kelompok kontrol), dipilih menggunakan *probability: cluster sampling*. Data diambil dengan kuesioner (20 item pilihan ganda) dan dianalisa menggunakan uji *Wilcoxon*. Hasil penelitian terdapat peningkatan signifikan antara hasil *pretest* dan *posttest* kelompok intervensi ($P\text{-value } 0,000 < 0,05$). Kesimpulan dari penelitian ini adalah pendidikan kesehatan menggunakan permainan ular tangga berpengaruh signifikan terhadap tingkat pengetahuan PHBS santri pondok pesantren Mambaul Hisan Kabupaten Blitar. Penelitian ini menyarankan agar santri tetap menerapkan perilaku hidup bersih dan sehat dari pengetahuan yang telah diperoleh guna terhindar dari penyakit menular yang biasa ada di pondok.

Keywords : Permainan Ular Tangga, PHBS, Santri

ABSTRACT

Dewi, Sanda Prima. 2016. *Effect of Health Education Using Snake and Ladder Game on The Knowledge Level of PHBS in Students of Mambaul Hisan Islamic Boarding School Blitar*. Final Task, Department of Nursing - Faculty of Medicine, University of Brawijaya. Advisors: 1) Ns.Dewi Kartikawatiningsih, S.Kep, M.PH, and 2) Ns. Handayani Tina Nasution, S.Kep, .M.Kep.

Health problems in boarding schools were mostly caused by the clean and healthy living behaviors (PHBS) which not maintained well. Therefore habituation of PHBs in boarding school students is very important to do by using a method that is attractive and effective. The purpose of this research was to identify the effect of Health Education Using Snake and Ladder Game on The Knowledge Level of PHBS in Students of Mambaul Hisan Islamic Boarding School Blitar. The design of this research used a quasi-experimental design - nonequivalent control group with the number of respondents are 50 people students aged 7-12 years (25 students was the intervention group, 25 students was the control group) were selected using probability: cluster sampling. Data taken by questionnaires (20 multiple choice items) and analyzed by Wilcoxon test. Results from this research was there is a significant improvement between pretest and posttest in intervention group (P -value $0.000 < 0.05$). Thus, the conclusion of this research was health education using the game of snakes and ladders have significant effect on the knowledge level of PHBS in Students of Mambaul Hisan Islamic Boarding School Blitar. This research suggested that students must keep applying clean and healthy lifestyle behavior from the knowledge that has been obtained in order to avoid an infectious disease that usually found in the boarding school.

Keywords: *Snake and Ladder Game, PHBS, Students of Islamic Boarding School*