

Use of Learning Media in Supporting Health Education in Early Children

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ABSTRACT

Early childhood is a golden period where at this time the child's brain ability to think is growing rapidly up to 80%. The provision of health education to early childhood is very good because it has a great opportunity to become a healthy habit in the next stage of life. Providing education from an early age about children's health, especially how to brush their teeth properly can prevent dental caries. Getting used to washing hands with soap in children can prevent the occurrence of diseases caused by bacteria, such as diarrhea, typhoid, and so on. Learning media will help the effectiveness of the learning process in delivering messages and educational content provided. The purpose of this activity is to improve the health status of pre-school age children through health education about brushing teeth properly and washing hands with soap. This activity was carried out on pre-school age children at RA Al-Basyariyah, Pameungpeuk Village, Garut Regency. As a result of this community service activity, all pre-school children were able and enthusiastic in practicing the 6 steps of washing their hands and brushing their teeth correctly. Pre-school children are also able to answer questions given about the importance of brushing teeth and washing hands.

Keywords: Community Service, Washing hands, Brushing teeth, Educational media

INTRODUCTION

Early childhood education is education aimed at children aged 0 to 6 years, while according to NAEYC early childhood is children aged 0-8 years who receive early grade PAUD and Elementary School education services. This period is the golden age or commonly referred to as the golden age. Early childhood education according to Law Number 20 of 2003 article 1 is a coaching effort aimed at children from birth up to the age of six which is carried out through the provision of educational stimuli to help physical and spiritual growth and development so that children have readiness to enter further education . Health education is needed in the stages of forming a clean and healthy lifestyle. Optimal early childhood health will form a generation that has strong body resistance to disease and a generation of children's intelligence.

The stage of brain development in early childhood occupies the most rapid position, reaching 80% of brain development. Therefore, providing health education to early childhood is very well done, where early childhood has strong memory skills so that health education given at an early age will have a great chance of becoming a healthy habit at later stages of life.

Providing early education about health in children, especially how to brush their teeth properly can prevent dental caries. Getting used to washing hands with soap in children can prevent diseases caused by bacteria, such as diarrhea, typhoid, and so on.

Washing hands with soap is also known as an effort to prevent disease, this is done because hands are often carriers of microorganisms and cause these microorganisms to be transferred from one person to another, either by direct contact or indirect contact (using other surfaces such as towels), glasses, etc.). Based on WHO data, hand washing is proven to reduce the risk of getting diarrheal disease by up to 45%. It doesn't end there, there are still other diseases that can be prevented simply by washing hands, namely worms, respiratory infections, eye infections, and hepatitis. Even so, in order to get optimal benefits, hand washing must be done properly (Pawenrusi, 2018). Washing hands with water alone is more common but not as effective in maintaining health as washing hands with soap. To be effective, WHO (2009) has stipulated the steps for washing hands with soap as follows: wet both hands with running water, apply sufficient soap, rub the palms and back of the hands, rub between the fingers of both hands, rub both palms with fingers together, fingers pressed together while rubbing into the palm, left hand to right, and vice versa, rotating the thumb in the grip of the right hand, and vice versa, rubbing the right fingernails rotating to the left palm, and vice versa, wash with water, and dry hands (Pawenrusi, 2018).

Learning media will help the effectiveness of the learning process in conveying messages and lesson content. One of the learning media that can be used in early childhood schools is audio-visual media in the form of videos. Video is one of the learning media that can be used in early childhood education institutions. It is hoped that the images and sounds that appear in the video showing stories with a short duration, are expected to be able to keep children from getting bored quickly, as well as stimulate their interest in learning and being enthusiastic about the stories being shown. The purpose of using audio-visual media is to develop cognitive abilities by providing stimulation in the form of moving images and sound, as well as conveying messages to influence attitudes and emotions.

Seeing the situation in the field, at the RA Al-Basyariyah Early Childhood Education institution which is the location for KKN students in Pamengpeuk Village, the use of video media in the teaching and learning process has never been carried out. In addition, the provision of health education has never been given. Based on this reason, KKN students decided to create a KKN program in the form of providing health education using video media for early childhood at RA Al-Basyariyah Pameungpeuk Village.

RESEARCH METHOD

. The implementation of this community service activity was carried out in Pameungpeuk Village Rt 2 Rw 9, Pameungpeuk sub-district, Garut Regency. This service will be held on 10 August-12 September 2021. The target of this service is early childhood, especially at RA Al-Basyariyah. This community service method is in the form of children's participation with indicators of child involvement through socialization,

mentoring, practice and implementing a healthy lifestyle, especially washing hands and brushing teeth. This service program is an effort so that children can adopt a clean and healthy lifestyle, especially washing their hands and brushing their teeth.

Implementation of community service activities regarding the provision of health education regarding how to wash hands and brush teeth consists of several stages as follows:

1. Preparatory stage

At this stage I visited the location directly. First, I interviewed the head of RA about health education that had not been given. From the interview results, it is known that education on how to wash hands and brush teeth has never been given. In addition, it is also known that learning using educational videos has never been given. Next, I made observations regarding the extent to which children understood how to wash their hands and brush their teeth.

2. Implementation stage

At this stage I utilized technology in the form of educational videos and made simple educational game tools as educational media. After providing education, the activity continued with a demonstration on how to brush your teeth and wash your hands properly in 6 steps. Children will practice brushing their teeth and washing their hands accompanied by educators and students.

3. Evaluation stage

At this evaluation stage I evaluate the children's understanding of how far they know how to wash their hands and brush their teeth during this mentoring activity.

RESULT AND DISCUSSION

The implementation of health education activities for early childhood has been carried out well from the preparatory stage to the evaluation stage. The handwashing educational activity was carried out at RA Al-Basyariyah on August 23, 2021. Meanwhile, the teeth brushing education was carried out on September 7, 2021.

Providing education on washing hands and brushing teeth is carried out considering that during an interview with the head of RA it was found that this education had not been given. Brushing your teeth is an action that needs to be taught to children so that it can become a good and healthy habit. Brushing your teeth is the easiest and most effective way to keep your teeth and gums clean from plaque and food debris. Tooth brushing must be done properly and correctly so that debris or food residue can really be removed from the surface of the teeth. Oral hygiene that is not properly maintained can cause infections in hard tissues such as teeth, as well as soft tissue infections such as cheeks, lips, gums and tongue.

Apart from brushing teeth, washing hands with soap is a habit that needs to be taught to children from an early age. Washing hands with soap is one of the hygiene actions by cleaning hands and fingers using water and soap by humans to keep them clean and break the chain of microorganisms as a source of disease. Providing health education to early childhood is very well done, where early childhood has strong memory

skills so that health education given at an early age will have a great chance of becoming a healthy habit at later stages of life.

The making of educational videos was carried out bearing in mind that at the preparatory stage it was known that at the RA Al-Basyariyah institution the learning process using videos had never been carried out. As Meiani (2015) said that the media has an important role in learning activities, not only as a tool, but has a role beyond that, which is to contribute to the achievement of the expected competencies or learning objectives. In addition, the use of video media in the learning process is also an effort to implement ICT (Information, Communication and Technology) in the world of education. The use of ICT in Early Childhood Education institutions can be a valuable tool for teaching and learning to children if teachers are able to use and make the best use of it (Lovari & Charalambous, 2006).

Images and sounds that appear in videos that show stories with a short duration are able to keep children from getting bored quickly, as well as stimulate their interest in learning and being enthusiastic about the stories being shown. Apart from that, students also made a simple educational game tool in the form of paper with pictures of teeth that could be used as an illustration of brushing their teeth. An educational video on how to wash your hands was made by students using the Canva application. Meanwhile, the educational video for brushing your teeth is taken from YouTube.

The counseling activity on brushing teeth received help from RA teachers that the children had brought tooth brushing equipment so that the practice of brushing their teeth properly and correctly could be carried out properly.

After the evaluation, pre-school children were able and enthusiastic in practicing the correct way of brushing their teeth, pre-school children were able and enthusiastic in practicing the 6 steps of washing hands properly, preschool children were able to answer the questions given about the importance of brushing their teeth and wash hands. The success of this activity can be seen from the participation in the practice program of brushing teeth and washing hands 6 steps with soap by all children at RA Al-Basyariyah.

CONCLUSION AND SUGGESTION

Based on the results of the community service activity "Using Learning Media in Supporting the Provision of Health Education in Early Childhood" which was carried out at RA Al-Basyariyah for preschool-aged children, it can be concluded that the activities carried out went smoothly and as expected.

The results of the activity evaluation showed that pre-school children were able and enthusiastic in practicing how to brush their teeth properly, pre-school children were able and enthusiastic in practicing the 6 steps of washing hands properly, preschool children were able to answer the questions given about the importance of brushing their teeth and wash hands.

Images and sounds that appear in videos that display stories with a short duration are able to keep children from getting bored quickly, as well as stimulate their interest in learning and being enthusiastic about the stories being shown.

With this community service, it is hoped that the important role of parents in assisting, directing, reminding and teaching their sons and daughters how to brush their teeth properly so that good and correct tooth brushing behavior is formed. Besides that, it is also necessary to motivate teachers and parents to make it a habit for children to always wash their hands with soap before and after doing activities, such as playing, eating, urinating and defecating, and so on. Educators also need to pay attention to learning media that are effectively used in the learning process. As educators, they must also be able to choose videos that have high educational value for children, so Youtube media can also be used as a learning media tool that is able to optimize cognitive development in early childhood.

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