

## Implementation of Hand Washing Dance Method to Knowledge of Hand Washing Techniques of Preschool-Age Children During the Covid-19 Pandemic

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### Abstract

Positive habits need to be instilled from an early age, so that children get used to it, including the habit of washing hands with soap. Instilling hand washing techniques in children must be carried out with something unique, for example by playing, so that children feel happy. Hands Washing Dance is packaged expressively according to the character of PAUD (Early Childhood Education) students who prioritize learning while playing, which is expected to foster a sense of enthusiasm for children in washing hands after activities. The purpose of this community service is to provide care for preschool-aged children so that they can practice good hand washing techniques with the handwashing dance method during the Covid-19 Pandemic Period". The method used is an observation method. Results: from the results of the pretest, 60% of respondents got bad criteria, and 40% of other respondents got very bad criteria. After applying the Hand Washing Dance and doing the post test the results were 10% of respondents with sufficient results, and 90% of respondents with good results. Conclusion: The ability of the respondent to wash hands after using the Handwashing dance method increased.

**Keywords:** Hand Washing Dance, handwashing, early childhood

### INTRODUCTION

At the end of 2019, a virus appeared almost all over the earth's surface, including in Indonesia. WHO officially announced the Covid 19 virus as a pandemic on March 11, 2020. The Covid 19 virus first appeared in the city of Wuhan, China. WHO also explained that the spread of this virus is human-to-human contact through secretions from the noses of Covid-19 sufferers. The source of the media for the spread of this virus is the hands (World Health Organization, 2020). Indonesia occupies the highest ASEAN country with the Covid-19 death rate in children, namely 14 cases. Meanwhile, there were 584 cases of children who were declared infected with the Covid-19 virus as of May 18, 2020 (Kemenkes RI, 2020). Thus, of course, children need special protection to avoid this virus by improving clean and healthy living behavior (PHBS), one of which is by washing hands with soap as often as possible (World Health Organization, 2020).

The first effort to prevent infection is to wash hands with soap (Raharjo & Indarjo, 2015). Washing hands must also pay attention to the right technique because if the technique is wrong it will result in diseases such as diarrhea, intestinal worms, infections, and of course the Coronavirus that is endemic in the world. Children who are accustomed to washing their hands will be able to adapt to the surrounding environment, grow and develop well (Anik, 2013). By implementing a clean and healthy lifestyle, the spread of disease will be cut off optimally (Suyatmin & Sukardi, 2018).

The early development of a child will affect the next development (Fauziddin, 2016). In the Qur'an, children are the adornment of the world, as well as wealth. Surah Al-Kahf verse 46 Allah says which means: "Wealth and children are the adornments of the life of the world". Children's education and personality must be prepared as well as possible because if not, children will not be able to bring good or broad benefits to others (Anisah, 2011). The provision of education from an early age must be carried out considering that children are candidates

for the nation's next generation. The first educators of early childhood are the father and mother. The family (parents) is tasked with educating, guiding, and protecting. This task is very influential on the formation of children's character (Tambak et al., 2017).

The world of children in the world of play, because most of the time will be spent playing as the completion of one of their developmental tasks. Age 4-6 years is the time to lay the first foundation in the development of all aspects. Positive habits need to be instilled from an early age, so that children get used to them and do not feel burdened or forced, including the habit of washing hands with soap. Instilling hand washing techniques in children must be carried out with something unique, for example by playing, so that children feel happy, do not feel burdened and pressured. Parents need to understand about having to know and understand the importance of healthy handwashing for early childhood, how to introduce children to the habit of washing hands, what is the right time or way to practice handwashing and what are the roles and tips of parents in a growing interest in washing hands. before and after doing activities. What's more, after the Covid-19 we are required to always wash our hands so that handwashing activities become a habit for us.

Hand Washing Dance is an innovation of inculcating the habit of washing hands with soap using the concept of dance movements, hand washing movements, and songs that are interesting and by the character of PAUD students. Handwashing Dance is packaged expressively according to the character of PAUD students who prioritize learning while playing, which is expected to foster a sense of enthusiasm for children in washing hands after activities such as playing, before eating, before going to bed, after defecating. The combination of hand washing, dance, and song movements will further encourage children's cognitive, affective and psychomotor abilities in understanding and inculcating handwashing habits. So it is hoped that the habit of washing hands with soap can be a priority and public concern in controlling intestinal worms. Handwashing Dance is useful not only for a moment but also for the long term for the health of children and society. The results obtained are the students' interest, interest, and knowledge in good hand washing habits to prevent intestinal worms. PAUD students feel happy and repeat every movement well.

From the above background, the author is interested in carrying out an activity with the title "Application of the Handwashing Dance Method on Knowledge of Handwashing Techniques for Preschool-Age Children in the Covid-19 Pandemic Period". To provide care for preschool-aged children so that they can do good and correct hand washing techniques with the handwashing dance method during the Covid-19 Pandemic Period".

## **METHOD**

This community service activity was carried out at KBIT Az Zahra Karanganyar. The implementation time of the activity is carried out in June 2021, namely from June 7 to June 25, 2021. With a sample of 25 children in the playgroup class. Data collection techniques, using primary data and secondary data. Primary data by direct observation of respondents when the applied Hand Washing Dance is and secondary data by looking at student data on school administrative documents. The tools and materials used in the activities include LCD, Laptop, pre-test, and post-test questionnaires. The implementation of this community service includes the stages of preparation, implementation of activities, and evaluation. The preparation stage includes coordinating with the school to determine the schedule of activities, as well as making pre-test and post-test questionnaires. At the stage of implementing the activity by showing the Hand Washing Dance video and asking students to follow the movements in the video shown. This activity is carried out twice a week for 2 consecutive weeks. Before being shown the video, students were given a pre-test to wash their hands to find out how the handwashing technique was known to the students. At the evaluation stage of the activity, a post-test was carried out after students were given the application of Hand Washing Dance to measure handwashing techniques in children.

## RESULTS

Application Method Handwashing Dance on Knowledge of Handwashing Techniques for Preschool-Age Children During the Covid-19 Pandemic has been carried out on 25 respondents. Before the intervention was carried out, the authors first conducted a pretest on the five respondents. The results obtained from the pretest on 25 respondents are as follows: 60% of respondents got bad criteria, and 40% of other respondents got very bad criteria. After applying the Hand Washing Dance and doing the post-test the results were 10% of respondents with sufficient results and 90% of respondents with good results. The obstacle that the author experienced in implementing the intervention was having to adjust the mood of each respondent because of their small age.

## DISCUSSION

Hand washing is an activity to clean hands using soap and water. The purpose of this activity is to prevent the entry of germs into the body (Priyoto, 2015). So that the definition of hand washing is the movement of rubbing both surfaces of the hands thoroughly with soap, followed by rinsing under running water (World Health Organization, 2020). *Handwashing Dance* is a way to promote health about handwashing through dance. This dance aims to set an example to children about the proper steps for washing hands. This method has many benefits including making children happy to learn it. (Japan Committee for UNICEF, 2013). The goal is to give examples to children about good and correct hand washing techniques in a fun way so that they will be easily caught by children. Early childhood education is the provision of education for children from birth to the age of 6 years. Its purpose is to stimulate the growth and development of children. Thus, it is hoped that the child will be ready to enter further education (Law No. 20 of 2003 concerning the National Education System).

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Several studies explain that the method (*dance*) is more effective when used in children's learning methods. Research (Widhianawati, 2011) explains that movement and songs are useful for teaching musical intelligence, increasing children's kinesthetic intelligence. This ability can be stimulated by dancing or sports training (Widhianawati, 2011). Research

(Widhianawati, 2011) also explains that the method of *handwashing dance* has a higher level of effectiveness in increasing children's knowledge of handwashing techniques. Research (Wadiyo, 2015) with the title "*Music as an Integrated Education Tool for Preschool Students*" explains that the model for developing preschool teaching materials refers to themes related to children's lives and their environment, and music is very good to use as an educational tool.

### CONCLUSIONS AND RECOMMENDATIONS

The conclusion from the implementation of the Hand Washing Dance on Knowledge of Hand Washing Techniques for Preschool-Age Children During the Covid-19 Pandemic is that Hand Washing Dance can improve the ability of handwashing techniques in children (respondents).

Suggestions that the author can give: for teachers to be able to provide varied methods to children according to their stage of development. For health workers to be closer to schools to inculcate health behavior from an early age in children or early childhood education students.

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## APPENDIX



**Figure 1.** Implementation of hands washing



**Figure 2.** Implementation of hands washing