

Education on Healthy Lifestyle for Elementary School Children Through Audio Visual Learning Media at Sanggar Bimbingan (SB) At-Tanzil Ampang Malaysia

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Abstract

This study discusses the importance of healthy lifestyle education in elementary school children through audio-visual learning media at Sanggar Bimbingan (SB) At-Tanzil Ampang Malaysia. Elementary school children are very vulnerable to various diseases and health problems due to unhealthy lifestyles. Therefore, efforts are needed to educate elementary school children about healthy lifestyles so that they can grow and develop properly. This study used a qualitative approach with test data collection techniques, observation, and documentation. The results showed that the use of audio-visual learning media was very effective in providing healthy lifestyle education to elementary school children at SB At-Tanzil Ampang Malaysia. Children become easier to understand and remember the material delivered through this medium.

Keywords: Education, Healthy lifestyle, Elementary School Children, Audio Visual learning media

INTRODUCTION

Education is a process of behavior change, the addition of knowledge and life experience so that students become more mature in thinking and attitudes. Education in today's digital era is very rapid, advances in technology are not only enjoyed by adults, elementary school-age children can also enjoy the results of today's technological developments. Technology is widely used in the world of education, as a means and infrastructure of interaction between educators and students. Current technological developments have a positive impact and negative impacts, preferably positive impacts are more dominantly used by technology users (Palupi Putri, 2018).

A healthy lifestyle is a lifestyle that pays attention to all aspects of health conditions, ranging from food and drinks, nutrients consumed and our daily behavior, be it in a sports routine that will certainly maintain health conditions and will also avoid everything that can cause disease for our bodies, especially health is our dream. To live a healthy life, of course, we will carry out a routine activity by paying attention to a healthy lifestyle, physical and mental wealth is meaningless if we are still trapped in a sick condition or situation, be it because of behavior that does not pay attention to the condition of the body (Asri et al., 2021).

The right target in forming good nutrition improvement starts in elementary school children because rapid development occurs during elementary school age (Medicine & Health, 2015). There needs to be attention to nutritional intake and health in elementary school children because elementary school-age children often experience problems in behavior and consumption patterns of eating habits at school or at home (Nuryanto et al., 2014).

Children as HR assets and the next generation need to be considered for their lives. Nutritional and food adequacy is one of the most important factors in developing the quality of Human Resources. Nutritional adequacy greatly affects the health and productivity of human labor. Many aspects that affect nutritional status include aspects of food patterns, socio-culture and the influence of food consumption (Maryani, 2008).

Learning to know the sources of food that contain nutrients, learning to live healthy and knowing so that the nutritional content is not lost during the food processing process is an understanding of nutritional knowledge (Lestari, 2020). One way to increase knowledge is by providing the right education, if the education given to elementary school children is based on good education, elementary school children will have extensive knowledge and know how to get good eating habits (Fitriani & Andriyani, 2015).

According to (Setiyawan, 2021), learning media using audio visual has benefits in students' senses of sight and hearing in order to arouse students' interest abilities and students can focus more on the teaching and learning process. Audio-visual media displays the unity of images and sounds so that they can display several moving objects such as television, video and others (Setiyawan, 2021).

An animated video is an image that is made sequentially to resemble a cartoon character and then put together so that it becomes a moving image, usually animated videos are much favored by school-age children because they have an attractive image appearance so that they can increase student learning attractiveness (Agustien et al., 2018). The purpose of this study was to determine the influence of audio-visual media (animation) on balanced nutrition knowledge in elementary school children.

Based on some literature that the author found related to the application of audio-visual learning media, especially in elementary school students, revealed in the research of Emergency et al., (2021) in their research entitled "Health Education with Animated Video Media: Scoping Review " Summarizing findings about animated videos is very effective in health education to increase knowledge about health because it is interesting and artistic, easy to understand, and effective and informative. The study concluded that animated video media proved significant in increasing the knowledge of patients in various age groups and disease groups.

Likewise, in a study conducted by Sekti RM & Fayasari A, (2019) in their research entitled "Nutrition Education with Audiovisual Media on Fruit Vegetable Consumption Patterns in Junior High School Adolescents in East Jakarta" stated in their research that p Curiosity increased after getting education in both group lectures and video combination lectures. There was a significant increase in knowledge and consumption of fruits and vegetables after the intervention in the lecture group and combination group.

The problems to be discussed in this study are as follows:

- Lack of education about healthy lifestyles in elementary school children. Elementary school children tend not to have enough understanding about the importance of maintaining health and how to live a healthy life.
- Lack of effective use of learning media in providing healthy lifestyle education to elementary school children. Learning methods that rely solely on lectures or verbal teaching are often less effective in attracting children and making them interested in learning.
- Lack of adequate facilities and facilities to provide healthy lifestyle education to elementary school children, especially in rural or suburban areas.
- The lack of role of parents in providing education on healthy lifestyles in elementary school children. Parents often do not understand the importance of maintaining health and do not provide examples of healthy lifestyles to children.

Therefore, one effective way to provide healthy lifestyle education to elementary school children is through audio-visual learning media. Audio-visual learning media can provide an interesting and fun learning experience for children, so that the learning process can be more effective and efficient. In addition, audio-visual learning media can also make it easier for children to understand the concept of a healthy lifestyle better.

METHOD

Service activities were carried out at Sanggar Bimbingan (SB) At-Tanzil Ampang Kuala Lumpur, Malaysia. Service is carried out by using a qualitative approach with test data collection techniques, observation, and documentation. The implementation procedures in this study are as follows:

- Identification of needs and goals: Researchers will identify needs and goals in healthy lifestyle education for elementary school children through audio-visual learning media at SB At-Tanzil Ampang Malaysia. This aims to find out what children need in getting education on healthy lifestyles and the purpose of the education.
- In collaboration with the school Sanggar Bimbingan (SB) At-Tanzil Ampang.
- Making audio-visual learning media: Researchers will create audio-visual learning media that are in accordance with the needs and objectives previously identified. This media will contain information about healthy lifestyles such as healthy diet, regular exercise, and personal hygiene.
- Education implementation: Children at SB At-Tanzil Ampang Malaysia will receive education on healthy lifestyles through audio-visual learning media that have been developed. Researchers will provide direction and explanation of the material contained in the learning media.

RESULTS AND DISCUSSION

At Sanggar Bimbingan (SB) At-Tanzil Ampang Malaysia, efforts have been made to provide education on healthy lifestyles for elementary school children through audio-visual learning media. This study aims to evaluate the effectiveness of audio-visual learning media in providing healthy lifestyle education to elementary school children in SB At-Tanzil Ampang Malaysia.

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Figure 1. Audio Visual learning media schematic

This healthy lifestyle education socialization activity was carried out at the Sanggar Bimbingan (SB) At-Tanzil Ampang, Kuala Lumpur, Malaysia on November 15-16, 2022. Participants were all students from the Sanggar Bimbingan (SB) At-Tanzil Ampang school, totaling 50 people. This activity was carried out by socialization using Audio Visual media as many as 2 sessions in which there were socialization activities on healthy lifestyle education as well as discussion and question and answer activities. This socialization activity began with coordinating with the principal of Sanggar Bimbingan (SB) At-Tanzil Ampang regarding the time and place of the activity and the requests of participants. Furthermore, conducting socialization to students related to educational activities on the application of a healthy lifestyle.



Figure 2. Education on healthy lifestyles through audio-visual learning media session 1.

The socialization activity education on healthy lifestyles through audio-visual learning media session 1 was held on November 15, 2022. The activity on the first day went smoothly, the enthusiasm of the participants was very good so that there were no obstacles whatsoever in the implementation of the program. In this activity, students are first given an initial test before being educated about healthy lifestyles through audio-visual media, the purpose of the initial test is to Knowing the extent of students' knowledge about how to live a healthy lifestyle for humans. After the initial test, socialization was then carried out which lasted for 90 minutes, of which 60 minutes were for material delivery and 30 minutes for discussion, question and answer.

The material presented is related to the importance of applying a healthy lifestyle from an early age which includes:

- Education about the importance of implementing hand washing behavior with running water and using soap in daily life, especially in the school environment,
- Education about nutritious food, especially the consumption of healthy snacks in the school environment
- Education about the importance of fruit and vegetable consumption for body health
- Education about the benefits of regular exercise applied in daily life, and adequate sleep time for their age.
- Education about adequate sleep for elementary school-aged children



Figure 3. Healthy lifestyle education through audio-visual learning media 2nd session

The socialization activity education on healthy lifestyles through audio-visual learning media of the 2nd session was held on November 16, 2022. The activity on the second day also went smoothly, the enthusiasm of the participants was very good so that there were no obstacles whatsoever in the implementation of the program. In this activity, students were first given educational socialization about healthy lifestyles through audio-visual media, the socialization of the 2nd session lasted for 60 minutes, of which 35 minutes for material delivery and 25 minutes for discussion and answer. After being given the 2nd session of education, then students are given a final test to measure students' abilities after being given education about healthy lifestyles that have been carried out as many as 2 session.



Figure 4. Students adopt a healthy lifestyle by eating healthy and nutritious food.

Based on data obtained from tests before and after the program, there was a significant increase in children's knowledge and behavior related to healthy lifestyles. Children become more aware of the importance of healthy food intake, regular exercise, and personal hygiene. In addition, they also began to show healthier behaviors such as diligently washing hands, eating fruits, and exercising regularly.

The following is a table of comparative results of students' knowledge before and after participating in socialization activities education p ola idup sehat through audio-visual learning media.

Table 1. Comparison of students' knowledge before and after participating in lifestyle education.

No.	Educational Materials	Average of Values Before	Average After Grade	P-Value
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1.	Hand Washing	50	80	0.001
2.	Vegetable Consumption	30	70	0.002
3.	Fruit Consumption	40	75	0.003
4.	Sport	20	65	0.001
5.	Get enough sleep	60	90	0.001

The results showed that there was an increase in children's knowledge in all materials taught after participating in healthy lifestyle education with audio-visual learning media at Sanggar Bimbingan At-Tanzil Ampang Malaysia. The average value of children's knowledge before education was 40, while the average score after education increased to 76. Statistical analysis showed that the increase in the child's knowledge was significant with a p-value of < 0.05. So that research shows that the use of audio-visual learning media can increase the effectiveness of healthy lifestyle education programs in elementary school children at SB At-Tanzil Ampang Malaysia.

In the end, this study shows that audio-visual learning media can be an effective alternative in educating healthy lifestyles in elementary school children. However, further studies with larger sample numbers and longer program durations are still needed to substantiate these findings.

CONCLUSION

Based on the results of research that has been conducted, it can be concluded that the use of audio-visual learning media can increase the knowledge and awareness of elementary school children about the importance of a healthy lifestyle. In this study, the author succeeded in providing healthy lifestyle education to elementary school children effectively through the use of audio-visual media that attracts attention and is easily understood by children.

This research has several important implications in improving the health of primary school children, both at the individual and community levels. By providing healthy lifestyle education to elementary school children, it is hoped that children can become agents of change in implementing a healthy lifestyle and helping the community in achieving a healthier lifestyle. In addition, the results of this study can contribute to the development of audio-visual learning media as an effective tool in providing health education to elementary school children.

This research is expected to provide benefits for the development of healthy lifestyle education in elementary school children through audio-visual learning media, as well as provide recommendations for institutions that want to apply audio-visual learning media in the teaching and learning process.

However, this study has some limitations that need to be considered for future research. One of them is the limited number of samples. In this study only 50 elementary school children were used as samples, so it is necessary to conduct research with a larger number of samples to get more valid results. In addition, further research is also needed to evaluate the effectiveness of audio-visual learning media in the longer term.

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