

# **THE EFFECTIVENESS OF FLASH CARDS ON THE KNOWLEDGE AND ATTITUDE OF SCHOOL CHILDREN ABOUT CLEAN AND HEALTHY LIVING ATTITUDE AT SDN 3 GONDANGLEGI KULON**

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## **ABSTRACT**

Students and the community at SDN 3 Gondanglegi Kulon experienced illness as many as 53 students due to a lack of implementing clean and healthy living behaviors with details in January as many as 17 students, February 18 students and in March 18 students based on school attendance data. The majority of the illnesses these students suffered from were coughs, colds, diarrhea and scabies. Efforts are needed to increase knowledge and attitudes about clean and healthy living behavior by using flash cards media. This study aims to determine the effectiveness of flash cards on students' knowledge and attitudes regarding PHBS at school. This type of research uses a quasi-experimental approach with a pre-test post-test with control group design. The sample is 37 respondents with purposive sampling technique. The average result (mean) of the experimental group's knowledge before being given flash card education was 5.00 after being given education it increased 11.84, the mean attitude of the experimental group before treatment was 10.68 after treatment it increased to 15.63. Meanwhile, in the control group the mean value of knowledge before 3.16 after treatment increased 6.21, and the mean value of attitude before 10.72 after treatment increased 11.44. While the results of the data analysis test using the Paired T Test obtained a p-value of 0.000 or  $p < 0.005$ . The results show that there is significant effectiveness of media flash cards on students' knowledge and attitudes regarding PHBS at SDN 3 Gondanglegi Kulon.

Keywords: PHBS, Knowledge, Attitude, Flash Cards, Education