



Development of Personal Hygiene Educational Videos Using Doratoon for Preschool Children In the Family Environment

Mila Nurlaila, Ana, Yani Achdiani

Universitas Pendidikan Indonesia, Bandung, Indonesia

*Correspondence: E-mail: milalaila@upi.edu

ABSTRACT

The problem in this study is that there are still preschool children in the family environment who are not able to do personal hygiene properly, especially toilet training and washing hands. Efforts to develop the ability in personal hygiene require media that can help parents in educating children about toilet training and washing hands. The purpose of this study was to develop a personal hygiene education video using Doraemon for preschool children in the family environment. The method used is Research and Development (R&D) with the PPE (Planning, Production and Evaluation) model. The findings from the results of the study after being validated by two material experts and media experts, showed that the personal hygiene education video was in the very feasible category. Recommendations for parents, the personal hygiene education video that has been developed can be used as a medium in educating toilet training and washing hands in preschool children. For further researchers, the results of this study should be implemented in the family environment.

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1. INTRODUCTION

The development of communication and information technology has had various impacts on aspects of people's lives, one of which is on the aspect of informal education in the family. Communication and information technology, such as smartphones, the internet and television can be a challenge as well as help the education process provided by parents to children, one of which is about personal hygiene. The family is the first and foremost education for children, the family is responsible for instilling good habit values, including independence that can be realized through personal hygiene or PHBS (Clean and Healthy Living Behavior) which is an important aspect of individual personal hygiene, in the form of scalp care, hair, eyes, nose, ears, fingernails, feet and overall body care (Aulia, 2014). Therefore, personal hygiene is a basic aspect that can shape a child's personality in the future, so personal hygiene must be taught to children from an early age or at preschool age (Yulianti, 2019), because preschool children are the golden age that is easier to direct and guide towards good habits (Ni Wayan Wiwin Asthiningsih, 2019).

Preschool children are in the age range of 3-6 years, based on developmental tasks, preschool children should be able to perform personal hygiene, but there are still preschool children who are not able to perform personal hygiene properly, especially toilet training and washing hands. This condition is caused by factors of parental education, lack of knowledge and parents' busyness, so that they ignore the importance of personal hygiene. Toilet training is the process of teaching children to urinate (BAK) and defecate (BAB) in the toilet (Rima Wirenviona, 2021).

Toilet training also includes providing healthy food and providing clean facilities, so that toilet training activities can run smoothly. Toilet training must be taught to children so that they get used to urinating and defecating in the toilet, because urinating and defecating in random places can pollute the environment and cause diseases in children, such as diarrhea, typhus, polio, and worms. Toilet training aims to train children to understand when the body needs to urinate or defecate, so that children will go to the toilet or tell their parents. Toilet training is also useful in fostering an independent attitude, self-confidence and self-control (Rima Wirenviona, 2021). Toilet training can help children to urinate or defecate at certain times, thus having a positive impact on children's health (Sukmadiarti, 2020).

Handwashing is the activity of cleaning hands from germs and bacteria using soap and running water. Washing hands is basic, but no less important, because the palms of the hands are covered in many germs from feces or urine after urinating and defecating, from dirty objects held or from the child's body when suffering from acute respiratory infections. Washing hands aims to maintain personal hygiene and can prevent disease. Diseases suffered are generally caused by germs and bacteria that stick to the hands when not washing hands after activities, so that the germs enter the body through the food consumed.

Six parents stated that they had difficulty teaching their children about personal hygiene, especially toilet training and washing hands, besides that all parents stated that their children enjoyed watching cartoon videos. Based on these conditions, educational videos can be a medium to help parents teach their children about toilet training and washing hands in the family environment.

Educational videos are audio-visual media that can convey messages, stimulate thoughts, feelings, desires and can create a learning process (Asnawir, 2002). Educational videos can convey information in the form of moving images, so that objects look real (Fadhli, 2016).

Messages conveyed through videos become more interesting and easier to understand (Mulyadi, 2018), so that videos are the most effective media that can be used in learning activities about toilet training and washing hands in preschool children. Educational videos can have a faster effect on children, because the display of light can affect thoughts and emotions, so that children can focus more (Yudianto, 2017).

Currently, educational videos can be easily obtained via the internet, because communication and information technology has developed very rapidly. However, accessing videos via the internet requires a quota and parents must accompany their children to avoid content that is not appropriate for their age. Existing educational videos do not yet contain material on personal hygiene, especially toilet training and washing hands systematically and simply, so they still need to be developed in this study. Personal hygiene educational videos were developed using the Doratoon website with features that help in the video making process. The video making stage consists of, planning and designing videos including needs analysis, formulating objectives and compiling storyboards, then making videos including making animation designs, adding voice overs, adding text, adding images and editing, then evaluations carried out by two material experts and media experts to determine the feasibility of personal hygiene educational videos.

2. METHODS

The research method used by the researcher is the research and development method (Research and Development) or R&D using the PPE (Planning, Production, Evaluation) model. This research was conducted in Sukajaya Village, Pamarican District, Ciamis Regency. Participants involved in this study were ten parents who had preschool children as respondents, two material experts and media experts as validators who validated the feasibility of personal hygiene education videos.

The research instrument used in this study was a list of questions or questionnaires submitted to parents directly. The list of questions contains eleven questions that aim to determine the child's ability to do toilet training and wash hands, the knowledge and ability of parents in educating children about toilet training and washing hands. The validation sheet is used to assess the feasibility of educational videos carried out by material experts and media experts, the validation sheet contains questions regarding the feasibility of personal hygiene education videos.

Research procedures in developing personal hygiene education videos include: (1) Planning Stage, namely finding the problems being studied, conducting preliminary studies, literature studies and expert judgment permits to meet research data (2) Implementation Stage, namely analyzing the needs for developing personal hygiene education videos, making personal hygiene education videos and conducting expert judgments by material experts and media experts, (3) Completion Stage, namely collecting the data obtained, then making it into a report according to the writing system. Data analysis, namely processing the data that has been obtained through: (1) Data Reduction, namely summarizing data from the results of questionnaires and literature studies to be filtered according to needs, (2) Data Display, namely the activity of processing questionnaire data and literature studies that have been reduced, then described in general according to what is in the field, (3) Data Validation, namely testing the personal hygiene education video product that the researcher has made to the validator, (4) Revision, namely correcting deficiencies obtained after the validation

stage is carried out, to perfect the video so that it can be used and disseminated as an educational video.

3. RESULTS AND DISCUSSION

The results of the study were obtained through the results of needs analysis, making educational videos for preschool children's personal hygiene using the Doraemon website and expert judgment. The results of the study obtained from all stages are described below:

3.1. Planning the Making of Personal Hygiene Educational Videos

The planning of making this educational video was carried out based on the results of a needs analysis through a questionnaire filled out by parents who have preschool children. From the results of the questionnaire, data was obtained that six parents stated that their children were not yet able to do toilet training and wash their hands properly, six parents also did not know the concept of personal hygiene and had difficulty in teaching their children about toilet training and washing their hands. Parents viewed these two things as simple things, so they tended to ignore them, in addition to being busy parents. All parents stated that their children enjoyed watching cartoon videos. Based on this, educational videos can be a solution to help parents teach their children about toilet training and washing their hands. The learning process will be more effective and enjoyable if the media used is something that children like.

There are currently many educational videos, but they do not contain personal hygiene material, especially toilet training and washing hands systematically and simply, in addition, the many educational videos on the internet will require a quota to access them and it is feared that children will watch videos that are not appropriate for their age. Therefore, the researcher developed a personal hygiene educational video that specifically discusses toilet training and washing hands.

The personal hygiene education video developed contains material on the definition of personal hygiene, types of personal hygiene, how to do toilet training and wash hands, and the impact of not doing personal hygiene. The personal hygiene education video developed also contains song and music instruments and animated characters.

3.2. Making Personal Hygiene Educational Videos

Making Personal Hygiene Educational Videos The steps taken in the stage of making personal hygiene educational videos are making a storyboard based on the results of the needs analysis and the objectives set. The storyboard includes scenes and visualizations, text and voice overs and duration. After that, make a personal hygiene educational video according to the storyboard that has been made. The personal hygiene educational video was made using the Doratoon website online through, (1) Making Animation Designs, such as templates, backgrounds and characters of Kak Seli and Lusi using the template and background features on the Doratoon website, (2) Adding Voice Overs that have been recorded in advance, then uploaded to the Doratoon website, then added to the video according to the character's movements and duration, (3) Adding Text, such as researcher identity, video title, material title and thanks, (4) Adding Images, such as images of the scalp, hair, eyes, nose, mouth, hands, feet, and types of personal hygiene to further clarify the

information conveyed, (5) Editing, namely perfecting the video as a whole in terms of animation, sound, text and images.

3.3. Personal Hygiene Education Video Validation Results

Validation was conducted by two material experts and two media experts to determine the feasibility of the personal hygiene education video. Validation was conducted through a digital validation list containing questions about the personal hygiene education video. The validation results can be described as follows:

3.3.1. Material Expert Validation Results

The validation results from two material experts showed that the personal hygiene education video was in the very feasible category with a percentage of 100%. The aspects assessed were the aspects of material quality, usefulness of material, illustrations and use of language. All of these aspects obtained a percentage of 100%

3.3.2. Media Expert Validation Results

The validation results from two media experts showed that the personal hygiene education video was in the very feasible category with a percentage of 92.5%. The aspects assessed were the aspects of video quality, use of language and layout. The video quality aspect obtained a percentage of 75% in the design selection indicator, while in other indicators it obtained a very feasible qualification with a percentage of 100%. The language use aspect obtained a percentage of 100%. The layout aspect obtained a percentage of 50% in the symmetrical and proportional text indicator, while in other indicators it obtained a percentage of 100%.

The results of the study were also obtained from comments and suggestions given by material experts and media experts, the comments and suggestions from material expert 1, namely: (1) The quality of the material is complete and understandable. Suggestions for the future, the material presented can be summarized again so that the duration is not too long, (2) The material presented is very useful and in accordance with everyday life, especially for preschoolers, (3) The illustrations used in the video are good, (4) The use of grammar is correct. Comments and suggestions from material expert 2, namely: (1) The material presented is informative enough for learning healthy living for preschoolers, (2) The material presented is very familiar so that children can easily apply it in everyday life, (3) The content of the material presented is relevant to everyday life and the illustrations given are quite interesting, (4) The use of language is good and easy to understand.

Comments and suggestions from media expert 1, namely: (1) The quality of the educational video is very neat and the delivery is systematic, (2) The use of language can be understood well, with intonation that is not too rushed and not too slow, so that children can listen well, (3) The layout provided is good and interesting, but when providing text, it would be better to make it a little bigger so that children can read and listen to the video better. Comments and suggestions from media expert 2, namely: (1) The choice of design is good, maybe a little more movement can be added to wash hands properly and the steps can be shown, (2) The choice of language and terms used is appropriate and easy to understand, (3) The placement of the text is good, to make it clearer, the text is given a slightly larger size so that when children watch, they can learn to read at the same time.

4. CONCLUSION

The conclusion that can be drawn from this study is that the design of personal hygiene education videos is made based on the results of a needs analysis through a preliminary study and questionnaires to parents who have preschool children. Parents said that their children are still unable to do toilet training and wash their hands properly, parents also have difficulty in teaching their children, so educational media in the form of videos is needed to help parents teach toilet training and washing their hands to their children, because based on what was conveyed by parents, that children like to watch cartoon videos. The findings from the results of the needs analysis revealed the need for the development of personal hygiene education videos, because the available videos do not contain specific material on toilet training and washing hands systematically, watching videos via the internet also requires a quota and it is feared that children will watch videos that are not appropriate for their age.

The creation of personal hygiene education videos was carried out using the Doraemon website online, starting with the stage of making a storyboard according to the needs analysis and objectives, creating animation designs, adding voice overs, adding text, adding images and editing as a whole. The personal hygiene education video that was developed has advantages in terms of its use, namely it can be used offline using existing technology, such as smartphones, laptops or televisions. This educational video also contains personal hygiene material systematically and simply, so that it is easy for children to understand, in addition, the educational video also contains songs that are easy for children to remember. The results of expert judgment by material experts and media experts stated that this personal hygiene educational video is very feasible. It is hoped that this educational video can be a media that helps parents in teaching personal hygiene to preschool children, especially toilet training and washing hands more informatively and interactively.

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