

**EDUKASI CUCI TANGAN DALAM UPAYA MENINGKATKAN
KESEHATAN DI SDN 4 SUMELAP KOTA TASIKMALAYA**

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**PROGRAM STUDI D III KEPERAWATAN
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Mita Miftahul Qobilah

**Edukasi Cuci Tangan dalam Upaya Meningkatkan Kesehatan di SDN 4
Sumelap Kota Tasikmalaya**

xiv + 82 halaman + 6 tabel + 2 grafik + 1 gambar + 18 lampiran

ABSTRAK

Pendahuluan: Cuci tangan merupakan upaya sederhana untuk mencegah penularan penyakit infeksi pada anak sekolah. Rendahnya kebiasaan cuci tangan yang benar meningkatkan risiko penyakit, sehingga edukasi kesehatan diperlukan sejak dini. **Tujuan:** Mengetahui edukasi cuci tangan dalam upaya meningkatkan kesehatan di SDN 4 Sumelap Kota Tasikmalaya. **Metode:** Penelitian deskriptif dengan pendekatan studi kasus pada 31 siswa kelas V. Data dikumpulkan melalui kuesioner pre-test dan post-test, observasi praktik cuci tangan enam langkah standar WHO, serta dokumentasi. Edukasi dilaksanakan tiga hari melalui ceramah, demonstrasi, tanya jawab, dan praktik langsung. **Hasil:** Sebelum edukasi, pengetahuan siswa berkategori baik 29%, cukup 45%, kurang 26%. Setelah edukasi, kategori baik meningkat menjadi 68%, cukup 32%, dan tidak ada lagi siswa berkategori kurang. **Kesimpulan:** Edukasi kesehatan dengan metode demonstrasi dan praktik langsung efektif meningkatkan pengetahuan siswa tentang pentingnya dan langkah cuci tangan yang benar, mendukung terbentuknya perilaku hidup bersih dan sehat (PHBS) di lingkungan sekolah. **Saran:** Siswa diharapkan menerapkan cuci tangan enam langkah sehari-hari dan menjadi teladan bagi teman sebaya. Peneliti selanjutnya disarankan mengoptimalkan waktu pelaksanaan dan koordinasi dengan pihak sekolah.

Kata Kunci: Anak Sekolah Dasar, Cuci Tangan, Edukasi Kesehatan, Pengetahuan, PHBS

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***Handwashing Education in an Effort to Improve Health at SDN 4 Sumelap,
Tasikmalaya City***

xiv + 82 pages + 6 tables + 2 graphs + 1 figure + 18 appendices

ABSTRACT

Background: Handwashing is a simple effort to prevent the transmission of infectious diseases in school children. The lack of proper handwashing habits increases the risk of disease, so health education is needed from an early age. **Objective:** Understanding handwashing education in an effort to improve health at SDN 4 Sumelap, Tasikmalaya City. **Method:** Descriptive research with a case study approach on 31 fifth-grade students. Data were collected through pre-test and post-test questionnaires, observation of WHO standard six-step handwashing practices, and documentation. Education was carried out for three days through lectures, demonstrations, questions and answers, and direct practice. **Results:** Before education, students' knowledge was categorized as good 29%, sufficient 45%, and less 26%. After education, the good category increased to 68%, sufficient 32%, and there were no more students in the less category. **Conclusion:** Health education with demonstration and direct practice methods effectively increased students' knowledge about the importance and correct steps of handwashing, supporting the formation of clean and healthy living behaviors (PHBS) in the school environment. **Suggestion:** Students are expected to implement the six-step handwashing daily and be role models for their peers. Future researchers are advised to optimize implementation time and coordination with schools.

Keywords: Elementary School Children, Handwashing, Health Education, Knowledge, PHBS