

**EDUKASI DAN DEMONSTRASI CUCI TANGAN MELALUI
VIDEO PADA SISWA SMALB TUNAGRAHITA
SLB NEGERI TAMANSARI**

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**Edukasi dan demonstrasi cuci tangan melalui video pada siswa SMALB
Tunagrahita SLB Negeri Tamansari**

xii + 76 halaman + 4 tabel + 18 lampiran

ABSTRAK

Latar Belakang: Mengingat pentingnya cuci tangan dalam mencegah infeksi, edukasi kesehatan menggunakan kombinasi media video dan demonstrasi diterapkan untuk meningkatkan pemahaman serta praktik cuci tangan standar WHO pada siswa SMALB tunagrahita di SLB Negeri Tamansari.. **Tujuan:** Studi kasus ini bertujuan mengkaji penerapan edukasi dan demonstrasi cuci tangan melalui video dalam meningkatkan pengetahuan dan keterampilan cuci tangan enam langkah pada siswa SMALB tunagrahita di SLB Negeri Tamansari Kota Tasikmalaya. **Metode:** Penelitian menggunakan desain deskriptif dengan pendekatan studi kasus yang melibatkan lima siswa tunagrahita ringan hingga sedang. Data dikumpulkan menggunakan kuesioner pre-test dan post-test serta lembar observasi keterampilan cuci tangan. Edukasi dilakukan melalui pemutaran video, demonstrasi, dan praktik langsung. **Hasil:** Sebelum edukasi, pengetahuan siswa berada pada kategori baik sebesar 60% dan kurang sebesar 40%. Setelah edukasi, kategori baik tetap 60%, kategori cukup meningkat menjadi 20%, dan kategori kurang menurun menjadi 20%. Keterampilan cuci tangan meningkat dari 60% menjadi 100%. **Kesimpulan:** Kombinasi media video dan demonstrasi efektif meningkatkan keterampilan cuci tangan melalui pembelajaran visual, audio, praktik langsung, serta pengulangan gerakan sesuai karakteristik belajar siswa tunagrahita. **Saran:** Sekolah diharapkan mengoptimalkan lingkungan tenang guna mendukung perilaku hidup bersih siswa. Peneliti selanjutnya disarankan menggunakan bahasa sederhana, intonasi persuasif, dan lokasi kondusif untuk menjaga fokus siswa tunagrahita.

Kata Kunci: Cuci tangan enam langkah, demonstrasi, edukasi kesehatan, media video, tunagrahita.

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Handwashing Education and Demonstration Through Video for Students with Intellectual Disabilities at Tamansari State Special School (SLB Negeri Tamansari)

xii + 76 pages + 4 tables + 18 appendices

ABSTRACT

Background: Given the importance of handwashing in preventing infection, health education utilizing a combination of video media and demonstrations was implemented to improve the understanding and practice of WHO-standard handwashing among students with intellectual disabilities at SLB Negeri Tamansari. **Objective:** This case study aimed to examine the implementation of handwashing education and demonstration through video in improving the knowledge and six-step handwashing skills of senior high school students with intellectual disabilities at Tamansari State Special School, Tasikmalaya City. **Methods:** This study employed a descriptive case study design involving five students with mild to moderate intellectual disabilities. Data were collected using pre-test and post-test questionnaires and a handwashing skills observation checklist. The intervention consisted of video-based education, live demonstrations, and direct practice. **Results:** Before the intervention, 60% of the students had good knowledge, while 40% had poor knowledge. After the intervention, the proportion of students with good knowledge remained at 60%, those with fair knowledge increased to 20%, and those with poor knowledge decreased to 20%. Handwashing skills improved from 60% to 100%. **Conclusion:** The combination of video media and demonstrations effectively improved students' handwashing skills through visual and auditory learning, direct practice, and repeated movements tailored to the learning characteristics of students with intellectual disabilities. **Suggestion:** Schools are expected to optimize a quiet environment to support students' clean living habits. Future researchers are advised to use simple language, a persuasive tone, and a conducive setting to maintain the focus of students with intellectual disabilities.

Keywords: *Demonstration, health education, intellectual disability, six-step handwashing, video media.*