

**PENERAPAN CUCI TANGAN ENAM LANGKAH YANG BAIK DAN BENAR SISWA
KELAS 1 MIS NAGROG
TASIKMALAYA**

KARYA TULIS ILMIAH



**HASNA KAMILAH
NIM:11025123071**

**PROGRAM STUDI D III KEPERAWATAN
FAKULTAS ILMU KESEHATAN
UNIVERSITAS BAKTI TUNAS HUSADA
TASIKMALAYA
2026**

**PENERAPAN CUCI TANGAN ENAM LANGKAH YANG BAIK DAN BENAR SISWA
KELAS 1 MIS NAGROG
TASIKMALAYA**

**Diajukan sebagai salah satu syarat untuk memperoleh gelar
Ahli Madya Keperawatan**

KARYA TULIS ILMIAH



**HASNA KAMILAH
NIM:11025123071**

**PROGRAM STUDI D III KEPERAWATAN
FAKULTAS ILMU KESEHATAN
UNIVERSITAS BAKTI TUNAS HUSADA
TASIKMALAYA**

2026

**PROGRAM STUDI D III KEPERAWATAN
FAKULTAS ILMU KESEHATAN
UNIVERSITAS BAKTI TUNAS HUSADA**

Karya Tulis Ilmiah, 11 September 2026
Hasna Kamilah

**Penerapan Cuci Tangan Enam Langkah Yang Baik dan Benar Siswa Kelas I MIS
Nagrog Tasikmalaya**

xv + 89 halaman + 5 tabel + 1 gambar + 2 grafik + 18 lampiran

ABSTRAK

Pendahuluan: Perilaku Hidup Bersih dan Sehat (PHBS), khususnya cuci tangan enam langkah, merupakan upaya efektif mencegah penyebaran penyakit pada anak usia sekolah. Hasil studi pendahuluan di MIS Nagrog Tasikmalaya menunjukkan sebagian besar siswa kelas I belum mampu melakukan cuci tangan enam langkah sesuai prosedur. **Tujuan:** Menggambarkan penerapan cuci tangan enam langkah yang baik dan benar pada siswa kelas I MIS Nagrog Tasikmalaya sebelum dan sesudah edukasi kesehatan. **Metode:** Penelitian ini menggunakan desain deskriptif dengan pendekatan studi kasus pada 23 siswa kelas I selama tiga hari. Data dikumpulkan melalui observasi menggunakan lembar penilaian, demonstrasi, serta edukasi kesehatan menggunakan media poster, PowerPoint, dan video. **Hasil:** Sebelum edukasi, 61% siswa melakukan cuci tangan secara tidak lengkap, 35% belum menerapkan enam langkah, dan tidak ada siswa yang melaksanakan seluruh langkah dengan benar. Setelah edukasi, kemampuan siswa meningkat, ditunjukkan oleh 87% siswa mampu mempraktikkan cuci tangan enam langkah dengan benar pada hari ketiga. Edukasi yang dipadukan dengan demonstrasi dan media visual terbukti meningkatkan keterampilan siswa. **Kesimpulan:** Edukasi kesehatan efektif meningkatkan kemampuan siswa dalam melakukan cuci tangan enam langkah serta mendukung pembentukan PHBS sejak dini. **Saran:** Sekolah diharapkan membiasakan praktik cuci tangan enam langkah, menyediakan fasilitas yang memadai, dan melaksanakan edukasi kesehatan secara berkala. Peneliti selanjutnya disarankan melibatkan responden lebih banyak dan melakukan evaluasi jangka panjang.

Kata kunci: Cuci Tangan Enam Langkah, Edukasi Kesehatan, (PHBS), Siswa Sekolah Dasar.

**DII NURSING STUDY PROGRAM
FACULTY OF HEALTH SCIENCES
BAKTI TUNAS HUSADA UNIVERSITY**

Scientific Paper, 11 September 2026

Hasna Kamilah

***Implementation of Proper Six-Step Handwashing Practices Among First-Grade Students
at MIS Nagrog Tasikmalaya***

xv + 89 pages + 5 tables + 1 picture + 2 graph + 18 appendices

ABSTRACT

Introduction: Clean and Healthy Living Behavior (PHBS), particularly the six-step handwashing technique, is an effective measure to prevent the spread of infectious diseases among school-aged children. A preliminary study conducted at MIS Nagrog Tasikmalaya found that most first-grade students were unable to perform the six-step handwashing procedure correctly. **Objective:** To describe the implementation of proper and correct six-step handwashing among first-grade students at MIS Nagrog Tasikmalaya before and after health education. **Methods:** This study employed a descriptive case study design involving 23 first-grade students over a period of three days. Data were collected through observation using an assessment checklist, demonstrations, and health education delivered through posters, PowerPoint presentations, and educational videos. **Results:** Before the health education intervention, 61% of students performed incomplete handwashing, 35% did not apply the six-step handwashing technique, and none of the students performed all six steps correctly. Following the intervention, students' handwashing skills improved significantly, with 87% of students able to correctly perform the six-step handwashing technique by the third day. Health education combined with demonstrations and visual media proved effective in improving students' handwashing skills. **Conclusion:** Health education effectively improved students' ability to perform the six-step handwashing technique and supported the development of Clean and Healthy Living Behavior (PHBS) from an early age. **Recommendations:** Schools are encouraged to establish the six-step handwashing practice as a daily habit, provide adequate handwashing facilities, and conduct regular health education programs. Future researchers are recommended to involve a larger number of participants and conduct long-term evaluations.

Keywords: Clean and Healthy Living Behavior (PHBS) Elementary School Students, Health Education, Six-Step Handwashing.