

Chelci Dianasari. 2026. *The Effect of Madura Local Wisdom–Based Educational Laboratory Activities on Clean and Healthy Living Behavior (PHBS) Habit Formation in Early Childhood at TK Anugerah Kamal. Undergraduate Thesis, Early Childhood Teacher Education Study Program, Faculty of Teacher Training and Education, Universitas Trunojoyo Madura. Advisor: Fajar Luqman Tri Ariyanto, S.Pd.M.Pd.*

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh kegiatan laboratorium edukasi berbasis kearifan lokal Madura terhadap pembiasaan Perilaku Hidup Bersih dan Sehat (PHBS) pada anak usia dini di TK Anugerah Kamal. PHBS merupakan aspek penting dalam membentuk kebiasaan hidup sehat sejak dini, sehingga diperlukan kegiatan pembelajaran yang kontekstual dan memberikan pengalaman langsung kepada anak. Penelitian ini menggunakan metode kuantitatif dengan desain quasi eksperimen (*nonequivalent control group design*). Subjek penelitian berjumlah 35 anak yang terdiri dari kelas B1 sebagai kelompok kontrol dan kelas B2 sebagai kelompok eksperimen. Teknik pengumpulan data menggunakan observasi dengan instrumen lembar penilaian PHBS yang terdiri dari delapan indikator. Analisis data dilakukan melalui uji validitas, reliabilitas, normalitas, dan uji hipotesis menggunakan *Independent Sample T-Test* dengan bantuan SPSS versi 22. Hasil penelitian menunjukkan nilai signifikansi (Sig. 2-tailed) sebesar $0,000 < 0,05$ (nilai signifikansi) yang berarti terdapat pengaruh kegiatan laboratorium edukasi terhadap pembiasaan PHBS anak usia dini. Kelompok eksperimen mengalami peningkatan sebesar 42%, sedangkan kelompok kontrol sebesar 5%. Berdasarkan hasil tersebut, dapat disimpulkan bahwa kegiatan laboratorium edukasi berbasis kearifan lokal Madura berpengaruh signifikan terhadap pembiasaan PHBS pada anak usia dini.

Kata kunci: Laboratorium Edukasi, Kearifan Lokal, PHBS, Anak Usia Dini

ABSTRACT

This study aims to determine the effect of educational laboratory activities based on Madura local wisdom on the habituation of Clean and Healthy Living Behavior (PHBS) in early childhood at Anugerah Kamal Kindergarten. PHBS is an important aspect in forming healthy living habits from an early age, so contextual learning activities are needed and provide direct experience to children. This study uses a quantitative method with a quasi-experimental design (nonequivalent control group design). The research subjects were 35 children consisting of class B1 as the control group and class B2 as the experimental group. The data collection technique used observation with a PHBS assessment sheet instrument consisting of eight indicators. Data analysis was carried out through validity, reliability, normality, and hypothesis testing using the Independent Sample T-Test with the help of SPSS version 22. The results showed a significance value (Sig. 2-tailed) of $0.000 < 0.05$ (significance value) which means there is an effect of educational laboratory activities on PHBS habits in early childhood. The experimental group experienced an increase of 42%, while the control group was 5%. Based on these results, it can be concluded that educational laboratory activities based on Madurese local wisdom have a significant influence on PHBS habits in early childhood.

Keywords: *educational laboratory, local wisdom, PHBS, early childhood*