

Herlinda Putri Sari. 2026. *Pengembangan Media Bunga Kebersihan Untuk Menstimulasi Perilaku Hidup Bersih dan Sehat Anak Usia 5-6 Tahun*. Skripsi, Program Studi Pendidikan Guru Pendidikan Anak Usia Dini, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Trunodjoyo Madura. Pembimbing: Angga Fitriyono, S.Pd., M.Pd.

ABSTRAK

Abstrak: Tujuan penelitian ini adalah untuk mengetahui kelayakan dan efektivitas pengembangan media “Bunga Kebersihan” untuk menstimulasi perilaku hidup bersih dan sehat anak usia 5-6 tahun. Penelitian ini menggunakan metode Research and Development (R&D) dengan model pengembangan ADDIE yang meliputi tahap Analysis, Design, Development, Implementation, dan Evaluation. Subjek penelitian yaitu anak usia 5-6 tahun di TK Siti Khodijah Muslimat NU Klampis Timur. Teknik pengumpulan data menggunakan wawancara, observasi, angket, dan tes. Data dianalisis menggunakan analisis kuantitatif dan kualitatif melalui validasi ahli materi, ahli media, uji respon ank, uji normalitas Shapiro-Wilk, dan uji Wilcoxon Signed Rank Test menggunakan SPSS versi 27. Hasil penelitian menunjukkan bahwa: 1) media “Bunga Kebersihan” dinyatakan layak digunakan berdasarkan validasi ahli materi sebesar 92,31% dengan kategori sangat layak, validasi ahli media sebesar 83,33% dengan kategori layak, validasi efektivitas sebesar 75% dengan kategori layak, uji coba kelompok kecil sebesar 83,57% dengan kategori layak, dan uji coba kelompok besar sebesar 86,90% dengan kategori sangat layak, 2) media “Bunga Kebersihan” efektif untuk menstimulasi perilaku hidup bersih dan sehat anak usia 5-6 tahun berdasarkan uji Wilcoxon Signed Rank yang memperoleh nilai Asymp.Sig. (2-tailed) sebesar $<0,001 < 0,05$ sehingga terdapat perbedaan signifikan antara pretest dan posttest. Media pembelajaran “Bunga Kebersihan” efektif dalam membantu menstimulasi perilaku hidup bersih dan sehat anak usia 5–6 tahun. Media ini membantu anak memahami dan menerapkan enam indikator PHBS di sekolah, yaitu mencuci tangan dengan air mengalir dan sabun, mengonsumsi jajanan sehat di kantin sekolah, menggunakan toilet yang bersih dan sehat, melakukan olahraga secara teratur, membuang sampah pada tempatnya, serta menimbang berat badan dan mengukur tinggi badan secara berkala. Melalui kegiatan yang menarik dan interaktif, media “Bunga Kebersihan” dapat menjadi alternatif dalam menanamkan kebiasaan hidup bersih dan sehat pada anak usia dini.

Kata kunci: media pembelajaran, bunga kebersihan, perilaku hidup bersih dan sehat, anak usia dini.

Herlinda Putri Sari. 2026. Development of Hygiene Flower Media to Stimulate Clean and Healthy Living Behavior in Children Aged 5-6 Years. Thesis, Early Childhood Education Teacher Education Study Program, Faculty of Teacher Training and Education, Trunodjoyo University Madura. Supervisor: Angga Fitriyono, S.Pd., M.Pd.

ABSTRACT

Abstract: The purpose of this study was to determine the feasibility and effectiveness of developing the "Flower of Cleanliness" media to stimulate clean and healthy living behaviors in children aged 5-6 years. This study used the Research and Development (R&D) method with the ADDIE development model, which includes the stages of Analysis, Design, Development, Implementation, and Evaluation. The subjects were children aged 5-6 years at Siti Khodijah Kindergarten, Muslimat NU, East Klampis. Data collection techniques used interviews, observations, questionnaires, and tests. The data were analyzed using quantitative and qualitative analysis through validation by material experts, media experts, and response test, Shapiro-Wilk normality test, and Wilcoxon Signed Rank Test using SPSS version 27. The results of the study showed that: 1) the "Flower of Cleanliness" media was declared suitable for use based on material expert validation of 92.31% with a very suitable category, media expert validation of 83.33% with a suitable category, effectiveness validation of 75% with a suitable category, small group trials of 83.57% with a suitable category, and large group trials of 86.90% with a very suitable category, 2) the "Flower of Cleanliness" media was effective in stimulating clean and healthy living behavior in children aged 5-6 years based on the Wilcoxon Signed Rank test which obtained an Asymp.Sig. (2-tailed) value of $<0.001 <0.05$ so that there was a significant difference between the pretest and posttest. The "Flower of Cleanliness" learning media is effective in helping stimulate clean and healthy living behaviors in children aged 5-6 years. This media helps children understand and apply the six PHBS indicators at school: washing hands with running water and soap, consuming healthy snacks in the school cafeteria, using clean and healthy toilets, exercising regularly, disposing of trash properly, and regularly weighing and measuring body weight and height. Through engaging and interactive activities, the "Flower of Cleanliness" media can be an alternative for instilling clean and healthy living habits in early childhood.

Keywords: learning media, flower of cleanliness, clean and healthy living behaviors, early childhood.