

**POLITEKNIK KESEHATAN TANJUNGPURUSUR JURUSAN KEBIDANAN
PROGRAM STUDI SARJANA TERAPAN KEBIDANAN KAMPUS METRO
SKRIPSI, 06 MEI 2025**

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**PENGARUH PEMBERIAN VIDEO TUTORIAL 6 LANGKAH CUCI TANGAN
TERHADAP KEMAMPUAN CUCI TANGAN PADA SISWA TUNAGRAHITA DI
SLB NEGERI METRO TAHUN 2025**

cvii + 107 halaman, 10 tabel, 7 gambar, 11 lampiran

RINGKASAN

Anak tunagrahita merupakan anak yang mengalami gangguan atau hambatan dalam perkembangan daya pikir serta kepribadian, sehingga tidak mampu hidup dengan kekuatan sendiri dalam masyarakat meskipun dengan cara sederhana. Berdasarkan data survey kesehatan Indonesia tahun 2023 penyandang disabilitas di Indonesia sebanyak 1,6% (188.186) dan di Provinsi Lampung sebanyak 0,8% (6.506 jiwa). Keterbatasan dalam kemampuan kognitif dan motorik menyebabkan mereka kurang mampu dalam memahami pentingnya kebersihan. Kurangnya kemampuan dalam menjaga kebersihan diri misalnya seperti cuci tangan, menyebabkan anak tunagrahita mudah terkena penyakit. Siswa tunagrahita membutuhkan pendekatan yang lebih visual dan praktis agar dapat memahami dan menerapkan instruksi dengan baik. Salah satu media yang dapat digunakan adalah media video. Tujuan penelitian ini adalah untuk mengetahui adakah pengaruh pemberian video tutorial 6 langkah cuci tangan terhadap kemampuan cuci tangan pada siswa tunagrahita di SLB Negeri Metro.

Penelitian ini adalah penelitian kuantitatif dengan rancangan penelitian yang digunakan pre eksperimen, dengan design *one group pretest and posttest*, populasi penelitian ini adalah siswa tunagrahita SD di SLB Negeri Metro yang berjumlah 29 orang. Jumlah sampel dalam penelitian ini adalah 29 sampel siswa tunagrahita SD dengan teknik pengambilan sampel yaitu *total sampling*. Cara pengumpulan data dengan metode observasi menggunakan lembar *checklist*. Uji Analisis univariat dilakukan untuk menggambarkan distribusi data dengan persentase, rata-rata (*mean*), nilai tengah (*median*), *varians*, standar deviasi (SD), nilai minimum (*Min*), dan nilai maksimum (*Max*). Uji analisis penelitian menggunakan uji *Wilcoxon sign rank test*.

Hasil penelitian pada siswa tunagrahita didapatkan proporsi siswa tunagrahita ringan 79,30%, siswa tunagrahita sedang 20,70% dan hasil uji statistik menggunakan uji *Wilcoxon sign rank test* menunjukkan adanya peningkatan kemampuan cuci tangan setelah pemberian video tutorial 6 langkah cuci tangan, dengan p-value 0,000 (p value <0,05).

Kesimpulan dari penelitian ini adalah pemberian video tutorial 6 langkah cuci tangan berpengaruh secara signifikan dalam meningkatkan kemampuan cuci tangan siswa tunagrahita. Diharapkan media ini dapat dimanfaatkan sebagai metode pembelajaran efektif dalam melatih keterampilan hidup mandiri siswa berkebutuhan khusus.

Kata Kunci : Tunagrahita, video edukatif, kemampuan cuci tangan.
Daftar Bacaan : 43 (2017-2025)

**TANJUNGKARANG HEALTH POLYTECHNIC, DEPARTMENT OF
MIDWIFERY, BACHELOR OF APPLIED MIDWIFERY STUDY PROGRAM,
METRO CAMPUS, THESIS, MAY 6, 2025**

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**THE EFFECT OF PROVIDING A 6-STEP HANDWASHING VIDEO TUTORIAL
ON THE HANDWASHING ABILITY OF STUDENTS WITH MENTAL
DISABILITIES AT METRO STATE SLB IN 2025**

cvii + 107 pages, 10 tables, 7 figures, 11 appendices

SUMMARY

Children with intellectual disabilities are children who experience disorders or obstacles in the development of their thinking and personality, making them unable to live independently in society, even with simple means. Based on data from the 2023 Indonesian Health Survey, people with disabilities in Indonesia amounted to 1.6% (188,186) and in Lampung Province as many as 0.8% (6,506 people). Limitations in cognitive and motor skills make them less able to understand the importance of hygiene. The lack of ability to maintain personal hygiene, such as washing hands, makes children with intellectual disabilities susceptible to disease. Students with intellectual disabilities require a more visual and practical approach to understand and apply instructions properly. One media that can be used is video. The purpose of this study was to determine the effect of providing a 6-step handwashing video tutorial on handwashing skills in mentally disabled students at Metro State Special School.

This research is a quantitative research with a pre-experimental research design, with a one-group pretest and posttest design, the population of this study were 29 elementary school students with intellectual disabilities at Metro State Special Needs School. The number of samples in this study was 29 elementary school students with intellectual disabilities with a total sampling technique. The method of data collection was observation using a checklist sheet. Univariate analysis tests were conducted to describe the distribution of data with percentages, averages (means), medians (medians), variances, standard deviations (SD), minimum values (Min), and maximum values (Max). The research analysis test used the Wilcoxon sign rank test.

The results of the study on mentally retarded students showed that the proportion of mildly mentally retarded students was 79.30%, moderately mentally retarded students 20.70% and the results of statistical tests using the Wilcoxon sign rank test showed an increase in handwashing ability after being given a 6-step handwashing video tutorial, with a p-value of 0.000 (p value <0.05).

The conclusion of this study is that the six-step handwashing video tutorial significantly improved the handwashing ability of students with intellectual disabilities. It is hoped that this media can be used as an effective learning method to train independent living skills in students with special needs

Keywords : Mental retardation, educational video, handwashing ability
Reading List : 43 (2017-2025)