

POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG
JURUSAN KESEHATAN LINGKUNGAN

Laporan Tugas Akhir, Juni 2025

GISHELA NURIANI AZIZ

Gambaran Perilaku Cuci Tangan Pakai Sabun Pada Siswa SMAN 13 Bandar Lampung Tahun 2025.

xvi + 41 Halaman + 3 Gambar + 5 Tabel + 5 Lampiran

RINGKASAN

Perilaku Cuci Tangan Pakai Sabun (CTPS) merupakan indikator kritis Perilaku Hidup Bersih dan Sehat (PHBS) yang efektif mencegah penularan penyakit seperti diare dan Infeksi Saluran Pernapasan Akut (ISPA). Studi ini di SMAN 13 Bandar Lampung, di mana kebiasaan konsumsi jajanan tanpa Cuci Tangan Pakai Sabun dan ketidakhadiran akibat sakit mencapai 5% menunjukkan kerentanan kesehatan.

Penelitian menggunakan metode deskriptif dengan pendekatan kuantitatif. Sampel sebanyak 91 siswa dipilih secara acak dari populasi 1.003 siswa. Data dikumpulkan melalui kuesioner dan observasi. Hasil penelitian menunjukkan bahwa 56% siswa memiliki pengetahuan tinggi, 52,8% memiliki sikap positif, dan 92,3% menunjukkan perilaku Cuci Tangan Pakai Sabun yang baik. Sarana Cuci Tangan Pakai Sabun tersedia memadai di seluruh kelas.

Dapat disimpulkan bahwa Mayoritas siswa memiliki pengetahuan dan sikap positif terhadap Cuci Tangan Pakai Sabun, didukung sarana yang memadai. Namun, peningkatan edukasi tentang durasi dan teknik Cuci Tangan Pakai Sabun tetap diperlukan untuk mengoptimalkan perubahan perilaku berkelanjutan. Temuan ini merekomendasikan integrasi program penyuluhan rutin dan monitoring praktik Cuci Tangan Pakai Sabun oleh pihak sekolah.

Kata Kunci : Cuci tangan, perilaku siswa, PHBS, sarana sekolah.

Referensi : 11 (2011-2024)

**POLYTECHNIC OF HEALTH MINISTRY OF HEALTH TANJUNG KARANG
DEPARTMENT OF ENVIRONMENTAL HEALTH**

Final Project Report, June 2025

GISHELA NURIANI AZIZ

***Description of Handwashing Behavior Using Soap Among Students of SMAN 13
Bandar Lampung in 2025.***

xvi + 41 Pages + 3 Images + 5 Tables + 5 Appendices

ABSTRACT

Handwashing with Soap is a critical indicator of Clean and Healthy Living Behavior, proven effective in preventing the transmission of diseases such as diarrhea and Acute Respiratory Infections. This study at SMAN 13 Bandar Lampung, where habitual consumption of snacks without prior Handwashing with Soap and a 5% illness-related absence rate demonstrate significant health vulnerabilities.

Employing a descriptive quantitative methodology, this research utilized systematic random sampling to select 91 participants from a total population of 1,003 students. Data were collected through structured questionnaires and direct observation. Findings revealed that 56% of students possessed high knowledge, 52.8% exhibited positive attitudes, and 92.3% demonstrated good Handwashing with Soap practices. Adequate Handwashing with Soap facilities were available in all classrooms.

The study concludes that while the majority of students exhibit sufficient knowledge and positive attitudes toward Handwashing with Soap supported by adequate infrastructure targeted educational interventions to improve handwashing duration and technique remain essential for optimizing sustainable behavioral change. These results recommend the integration of routine health promotion programs and ongoing monitoring of Handwashing with Soap practices by school authorities.

Keywords : Handwashing, student behavior, PHBS, school facilities.

References : 11 (2011-2024)