

ABSTRAK

Efektivitas Edukasi Metode Demonstrasi Dan Video Terhadap Pengetahuan *Water Tepid Sponge* Pada Ibu Balita Di Wilayah Kerja Puskesmas Sidotopo Wetan Surabaya

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Demam pada balita ialah masalah kesehatan yang sering terjadi dan berisiko menimbulkan komplikasi apabila tidak ditangani secara tepat. Salah satu penanganan nonfarmakologis yang dapat dilakukan ialah *water tepid sponge*, namun pengetahuan ibu balita mengenai penerapannya masih beragam. Akibatnya, edukasi kesehatan yang efektif melalui demonstrasi dan media video yang mudah dipahami dan diterapkan diperlukan. Studi ini menggunakan desain quasi experimental dengan dua kelompok pretest dan posttest yang dirancang. Di wilayah kerja Puskesmas Sidotopo Wetan Surabaya, sampel studi terdiri dari delapan puluh ibu balita yang dipilih secara acak secara sederhana. Mereka kemudian dibagi menjadi kelompok metode demonstrasi dan kelompok metode video. Alat studi ialah kuesioner pengetahuan, sedangkan alat analisis data ialah uji *Wilcoxon Signed Rank Test* dan uji *Mann-Whitney*. Hasil studi merepresentasikan bahwa pendidikan kepada kedua kelompok meningkatkan pengetahuan ibu balita. Uji Wilcoxon merepresentasikan peningkatan pengetahuan yang signifikan pada kelompok metode demonstrasi dan kelompok metode video ($p = 0,000$). Hasil uji Mann-Whitney merepresentasikan bahwa metode demonstrasi dalam edukasi kesehatan lebih efektif dibandingkan metode video ($p = 0,020$). Edukasi kesehatan menggunakan metode demonstrasi meningkatkan pengetahuan ibu balita mengenai *Water tepid sponge* dan dishwasher ($p = 0,001$).

Kata kunci: edukasi kesehatan, *water tepid sponge*, demonstrasi, video, pengetahuan ibu balita.

ABSTRACT

The Effectiveness of Demonstration and Video-Based Education Methods on Mothers' Knowledge of Water Tepid Sponge in the Working Area of Sidotopo Wetan Public Health Center Surabaya

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Toddler fever is a frequent health issue that can cause consequences if left untreated. The water tepid sponge technique is one non-pharmacological strategy that can be used, although mothers' understanding of its use is still uneven. Therefore, to guarantee that the knowledge is simply comprehended and used, effective health education through demonstration techniques and video media is required. This study used a two-group pretest-posttest methodology in a quasi-experimental design. Eighty mothers of toddlers from the Sidotopo Wetan Public Health Center in Surabaya were chosen for the study using a straightforward random sampling methodology. They were split into two groups: one for the demonstration method and the other for the video method. A knowledge questionnaire served as the study tool, and the Mann-Whitney and Wilcoxon Signed Rank tests were used to evaluate the results. Following the educational intervention, moms' knowledge increased in both groups, according to the results. The demonstration group and the video group showed a significant gain in knowledge, according to the Wilcoxon test ($p = 0.000$). The demonstration technique of health education was more effective than video media, according to the Mann-Whitney test, which showed a significant difference in effectiveness between the two approaches ($p = 0.020$). The demonstration approach to health education is more successful in increasing mothers' understanding of the water tepid sponge technique and may be extensively and sustainably used in basic healthcare facilities.

Keywords: *health education, water tepid sponge, demonstration, video, mothers' knowledge, toddlers.*