

ABSTRAK

PENGARUH EDUKASI DENGAN MEDIA VIDEO MELALUI APLIKASI WHATSAPP TERHADAP PENGETAHUAN DAN SIKAP TENTANG MANAJEMEN STRES SELAMA MASA PANDEMI COVID-19 DI SMAN 4 BOJONEGORO

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Upaya pencegahan dan penyebaran Covid-19 atau *new normal* dapat menimbulkan terganggunya kesehatan mental dalam jangka panjang akibat tekanan yang dialami. Upaya pencegahan dan penyebaran Covid-19 atau *new normal* dapat menimbulkan terganggunya kesehatan mental dalam jangka panjang akibat tekanan yang dialami. Dengan memahami kesehatan mental yang dapat ditangani, perlu adanya media edukasi pendidikan yang berguna tepat seperti video. Karena pada dasarnya, video memaparkan keadaan real dari suatu proses, fenomena atau kejadian sehingga dapat memperkaya pemaparan yang dapat melengkapi pengalaman-pengalaman dasar dan dapat disaksikan secara berulang-ulang jika diperlukan. Tujuan penelitian ini untuk mengetahui pengaruh edukasi dengan media video melalui aplikasi *Whatsapp* terhadap pengetahuan dan sikap tentang manajemen stres selama masa pandemi Covid-19 di SMAN 4 Bojonegoro. Penelitian ini menggunakan metode *one group pretest-posttest design* dengan bentuk *pre experimental*. Pengambilan sampel dengan *proporsional random sampling* berdasarkan rumus Slovin sebanyak 50 responden. Hasil penelitian menunjukkan ada pengaruh edukasi dengan media video melalui aplikasi *Whatsapp* terhadap pengetahuan dengan taraf signifikansi (Sig 2-tailed) = 0,000 dan tidak ada pengaruh edukasi dengan media video melalui aplikasi *Whatsapp* terhadap sikap dengan taraf signifikansi (Sig 2-tailed) = 0,317.

Kata Kunci: Media Video, Pengetahuan, Sikap

ABSTRACT

THE EFFECT OF EDUCATION WITH VIDEO MEDIA THROUGH WHATSAPP APPLICATION ON KNOWLEDGE AND ATTITUDE ABOUT STRESS MANAGEMENT DURING THE COVID-19 PANDEMIC AT SMAN4 BOJONEGORO

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Efforts to prevent and spread Covid-19 or the new normal can cause mental health problems in the long term due to the pressure experienced. By understanding mental health that can be handled, it is necessary to have useful educational media, such as videos. Because basically, videos describe the real situation of a process, phenomenon or event so that it can be an experience that can complement the basic experience and can be watched repeatedly if needed. The purpose of this study was to determine the effect of education with video media through the Whatsapp application on knowledge and attitudes about stress management during the Covid-19 pandemic at SMAN 4 Bojonegoro. This study uses a one group pretest-posttest design method with a pre-experimental form. Sampling with proportional random sampling based on the Slovin formula as many as 50 respondents. The results showed that there was an effect of education with video media through the Whatsapp application on knowledge with a significance level (Sig 2-tailed) = 0.000 and there was no effect of education with video media through the Whatsapp application on attitudes with a significance level (Sig 2-tailed) = 0.317.

Keywords: Video Media, Knowledge, Attitude