

Abstrak

PENGARUH VIDEO ANIMASI TERHADAP TINGKAT PENGETAHUAN *MUSCULOSKELETAL DISORDERS* DAN *POSTURAL HABITS* PADA SISWA MAN 1 BANYUMAS

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Latar Belakang : *Musculoskeletal disorders* (MSDs) adalah gangguan yang terjadi pada otot, saraf, tendon, ligamen, tulang, dan persendian. Keluhan MSDs kerap terjadi pada remaja usia sekolah SMA dan SMK. Sehingga perlu dilakukan upaya promosi kesehatan. Salah satu pemanfaatan yang dapat dijadikan pilihan promosi kesehatan adalah media video animasi. Tujuan penelitian mengidentifikasi pengaruh penggunaan video animasi terhadap tingkat pengetahuan *musculoskeletal disorders* (MSDs) dan *postural habits* siswa MAN 1 Banyumas. Menganalisis hubungan pengetahuan MSDs dan *postural habits*.

Metodologi : Penelitian ini menggunakan metode *Quasi Eksperimental*. Teknik sampling menggunakan *convenience sampling* yaitu sebanyak 75 sampel, pengambilan data dilakukan pada bulan September 2022-Februari 2023. Analisis data yang digunakan yaitu analisis univariat dan analisis bivariat, yakni dengan uji beda dan *uji Wilcoxon*.

Hasil penelitian: Mayoritas responden berjenis kelamin perempuan, usia 16 tahun, indeks massa tubuh (IMT) normal, pendidikan orang tua SLTA, dengan penghasilan di atas UMR. Ada perbedaan tingkat pengetahuan *musculoskeletal disorders* (MSDs) dan *postural habits* pada kelompok intervensi dan kontrol, diperoleh nilai $p = 0,006$ dan $p = 0,016$ ($p < \alpha$, $\alpha = 0,05$) . Terdapat hubungan tingkat pengetahuan *musculoskeletal disorders* (MSDs) dengan *postural habits*

Kesimpulan : Pemberian video animasi memberikan pengaruh yang signifikan dalam meningkatkan pengetahuan *musculoskeletal disorders* (MSDs) dan *postural habits*.

Kata Kunci : *Musculoskeletal disorders*, *Postural habits*, Video animasi

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Abstract

THE EFFECT OF ANIMATED VIDEOS ON THE LEVEL OF KNOWLEDGE OF MUSCULOSKELETAL DISORDERS AND POSTURAL HABITS IN MAN 1 BANYUMAS STUDENTS

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Background : Musculoskeletal disorders (MSDs) are disorders that occur in muscles, nerves, tendons, ligaments, bones, and joints. MSDs complaints often occur in adolescents of high school and vocational school age. So it is necessary to make health promotion efforts. One utilization that can be used as a health promotion option is animated video media. The purpose of the study was to identify the effect of using animated videos on the level of knowledge of musculoskeletal disorders (MSDs) and postural habits of MAN 1 Banyumas students. Analyzing the relationship between MSDs knowledge and postural habits.

Methodology : This study used the Quasi Experimental method. The sampling technique used convenience sampling, namely 75 samples, data collection was carried out in September 2022-February 2023. The data analysis used is univariate analysis and bivariate analysis, namely the difference test and Wilcoxon test.

Results : The majority of respondents were female, 16 years old, normal body mass index (BMI), high school education, with income above the minimum wage. There are differences in the level of knowledge of musculoskeletal disorders (MSDs) and postural habits in the intervention and control groups, obtained $p = 0.006$ and $p = 0.016$ ($p < \alpha$, $\alpha = 0.05$). There is a relationship between the level of knowledge of musculoskeletal disorders (MSDs) and postural habits.

Conclusion : Giving animated videos has a significant effect in increasing knowledge of musculoskeletal disorders (MSDs) and postural habits.

Keywords : Musculoskeletal disorders, Postural habits, Video animation

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