

## Implementation Of Anticipatory Guidance On Mothers' Knowledge And Attitudes In Preventing Accidents In Preschool Children

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### Article Info

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### ABSTRACT

**Background & Objective:** Preschool aged children will begin to be interested in speed and movement, with increased involvement in outdoor activities, children can strive to develop skills, perform gross motor activities carefully without fear, and experience the joy of trying new things., mobility leads on increasing independence. Activities outside the home can pose a risk of possible injury at this age, such as motor vehicle accidents, drowning, burns, poisoning, and personal injury. This study was conducted with the aim of determining the extent of the influence of anticipatory guidance on mothers' knowledge and attitudes in preventing accidents in preschool-aged children at BA Aisyiyah Ronowijayan, Siman, Ponorogo. **Method:** The design used in this study was a pre-experiment with a one group pre-post test approach, with a total sample of 34 parents. of BA Aisyiyah Ronowijayan students, with purposive sampling. **Result:** The research results are based on the Wilcoxon Sign Rank Test and the McNemar Sign Rank Test. The results of the study showed that there was an influence of anticipatory guidance based on video media on the level of knowledge of parents in preventing injuries to pre-school children ( $p=0.000$ ). It was found that there was an influence of providing health education using video media in the form of anticipatory guidance on parents' attitudes in preventing injuries in preschool-aged children. ( $p=0.000$ ). **Conclusion:** Video media has proven effective in increasing parents' knowledge and attitudes. It is hoped that this video can be applied in everyday life.

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## Introduction

Preschool-aged children are a vulnerable group to injury. This occurs because toddlers are still developing neuromotor, cognitive, physical, sociopsychological, and sensory skills. Domestic accidents account for the majority of accidents that occur to toddlers, as most children's activities occur at home. These accidents can include falls, drowning, choking, burns, poisoning, and cuts (Purwanto, 2013).

The primary preventive measures need to be understood by the community, especially parents, as the people closest to children. Injuries to children can occur anywhere and at any time. Accidents involving children can be prevented by properly guiding and caring for children. The presence of a child presents challenges for parents regarding dependency, discipline, mobility, and safety. Parents often make mistakes in guiding and caring for their children. Anticipatory guidance is a guideline that parents need to understand beforehand so they can guide and guide their children wisely, ensuring normal growth and development. The presence of a child presents challenges for parents regarding dependency, discipline, increased mobility, and safety.

## Objective

This study aims to analyze the influence of anticipatory guidance on mothers' knowledge and attitudes regarding accident prevention in preschool-aged children at BA Aisyiyah Ronowijayan, Siman, Ponorogo.

## Method

The research design used was a pre-experiment with the one group pre-posttest method. The study population was all 58 respondents of BA Aisyiyah Ronowijayan Ponorogo students for the 2023/2024 academic year. The sample size was 34 parents of BA Aisyiyah Ronowijayan students, using purposive sampling. In this study, the instrument used to be a knowledge and attitude questionnaire, followed by editing, coding, scoring, tabulating, and analysis using the Wilcoxon and McNemar tests.

## Results

The following is the general data of the guardians of BA Aiyiyah Ronowijayan students.

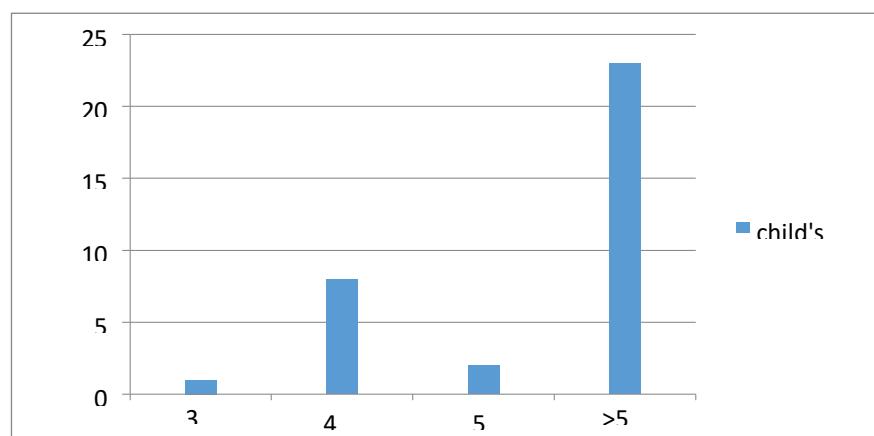


Diagram 1. Frequency of Child Age (Years)

Description: Based on the diagram above, the highest frequency of children's ages is in the age range >5 years, as many as 23 people (68%).

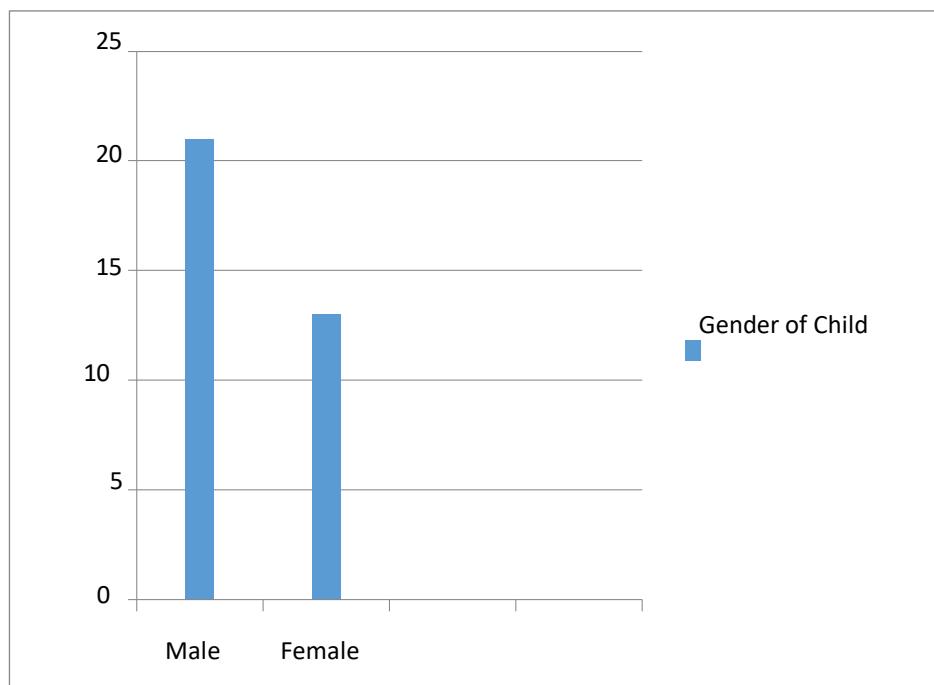


Diagram 2. Frequency of Child Gender

Description: Based on the diagram above, the highest frequency of child gender is male, with 21 children (61.8%).

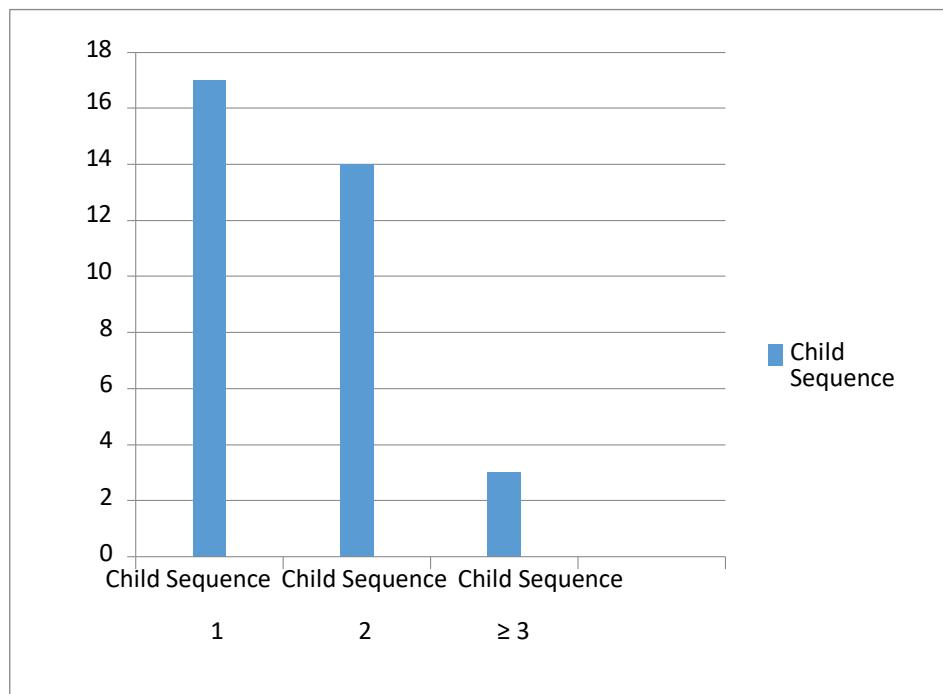


Diagram 3. Frequency of Child Sequence

Description: Based on the diagram above, the highest frequency of children is the 1st child, with 17 children (50%).

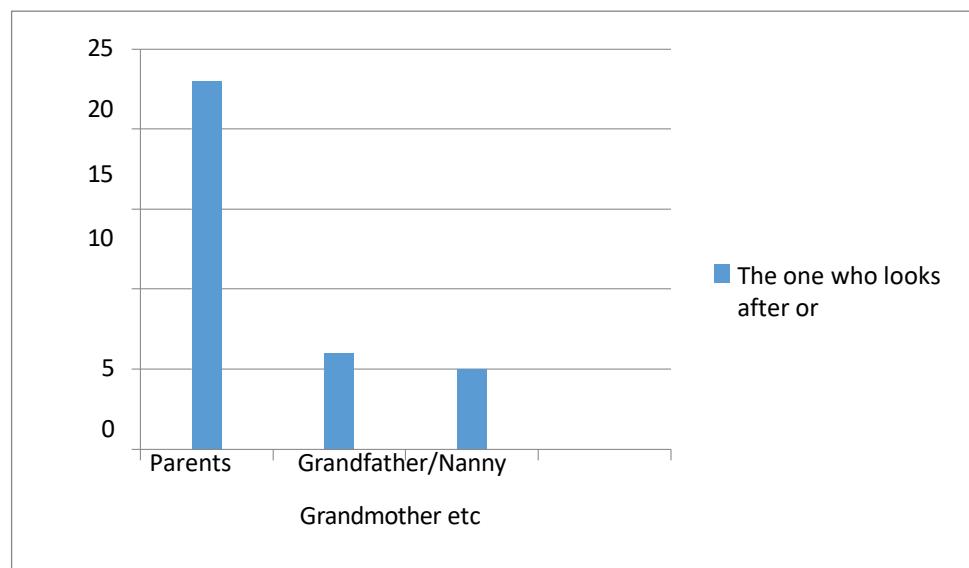


Diagram 4. Frequency of Caring for or Raising Children

Description: Based on the diagram above, the highest frequency of those looking after or caring for children is parents, namely 23 people (68%).

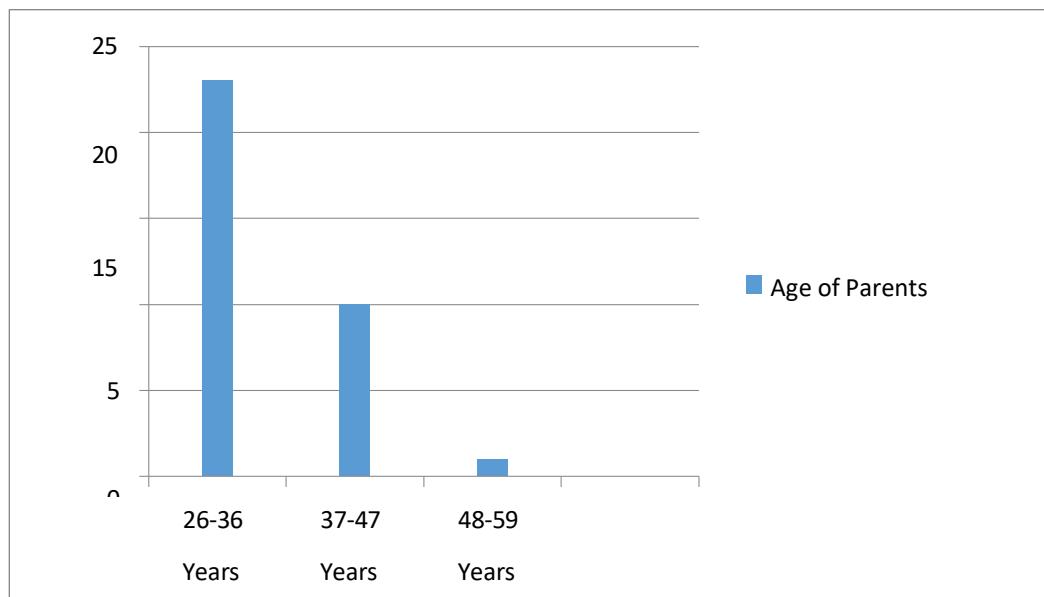


Diagram 5. Frequency of Age of Parents/Guardians of Children

Description: Based on the diagram above, the highest frequency of parents/guardians of children is in the age range of 26-36 years, as many as 23 people (68%).

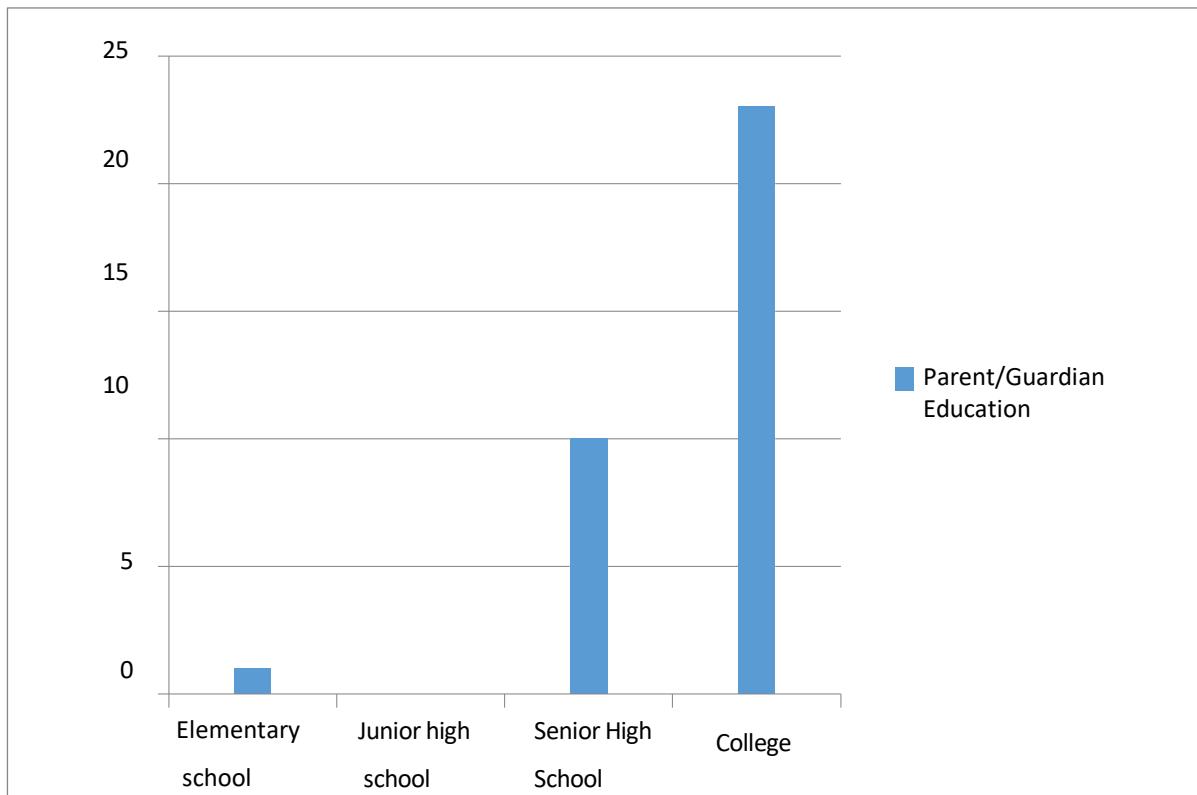


Diagram 6. Parent/Guardian Education

Description: Based on the diagram above, the highest frequency of parental/guardian education is tertiary education, as many as 23 people (68%).

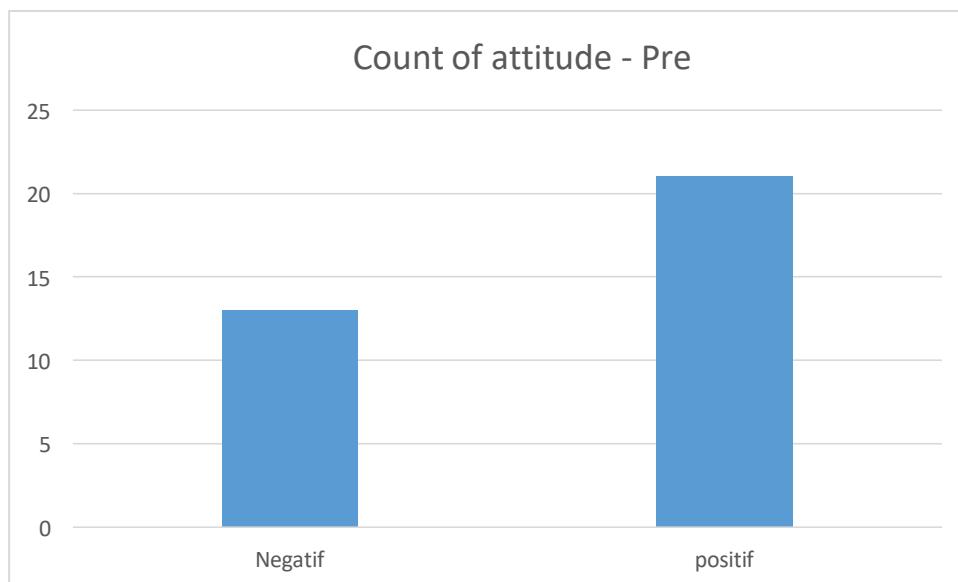


Diagram 7. Pre-Intervention Attitude

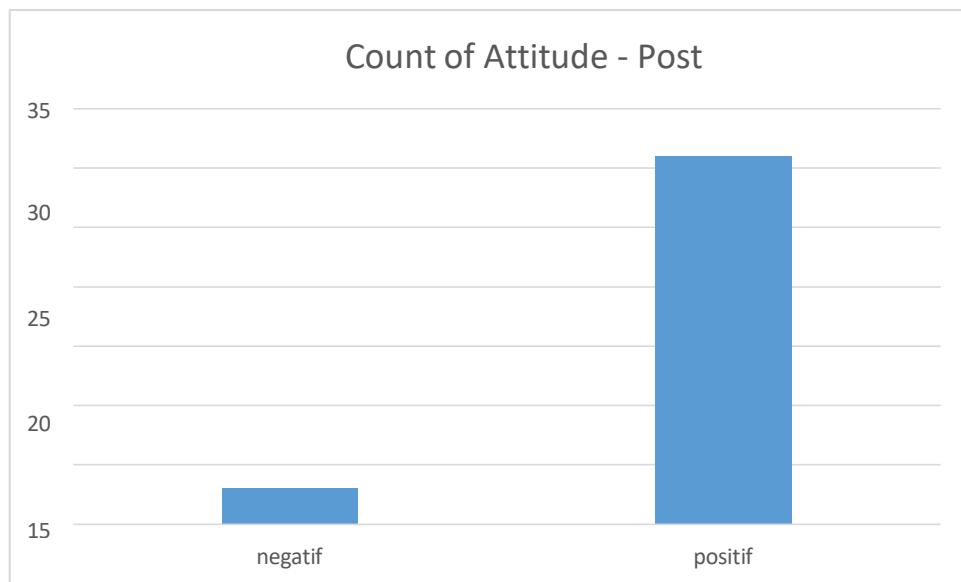


Diagram 8. Post-Intervention Attitude

The outcomes of the study were determined by applying the Wilcoxon Signed-Rank Test and the McNemar Sign Rank Test. The results showed that video-based anticipatory guidance had an contribution to the level of parental knowledge in preventing injuries to preschool children ( $p=0.000$ ). There was an effect of video-based anticipatory guidance health education on parental attitudes in preventing injuries to toddlers ( $p=0.000$ ).

## Discussion

### The Effect of Anticipatory Guidance Health Education Based on Video Media on the Level of Parental Knowledge in Preventing Injuries in Preschool Children

Based on the results above, it confirms that a change has occurred in knowledge levels of parents of preschool children, before being given anticipatory guidance health education based on video media in preventing injuries in preschool children, the level of parental knowledge is still lacking, whereas after being given anticipatory guidance health education based on video media in preventing injuries in preschool children, almost all parents of preschool children have a good level of knowledge. The findings of this study are supported by the results of the Wilcoxon Signed Rank Test, which shows that anticipatory health education using video media has an effect on injury prevention efforts in preschool children. The findings of this study are in line with the results of a study conducted by Lestari and colleagues (2021), which showed an increase in knowledge among mothers after receiving health education through video media regarding injury prevention in preschool children. Health education delivered through video media can increase individual knowledge, because videos present information in a clear and easy-to-understand way, video media has the advantage of showing interesting images, there are writings and sounds that explain the material. With videos about anticipatory guidance in preventing injuries in preschool children, researchers can influence respondents in increasing parental knowledge. This aligns with Haryoko's findings in Vivi (2017), which explain that video media can facilitate understanding and strengthen memory, thereby optimizing parents' knowledge. Nurrita (2018) also states that several things can improve learning. 1) It makes the teaching and learning process easier and more engaging. 2) It can increase students' learning efficiency. 3) It helps students concentrate. In this study,

health education using video media was provided to a group of parents, followed by two-way communication, where respondents discussed the material with the researcher. By showing the video and discussing it, parents improved their understanding of the material. Respondents' responses indicated improved parental knowledge.

### The Effect of Video-Based Anticipatory Guidance Health Education on Parents' Attitudes Regarding Injury Prevention in Preschool Children

The results above indicate a change in the attitudes of parents of preschool children. Before receiving video-based anticipatory guidance health education on injury prevention in preschool children, parents' attitudes were still lacking. However, after receiving video-based anticipatory guidance health education on injury prevention in preschool children, almost all parents had positive attitudes. The results of the study were strengthened by the results of the McNemar Test differences, which indicates that health education with anticipatory guidance based on video media plays a role in preventing injuries in preschool children. Changes in parental attitudes were due to them receiving information or health education about anticipatory guidance based on video media in preventing injuries to preschool children. Learning health education with video media can improve a person's attitude, because videos can provide good information, video media has the advantage of showing interesting images, and sound that explains the material. With videos about anticipatory guidance in preventing injuries to preschool children, researchers were able to influence respondents in improving the attitudes of parents who were initially negative to positive. The findings of this study are in line with the results of a study conducted by Handayani (2017), regarding the impact of video-based health education on increasing knowledge and attitudes in adolescents, by providing education with video media and giving questionnaires to adolescents, and the results showed that there was an influence in the period before and after the implementation of health education through video media. Changes in attitudes in adolescents can be influenced by videos because video media can make respondents' attention focused on the material. This is in line with Nurzeta's (2020) research, regarding the influence of health promotion with video media on the level of knowledge and attitudes of adolescent girls, by providing videos, and The results of the study show that there is a change in attitude of adolescent girls before and after being given health promotion using video media.

### Conclusion

Based on the research findings and discussion, it can be concluded that prior to the intervention, parents' knowledge regarding injury prevention in preschool children was at a sufficient level, while their attitudes tended to be negative. After receiving video-based anticipatory guidance health education, parents demonstrated a good level of understanding and more positive attitudes toward injury prevention. Overall, video-based anticipatory guidance health education was shown to effectively improve both parental knowledge and attitudes in preventing injuries among preschool-aged children.

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