

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

Studi Literatur Review, Juli 2026

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Peran Media Digital Dalam Edukasi Perilaku Hidup Bersih Dan Sehat (Phbs) Untuk Pencegahan Diare Pada Anak

xiii + 63 Halaman + 2 Tabel + 1 Lampiran

ABSTRAK

Diare masih menjadi salah satu masalah kesehatan utama pada anak dan dapat dicegah melalui penerapan Perilaku Hidup Bersih dan Sehat (PHBS). Pemanfaatan media digital sebagai media edukasi kesehatan dinilai mampu meningkatkan efektivitas penyampaian informasi karena lebih menarik, interaktif, dan mudah dipahami oleh anak. Penelitian ini bertujuan untuk mengetahui peran media digital dalam edukasi PHBS untuk pencegahan diare pada anak. Penelitian menggunakan metode *literature review* melalui penelusuran artikel pada database Google Scholar dan PubMed menggunakan kata kunci *media digital*, *PHBS*, *pencegahan diare*, dan *anak*. Sebanyak 5.264 artikel diperoleh dari hasil penelusuran, kemudian diseleksi berdasarkan kriteria inklusi dan eksklusi sehingga diperoleh 7 artikel yang memenuhi syarat untuk dianalisis. Artikel yang direview merupakan publikasi tahun 2021–2026. Hasil kajian menunjukkan bahwa seluruh artikel melaporkan media digital, seperti video pembelajaran, video animasi, audio visual, *e-comic* serta media yang dikombinasikan dengan demonstrasi dan permainan edukatif, efektif meningkatkan pengetahuan, sikap, pemahaman, dan keterampilan anak dalam menerapkan PHBS, terutama praktik cuci tangan sebagai upaya pencegahan diare. Disimpulkan bahwa media digital berperan penting dalam mendukung edukasi PHBS pada anak karena mampu meningkatkan pengetahuan sekaligus membentuk sikap dan keterampilan dalam pencegahan diare.

Kata kunci : anak, diare, media digital, pendidikan kesehatan, perilaku hidup bersih dan sehat

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**The Role of Digital Media in Clean and Healthy Living Behavior (CHLB) Education for
Diarrhea Prevention Among Children**

xiii + 63 Pages + 2 Tables + 1 Attachments

ABSTRACT

Diarrhea remains one of the leading health problems among children and can be prevented through the implementation of Clean and Healthy Living Behavior (CHLB). The use of digital media as a health education tool is considered effective in improving the delivery of health information because it is more engaging, interactive, and easier for children to understand. This study aimed to determine the role of digital media in CHLB education for diarrhea prevention among children. This study employed a literature review method by searching articles in the Google Scholar and PubMed databases using the keywords digital media, Clean and Healthy Living Behavior (CHLB), diarrhea prevention, and children. A total of 5,264 articles were identified through the initial search. After screening based on the inclusion and exclusion criteria, 7 articles published between 2021 and 2026 were included in the review. The findings revealed that all reviewed articles reported that digital media, including educational videos, animated videos, audiovisual media, e-comics and media combined with demonstrations and educational games, were effective in improving children's knowledge, attitudes, understanding, and skills related to CHLB, particularly proper handwashing practices for diarrhea prevention. It can be concluded that digital media play an important role in supporting CHLB education among children by improving knowledge while simultaneously fostering positive attitudes and skills in implementing clean and healthy living behavior for diarrhea prevention.

Keywords : children, diarrhea, digital media, health education, clean and healthy living behavior.

References: 36 (2021–2026)