


The Influence of Health Education Through Audiovisual Media on the Implementation of Eye Exercises on Teenagers

 Binarti Dwi Wahyuningsih

Universitas Bina Sehat PPNI
Mojokerto, Indonesia

✉ binarti.dwiwahyuni@gmail.com *



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Abstract

This outreach aims to prove the influence of health education through audiovisual media on implementing eye exercises among teenagers at SMAN XI Surabaya. The socialization method is to provide health education through audiovisual for implementing eye exercises for teenagers at SMAN XI Surabaya. The implementation of the activity began with providing counseling using the lecture method, democracy, and showing videos about eye exercises. Almost all of the implementation of eye exercises after being given health education was in a good category with 23 respondents (92%). The increase in respondents' ability to do eye exercises was due to the respondents having been given health education. So, it can be concluded that delivering health education using audiovisual media can provide a lot of stimulus to students, because the nature of audiovisuals combines sound and images, making it easier for students to do eye exercises independently.

A. Introduction

The eyes are the five senses that have a very vital function during development. Good vision is very necessary to support the learning process where vision is one of the pathways for receiving information provided in the learning process (Burton et al., 2021). So, eye health is very important in supporting the learning process at school (Mohan et al., 2017; Nandia & Ramdani, 2022). Eye exercise is the easiest way to get healthy eyes (Solikah & Hasnah, 2022; Sucipto et al., 2020). Apart from being easy, this method is also cheap because it does not require special equipment, and is practical so it can be done every day. Eye exercise is useful for making the eyes more comfortable, overcoming tired eyes, preventing blurry vision, and making vision more focused (Dewi, 2016). It is recommended to do eye exercises, especially if you spend a lot of time in front of a computer screen. Knowledge is the basis of a person's responses and actions (Zagzebski, 2017). Knowledge is influenced by seven factors, namely, education, employment, age, interests, exper surrounding environmental culture and information (Koba et al., 2019; Wahana, 2020; Widyarni, 2018). A person's knowledge can be obtained through the information provided (Hasanah, 2017). Providing health education is a planned effort to change individual behavior from unhealthy behavior to healthy behavior, so audiovisual media is needed to support the learning process (Dwinanda & Handayani, 2024). Audiovisual media is media that combines sound and images to convey content. for example, audiovisual media in the form of video, film, television, etc (Nicolaou & Kalliris, 2020; Ruhama & Purwaningsih, 2019). Based on the 2020 Riskesdas survey, at the age of 15 - 24 years, 25,568 or 0.06% of teenagers experienced mild visual impairment. East Java Province was ranked second after West Java province with estimated blindness (0.4%) from a population of 5,282,891 (Indonesian Ministry of Health, 2020). More attention must be paid to eye health, especially for female students. The increasing use of digital devices raises concerns about their eye health. Teenagers are often in front of a laptop or smartphone screen for a longer duration so that their eyes are required to continuously stare at the laptop or smartphone screen. This causes vision problems such as tired eyes, nearsightedness (Anggraeni, 2019). From the

reference above, community service is carried out to prove the influence of health education through audiovisual media on the implementation of eye exercises among teenagers at SMAN XI Surabaya.

B. Methods

This activity aims to provide health education/counseling about eye exercises to teenagers at SMAN XI Surabaya for puffiness under the eyes or eliminate eye bags, reduce wrinkles around the eyes, make the eye muscles and surrounding areas elastic and strong, and sharpen vision. The steps taken are approaching and coordinating with the principal and class teachers and UKS nurses at SMAN XI Surabaya. The implementation of the activity began with providing counseling using the lecture method, democracy and showing videos about eye exercises. Monitoring and Evaluation carried out by coordinating with the school principal, class teachers, and UKS to motivate teenagers at SMAN XI Surabaya. Evaluation is carried out by giving questionnaires to teenagers at SMAN XI Surabaya.

C. Result and Discussion

General Data

Table 1. Frequency Distribution of Respondents Based on Gender at SMAN XI Surabaya September 2024

No	Gender	Frequency	Percentage (%)
1.	Male	15	60
2.	Female	10	40
Amaunt		25	100

Source: Primary Data, 2024

Based on table 1, it shows that the majority of respondents were female, 15 students (60%).

Table 2. Frequency Distribution of Respondents Based on Age at SMAN XI Surabaya September 2024

No	Age	Frequency	Percentage (%)
1.	14 – 15 years	4	16
2.	16 – 17 years	21	84
Amaunt		25	100

Source: Primary Data, 2024

Based on table 2, it shows that almost all respondents were 16-17 years old, 21 respondents (84%).

Special Data

Table 3. Frequency Distribution of Eye Exercises Via Audiovisual Media After Being Given Health Education to Students at SMAN XI Surabaya September 2024

No	Post HE	Frequency	Percentage (%)
1	Less	2	8
2	Better	23	92
Amaunt		25	100

Source: Primary Data, 2024

Based on table 3, it shows that almost all of the implementation of eye exercises after being given health education was in the good category, as many as 23 respondents (92%).

Socialization of Health Education through Audiovisual Media on the Implementation of Eye Exercises for Adolescents at SMAN XI Surabaya

Based on table 3, it shows that the level of implementation of eye exercises after being given health education was in the good category as many as 23 respondents (92%) and in the poor category 2 respondents (8%). It can be concluded that the implementation of eye exercises increased after being given health education. This is supported by research results according to Djajanti et al, that a person's knowledge can increase by providing information through health education or health education. The use of smartphones to deliver health education is quite effective in increasing health knowledge and attitudes in adolescents. The results of the socialization obtained after being given health education through audiovisual media regarding

the implementation of eye exercises using an observation sheet instrument consisting of 8 stages of eye exercises show that the majority of respondents can do eye exercises well in accordance with the SOP, only a few respondents may have difficulty in doing eye exercises. perform eye exercises according to the SOP. Health education through audiovisual media can influence a person's actions regarding maintaining eye health by doing eye exercises, where the delivery of information contains messages that can direct a person to improve a healthy lifestyle. The presence of new information about something can provide new knowledge for students so that skills are formed about something. Health education can influence the attitudes of other people, whether individuals, groups or society, so that someone is able to take actions related to health. In general, health education is an effort to change healthy living behavior based on self-awareness in individuals, groups and communities to maintain and improve health. Health education is said to be successful if the higher the behavioral changes carried out by educational targets (individuals, groups or communities) in carrying out actions or skills in accordance with the goals set by educational actors.

Based on the results of the socialization, it is clear that providing health education through audiovisual media is able to increase students' actions regarding the implementation of eye exercises. Providing health education through audiovisual media regarding the implementation of eye exercises is a process of delivering health education by researchers to students in order to maintain eye health.

D. Conclusion

Based on the results of the socialization of health education about eye pleasing, the results obtained from all community service participants among students at SMAN This means health education through audiovisual media for the implementation of eye exercises in adolescents. Providing health education can improve students' ability to do eye exercises because the delivery of health education uses interesting media so that it provides a lot of stimulus to students, because of the nature of audiovisual media, namely combining sound and images, making it easier for students to do eye exercises independently.

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