

ABSTRACT

Wiharta, Kevin Fitrawan. 2024. *Effectiveness Of The Children's Stairs Simulation Game For Healthy Children Without Smoking (TASTAROK) On Smoking Prevention Behavior (Knowledge And Attitude) In Elementary School Children*, Thesis, Poltekkes Kemenkes Malang Bachelor Study Program Applied Health Promotion, Supervisor I: Mujito, A.Perpen, M.Kes., Supervisor II : Dr. Siti Asiyah, S.Kep.Ns, M.Kes.

Smoking in Indonesia, especially among adolescents, is a serious problem in primary school students. As the third highest smoker in the world, environmental factors, such as tobacco shops near schools, exacerbate the situation. This study evaluated the effectiveness of the tastarok simulation game in preventing smoking behavior in elementary school students. This study used a quantitative approach with a quasi-experimental pretest - posttest control group design. The sample consisted of 40 5th and 6th grade students at SDN 2 Mulyoagung Malang Regency, selected by purposive sampling. Respondents were divided into control group (n=20) who received education through PowerPoint media, and experimental group (n=20) who received education through Tastarok simulation game. Before the intervention, the experimental group had 60% poor knowledge and 75% negative attitude. In the control group, knowledge was poor 75% and negative attitude 90%. After the intervention, the experimental group had 85% good knowledge and 80% positive attitude. In the control group, good knowledge 70% and positive attitude 65%. Statistical test results with Wilcoxon Test showed knowledge $p < 0.000$ or $p < 0.005$, attitude $p < 0.000$ or $p < 0.005$ in both groups, Mann-Whitney Test knowledge $p < 0.001 < 0.005$, attitude $p < 0.001 < 0.005$, rejecting the null hypothesis (H_0) and supporting the alternative hypothesis (H_a). This shows that the Tastarok simulation game is effective in increasing the knowledge and attitude of smoking prevention in high school students. This study confirmed that the Tastarok simulation game was successful in improving knowledge and attitudes of smoking prevention among elementary school students. This approach can be an effective alternative in health education programs to prevent smoking behavior in children and adolescents.

Keywords: Knowledge, attitude, smoking, educational game, Tastarok