

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
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PROGRAM STUDI KESEHATAN MASYARAKAT**

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**PENGARUH MEDIA PERMAINAN ULAR TANGGA TERHADAP
PENINGKATAN PENGETAHUAN SISWA TENTANG PERILAKU
RAMAH LINGKUNGAN HIDUP DI SDN SUKAPURA 2 KOTA CIREBON**

xvi + 82 halaman + 8 tabel + 2 diagram + 19 lampiran + 2 gambar

ABSTRAK

Perilaku Ramah Lingkungan Hidup merujuk pada segala tindakan individu atau kelompok yang bertujuan untuk mengurangi dampak negatif terhadap lingkungan dan mendukung keberlanjutan ekologis pada siswa sekolah dasar. Upaya yang dilakukan dengan meningkatkan pengetahuan siswa melalui media permainan ular tangga. Data jumlah sekolah yang telah menerapkan Perilaku Ramah Lingkungan Hidup hanya 24% dari tahun 2006-2024. Tujuan penelitian ini dilakukan untuk mengetahui pengaruh permainan ular tangga terhadap peningkatan pengetahuan siswa tentang Perilaku Ramah Lingkungan Hidup di SDN Sukapura 2 Kota Cirebon.

Metode penelitian ini menggunakan deskriptif kuantitatif dengan rancangan *one group pretest-posttest* selama 3 kali pertemuan. Populasi pada penelitian ini kelas 4 dan 5. Teknik pengambilan sampel menggunakan total sampling dengan jumlah responden sebanyak 45 orang. Pengumpulan data menggunakan lembar kuisioner tertutup. Uji statistik menggunakan *Paired t-test*.

Hasil penelitian didapatkan pertemuan ke-1 dilakukan *pretest* sebanyak 40 responden (89%) mendapatkan nilai (kurang), setelah dilakukan permainan ular tangga sebanyak 45 responden (100%) mendapatkan nilai (baik). Hasil *Bivariat* dilakukan melalui *Paired t-test* menunjukkan *p-value* yang diperoleh sebesar 0.000 dan lebih kecil dari nilai $\alpha = 0,05$. Hasil ini menunjukkan H_0 ditolak artinya ada pengaruh media permainan ular tangga terhadap peningkatan pengetahuan siswa tentang Perilaku Ramah Lingkungan Hidup di SDN Sukapura 2 Kota Cirebon.

Hasil penelitian ini diharapkan dapat dimanfaatkan sebagai sarana pendukung dalam kegiatan pembelajaran untuk meningkatkan pemahaman tentang Perilaku Ramah Lingkungan Hidup (PRLH), serta menjadi acuan dan referensi dalam penelitian lanjutan yang berkaitan dengan topik serupa, khususnya melalui media pembelajaran kreatif seperti permainan ular tangga. Selain itu, penelitian ini juga dapat mendorong kajian lebih lanjut yang tidak hanya berfokus pada peningkatan pengetahuan, tetapi juga pada penerapan perilaku ramah lingkungan dalam kehidupan sehari-hari.

Kata Kunci :Media Permainan Ular Tangga, Peningkatan Pengetahuan, Perilaku Ramah Lingkungan Hidup

Daftar Pustaka :52 (2013-2024)

**MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH
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***THE EFFECT OF SNAKES AND LADDERS GAME MEDIA ON
INCREASING STUDENTS' KNOWLEDGE OF ENVIRONMENTALLY
FRIENDLY BEHAVIOR AT SDN SUKAPURA 2 CIREBON CITY***

xvi + 82 pages + 8 tables + 2 diagrams + 19 attachments + 2 pictures

ABSTRACT

Environmentally Friendly Behavior refers to any individual or group action that aims to reduce negative impacts on the environment and support ecological sustainability in elementary school students. Efforts are made by increasing students' knowledge through the snakes and ladders game media. Data on the number of schools that have implemented Environmentally Friendly Behavior is only 24% from 2006-2024. The purpose of this study was conducted to determine the effect of snakes and ladders game on increasing students' knowledge about Environmentally Friendly Behavior at SDN Sukapura 2 Cirebon City. This research method uses quantitative descriptive with a one group pretest-posttest design for 3 meetings. The population in this study consisted of all 146 students at SDN Sukapura 2 Elementary School in Cirebon City. The sample in this study used purposive sampling. Based on the validity test results, the 15 questions are considered valid because $r_{hitung} \geq r_{tabel}$ and reliable because the value of 0.88 is greater than the Cronbach's Alpha standard of 0.60. Data collection using a closed questionnaire sheet. Statistical tests using Paired t-test.

The results of the study obtained at the 1st meeting of the pretest as many as 40 respondents (89%) received a score (less), after the snakes and ladders game as many as 45 respondents (100%) received a score (good). Bivariate results conducted through Paired t-test showed the p-value obtained was 0.000 and smaller than the value of $\alpha = 0.05$. These results show that H_0 is rejected, meaning that there is an effect of snakes and ladders game media on increasing students' knowledge about Environmentally Friendly Behavior at SDN Sukapura 2 Cirebon City.

The results of this study are expected to be used as a supporting tool in learning activities to improve understanding of Environmentally Friendly Behavior (EFB), as well as a reference and guideline for further research on similar topics, particularly through creative learning media such as snakes and ladders games. Additionally, this research may encourage further studies that not only focus on increasing knowledge but also on the application of environmentally friendly behavior in daily life.

Keywords. *:Snakes and Ladders Game Media, Increased Knowledge, Environmentally Friendly Behavior*

Bibliography *:52 (2013-2024)*