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A Development Model Of An Illustration Design For A Story Book Titled 'Temi's Story' As An Introduction Media To A Healthy Life



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Abstrak

Pengenalan hidup sehat adalah kebiasaan yang perlu diperhatikan setiap individu. Maka dari itu perlu diperkenalkan sejak dini agar kebiasaan pola hidup sehat dapat menjadi kebiasaan baik yang melekat di setiap individu. Penelitian ini bertujuan untuk: (a) menghasilkan buku cerita bergambar sebagai media pengenalan hidup sehat, (b) mengetahui kelayakan buku cerita bergambar sebagai media pengenalan hidup sehat, (c) mengetahui efektivitas buku cerita bergambar sebagai media pengenalan hidup sehat. Jenis penelitian ini merupakan penelitian dan pengembangan (R&D) dengan mengadaptasi model Borg dan Gall. Tahapan pengembangan meliputi lima tahapan: analisis kebutuhan, perencanaan, pengembangan produk awal, pengujian terbatas, revisi hasil uji produk. Analisis kebutuhan dilakukan dalam penelitian ini untuk mengetahui apakah buku cerita bergambar sebagai media pengenalan hidup sehat dibutuhkan. Tujuh responden menjawab sangat butuh dengan presentase 100%. Buku cerita Temi Story diuji validasi dan efektivitas. Hasil validasi oleh ahli media di peroleh 100% sangat baik. Hasil uji efektivitas diperoleh 75% layak dan 25% sangat layak.

Abstract

The introduction of a healthy life was a habit that needed to be considered by every individual. Therefore, it was necessary to introduce early so that the habit of a healthy lifestyle can be a good habit attached to each individual. This study aimed to: (a) produce a picture book as a healthy life recognition media, (b) know the feasibility of the storybook as a healthy life introduction media, (c) know the effectiveness of pictorial story books as a healthy life-to-life recognition media. This type of research was research and development (R & D) by adapting the Borg and Gall model. Stages of development included five stages: needs analysis, planning, initial product development, limited testing, and revised product test results. Needs analysis was carried out in this study to found out what the storybook was illustrated as a healthy life-to-life introduction media needed. Seven respondents responded that it was very necessary with a percentage of 100%. The story book titled "Temi's Story" was tested on its validation and effectiveness. The results of validation by media experts were 100% very good. The results of the effectiveness test were obtained 75% feasible and 25% very feasible.



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INTRODUCTION

According to reference [1], Indonesia's health rate is 62.8 percent. Indonesia is rated 30th in the world in terms of health resilience [2]. Malnutrition and non-communicable illnesses have the biggest disease burdens in Indonesia [3]. Heart and blood vessel disease is one of the noncommunicable illnesses that contributes to Indonesia's high death rate; in 2018, the number of patients increased by 1.5 percent to 2,784,064 [4]. Based on these findings, it is clear that a healthy human lifestyle causes a variety of disorders.

According to reference [5], there is a relationship between attitude and nutrition parenting style on children's nutritional status. 59% of children under five who are malnourished are due to not getting additional food portions [6]. This becomes the basis for the program and one's knowledge has an impact on one's own health.

The South Sulawesi Health Service survey in 2017 indicated that the percentage of households in Makassar City who behaved in a healthy life was 68.16% [7]. Based on these data, the efforts are still needed to inculcate a healthy lifestyle early. This is because based on the recommendation of the ministry of education and culture, children should be given a program to strengthen character education so that they become good individuals in the future [8].

The values of character education that are prioritized are religious, nationalist, integrity, independent, and mutual cooperation. The introduction of a healthy lifestyle is included in the value of the character of mutual cooperation. Habit cultivation or often heard with the term character cultivation is an effective solution to provide awareness to the community. The brain growth of children aged 0 years reaches 25%, children aged 6 years is 80%, and children 12 years is 100% [9]. Children's intellectual development occurs rapidly in the early years of a child's life. About 50% of the variability in adult intelligence has occurred by the time the child is four years old. The next 30% increase occurs at age eight, and 20% in mid or late adulthood [10]. Early childhood has a major impact on

Aliza Shafira Nur Dhaahiru, Rusmyadi, Muhammad Yusri Bachtiar. A Development Model Of An Illustration Design For A Story Book Titled 'Temi's Story' As An Introduction Media To A Healthy Life. adulthood, and new experiences from early childhood cannot be erased or even developed [11]. This makes learning about character cultivation to be done from an early age.

There are definite rules that bind about the learning process that aims to provide good understanding to students. As in Government Regulation No. 146 of 2014 on Curriculum 2013 for Early Childhood Education, there are principles regarding to the learning process. The 10th principle regarding children's learning guidelines is the use of media. The existence of binding rules regarding the use of media needs to become a reference that children need media for their learning process [12].

Learning media is one of the most effective activities for maximizing the golden period of children. According to reference [13], interactive media increased children's comprehension of a clean and healthy lifestyle by 10.13 percent. Thus, in optimizing the introduction of healthy lifestyles in children from an early age, interactive media are needed. Reference [14] picture books are one of the interactive media that can convey a deep verbal message in early childhood. Illustrated books are suitable for use as a medium for character learning in early childhood [15]. This is because it can provide a concrete character education to children.

RESEARCH METHOD

This study used research and development method (R&D). Development research is a method used to produce products through certain stages. The stages in this study were adapted from the Borg and Gall stages, namely: potential problem, planning, initial product development, limited testing and revision of initial product trial result.

This research was conducted at Mentari Bontoa Kindergarten. The sample in this study was a B grade kindergarten teacher at Mentari Bontoa Kindergarten. The results of the data in this study were quantitative data from the need for picture story book, product validation, and product effectiveness. The instrument of this research was a questionnaire.

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A media validity test and a media effectiveness test are part of the initial product trial. Expert lecturers in learning media conducted the media validation exam using a learning media validation questionnaire. Four Kindergarten B teachers conducted

an efficacy test by distributing teacher response questionnaires to picture story books.

RESULT AND DISCUSSION

The first stage conducted in this study is the potential problem or analysis of needs. At this stage there is an instrument analysis of needs. The indicators in the Instrument Analysis of Needs, namely the existence of healthy living media needs, components in pictorial story books and general topics needed by a healthy lifestyle.

Table 1. The average answer to the existence aspect and the introduction of a healthy life media

Assessment aspect	Frequency	Percentage	Category
Media suitability for children aged 5-6	5	71.4	Strongly agree
Difficulty in introducing a healthy lifestyle	3	42.9	Disagree
Frequently found media	3	42.9	Agree

Table 2. Categorization of media needs for healthy life

Interval Score	Frequency	Category
$x < 11.67$	0	Less need
$11.67 \leq x < 18.33$	0	Need
$18.33 \leq x$	7	Really need

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The average answer to the component aspects in the storybook needed in developing includes eight aspects. The first component in dominance with the visual or image by six respondents answered **strongly agree** with the percentage of 85.7%. The second component, variant color by four respondents answered **strongly agree** with the percentage of 57.1%. The third component of the image background must be clear and real, five respondents answered **strongly agree** with the percentage of 71.4%. The fourth component using daily language, three respondents answered **strongly agree** with the percentage of 42.9%. The fifth component of the use of standard language, two respondents answered **strongly agree** with the percentage of 28.6%. The sixth component has a SPOK element, four respondents answering **strongly agree** with the percentage of 57.1%. The seventh Component is the simple language, five respondents answered **strongly agree** with the percentage of 71.4%. The last component is number of sentences no more than five sentences, four respondents answered **strongly agree** with the percentage of 57.1%.



The sub indicator on the Instrument Analysis of the need is selection of the topic. Five topics offered by researchers to respondents. The healthy lifestyle topic that offered is environmental hygiene, self-hygiene, dietary and drinking habit, behavior to prevent disease and balance pattern. The accumulation of respondent's answer indicated 100% choosing personal hygiene, so that the self-hygiene became the researcher's main theme to develop *Temi's Story*.

The illustrated storybook developed will be made with a simple story concept according to the daily life of children. Based on the analysis of the needs filled by Kindergarten teachers and theme storyteller, the needs used is self-hygiene. The scope of self-hygiene is how someone maintains self-hygiene. The value in this book is to introduce self-hygiene such as hand washing, feet washing, and brushing teeth. The existence of a storybook *Temi's Story* is expected to introduce a simple healthy lifestyle.

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The main character in storybook 'Temy's Story' is called Temi. Temi is a boy who tells us about self-cleaning habits. The second figure in this storybook is Mother. Mother explained about why Temi must clean himself.

Table 3. Character Description

Character	Description
	Temi is a boy who has black hair and brown skin
	Mother is a woman wearing a purple veil and brown skinned.

One of the criteria that the author needs to know in bookmaking is the target reader. Temi's Story book target reader is a 5-6year-old child so this book is designed with Read a Loud Orientation. In accordance with the analysis of the needs, the development of Story book titled *Temi's Story* must be dominated by visual or image. The font type in this storybook is Sheo. The font size used is 36 pt. Temi's Story has a size of 14.8 cm x 21 cm equivalent to A5 paper size. It includes 11 pages. It consists of 1 Cover Page, 1 Introduction page, and 9 Pages of Contents.

Book cover has elements of book title, book theme, and character. This book contains the values of healthy life. The title of the book is *Temi's Story* with the theme of Temi is happy to maintain cleanliness. The character in this storybook is boy. Here is a book cover display that has been made by the researcher.



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Picture 1. Book Cover of *Temi’s Story*

The design of the image used by the author in the making of *Temi’s Story* used sketch and then illustrated with the help of Adobe Photoshop and Pen Tablet. The image designed in this storybook is simple image that have a goal so that children easily understand the meaning of each story displayed. The following is the view of the initial sketch made by the author.



Picture 2. Sketch Image



Picture 3. Illustration Image

There are two limited testing carried out in this study, namely product validity test and product effectiveness. Validity test was used to see whether the *Temi’s Story* book is valid or not. The validity test was carried out by media expert

Aliza Shafira Nur Dhaahiru, Rusmyadi, Muhammad Yusri Bachtiar. A Development Model Of An Illustration Design For A Story Book Titled 'Temi's Story' As An Introduction Media To A Healthy Life. lecturers. The effectiveness test was implemented to see the effectiveness of Temi's Story book. This test was carried out by kindergarten teachers.

Validation data were taken from the result of the media expert lecturer validation questionnaire. The average score calculation refers to the five-scale convention table based on the benchmark reference assessment (PAP)

Table 4. validation categorization

Category	Score Interval
Very Good	$x > 4.21$
Good	$3.40 < x \leq 4.21$
Pretty Good	$2.60 < x \leq 3.40$
Not Good	$1.79 < X \leq 2.60$
Very Bad	$X \leq 1.79$

Based on the average media validation, it obtained a score of 4.31. This shows that the product developed by researcher has a "very good" category. The expert lecturer concludes that story book is worth to use without revision.

Effectiveness data were obtained from the results of the teacher respond questionnaire. The indicator of the teacher's respond questionnaire has two on media and material. Quantitative data was managed using the following categorization.

Table 5. Effectiveness Categorization Table

Score Interval	Frequency	Category
$x < 111.25$	0	Less decent
$111.25 \leq x < 114.7$	3	Decent

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$114.7 \leq x$ 1

Very decent

Based on the table above, the respondent's frequency that answers **very decent** includes one respondent and **decent** is three respondents. Therefore, it can be concluded that *Temi's Story* storybook is decent.

CONCLUSION

Based on the data presented, it can be concluded that: Analysis of illustrated story book needs has three components, namely the existence and needs of illustrated story book, components of illustrated storybook and the main topic of healthy living media. Based on the data presented, it was found that the illustrated story book was appropriate; it was not difficult to introduce and often found. Regarding the needs, 100% of respondents answered **very need**. The components needed in the illustrated story book are dominated by visual; background of the image must be clear and the use of simple language. Meanwhile, the main topic is self-hygiene.

Media validation was carried out by expert lecturers using a media validation questionnaire. Based on the results of the validation, it was obtained that *Temi's Story* was categorized into **very good**. Meanwhile, effectiveness was carried out through the teachers' questionnaires respond. Based on the results of the effectiveness test, three respondents agreed and one respondent strongly agreed to the *Temi's Story* storybook.

The suggestions that the author can state as follows: For teachers, the use of *Temi's Story* Storybook can be optimized on teaching materials as an effective child literacy activity in introducing a healthy lifestyle to children aged 5-6 years. For further researchers, it can be developed by research through field tests to measure increased understanding.

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