

Designing a Pocket Book to Support Healthy Living in Islamic Boarding School Communities

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ABSTRACT

Background: One of the efforts to prevent health problems in students in Islamic boarding schools is by building awareness to carry out clean and healthy living behavior (PHBS). Efforts to introduce and improve students' knowledge can be done by using health education media in the form of pocket books. **Objective:** To produce a PHBS pocket book for students in Islamic boarding schools. **Methods:** This study uses the RnD approach based on the ADDIE Model (Analyze, Design, Development, Implementation, and Evaluation). The media was validated by expert media validators, language experts, public health practitioners, agency validators, and students in grades X and XI of the Ar-Rahman Islamic Boarding School. Data collection used literature studies and data were analyzed manually. **Results:** The development of the PHBS pocket book in Islamic Boarding Schools began with identifying potential problems and, collecting data, and information. Product design creation using the Ibis Paint X application. The product obtained validation results, namely media experts of 96% (very feasible), language experts of 92% (very feasible), public health practitioners of 99% (very feasible), validation of institutions consisting of teachers of 100% (very feasible). After receiving suggestions and comments from the validator, the product was then revised. Then the results of the product trial on the participant group were 88% (very feasible) **Conclusion:** The PHBS pocket book in Islamic Boarding Schools can be used as a health education media with a very feasible feasibility test. **Suggestion:** Pocket books can be digitized based on Android.

Keywords: Educational Media, Islamic Boarding Schools, PHBS, Pocket Books

INTRODUCTION

According to the Regulation of the Minister of Health of the Republic of Indonesia Number: 2269/Menkes/Per/XI 2011 concerning Guidelines for Guiding for Clean and Healthy Living Behavior (PHBS), is a collection of clean and healthy living behaviors carried out on the basis of individual awareness in helping themselves to improve health so as to prevent disease and play an active role in realizing a healthy environment (Dwi et al., 2020). Based on the 2015-2030 Sustainable Development Goals (SDGs) program objectives, PHBS is one of the indicators to improve health status. So that clean and healthy living behavior is of particular concern because PHBS includes prevention that has a short-term impact on improving health in 3 settings, namely schools, families and communities

(Sanusi et al., 2020).

The scope of PHBS in educational institutions includes washing hands with soap, consuming healthy food and drinks, using healthy latrines, throwing garbage in the trash, not smoking, not consuming Narcotics, Alcohol, Psychotropic and other Addictive Substances (NAPZA), not spitting in any place, eradicating mosquito larvae and others. Nationally, the prevalence of districts/cities that have a PHBS policy in 2018 was 70.62%, which has exceeded the 2018 Strategic Plan target of 70%. However, in one of the PHBS indicators, namely the proportion of correct behavior in washing hands in the population aged > 10 years in Indonesia was 49.8% and Jambi Province was 43.7% (Balitbangkes RI, 2018).

Based on Indonesian Law Number 18 of 2019, pesantren is a religious educational institution that has an active

role in educating students by integrating with general education. During the education process at the pesantren, the students will stay in the pesantren environment for a long period of time. The students will live together and interact with each other with various characteristics and behaviors, this of course can cause health problems from various aspects such as individual and environmental health. The impact that can arise from the condition of individuals and the pesantren environment that is not clean and maintained is the case of disease transmission between students such as scabies which is a skin disease originating from mites, easily transmitted if there is direct and indirect contact through dust, water, and objects if individuals do not have clean and healthy living behavior.

By looking at these problems, this is something that is important and requires serious attention to disease prevention and control efforts because the students should have optimal and highest health as clearly stated in Law No. 36 of 2009 concerning Health (Article 11) which emphasizes that everyone is obliged to behave in a healthy manner to realize, maintain, and promote the highest health. The real action that can be started is to build awareness of practicing PHBS (Apriliani et al., 2023).

Efforts to introduce and improve santri knowledge of PHBS can be done with health promotion interventions through health education media. According to the Regulation of the Minister of Health of the Republic of Indonesia Number 44 of 2018 concerning the Implementation of Health Promotion states that health promotion is a process of strengthening the community through various activities that provide information, influence and support the community to play an active role in producing behavioral changes independently towards an optimal level of health (Permatasari et al., 2023).

Health education media can channel and generate individual interest to learn quickly in implementing health messages. In Indonesia, health education media used as health promotion interventions are very diverse. However, in various health services, print media is the most effective media to use because it can be seen and easily reached by

various levels of society (Raodah & Handayani, 2022).

Pocket book is one of the health education print media that can be carried everywhere because it has a small size and light weight. Pocket books are equipped with pictures and colors, making it easier for readers to understand the contents of the material in the pocket book. In addition, pocketbooks can be used as a tool and add references that will be used as media in the learning process (Sanusi et al., 2020). Supported by research (Prihatin, et al, 2021) there are changes in clean and healthy living behavior in the community in Lemahbang Hamlet with a p -value of $0.001 < 0.05$ after receiving counseling using a PHBS pocketbook (Prihatin et al., 2021). Based on this description, the purpose of this study is to produce a PHBS pocketbook for students in Islamic Boarding Schools.

METHODS

This research uses an RnD approach based on the ADDIE Model (Analyse, Design, Development, Implementation, and Evaluation) by following the Borg and Gall development procedure according to (6) which consists of 1) Potential and Problems, 2) Data Collection, 3) Product Design, 4) Product Validation, 5) Product Revision, 6) Trial, 7) Product Revision. The procedure begins with a needs analysis and literature study. The research instrument is a pocket book assessment sheet by validators, namely media experts, linguists, expert public health practitioners, agency validators, and participant groups.

Data analysis used descriptive analysis of validator comments and suggestions obtained from the assessment sheet. Questionnaire data is qualitative data that is quantified using a Likert scale. The assessment was continued by calculating the percentage of product feasibility using the following formula:

$$P = \frac{\sum R}{N}$$

Description:

P = Percentage of final score

$\sum R$ = Total number of assessment results

N = Total maximum score

Source: (Firman & Julianto, 2021).

The percentage results of product

feasibility will be converted according to the criteria in the following table:

Table 1. Interval of Feasibility Level

Percentage	Validity Level
$80\% < V \leq 100\%$	Very Feasible
$60\% < V \leq 80\%$	Feasible
$40\% < V \leq 60\%$	Feasible Enough
$20\% < V \leq 40\%$	Less Feasible
$0\% < V \leq 20\%$	Not Feasible

Source: (Pratama & Saregar, 2019)

Ethical considerations This research has been approved by the Health Polytechnic Ethics Committee of the Ministry of Health, Jambi, Ministry of Health of the Republic of Indonesia with protocol code No. LB.02.06/2/859/2024 dated 2 July 2024. At the time of data collection, each participant was informed about the research procedures and signed an informed consent as a sign of agreement to participate in the research.

RESULTS AND DISCUSSION

Pocket books were created and developed based on the ADDIE model (Analysis, Design, Development, Implementation and Evaluation) using the steps of the Research and development (RnD) method by Borg and Gall as follows:

1. Analysis

a. Potential and Problems

This research begins with identifying clean and healthy living behaviors in adolescent students in Islamic boarding schools. So that researchers found that, according to the Regulation of the Minister of Health of the Republic of Indonesia Number: 2269 / Menkes / Per / XI / 2011 concerning Guidelines for Guiding Clean and Healthy Living Behavior (PHBS), that the success of PHBS development is carried out not only by looking at PHBS indicators in the household setting but from other settings such as educational settings. Based on Riskeydas, 2018, nationally, the prevalence of districts/cities that have a PHBS policy in 2018 was 70.62%, where this figure has exceeded the 2018 Strategic Plan target of 70%. However, one of the indicators of PHBS, namely the proportion of correct behavior in washing hands in the population aged > 10 years in Indonesia was 49.8% and Jambi Province was 43.7%. Other healthy living behaviors

such as physical activity in the population aged >10 years in Jambi province amounted to 57.6% (Balitbangkes RI, 2018).

So that clean and healthy living behavior as an effort to prevent disease in each individual needs to be considered, one of which is by increasing santri knowledge of PHBS. High interaction, and staying for a long period of time together with the diverse characteristics and behavior of the students can certainly cause health problems if the students do not have the awareness to maintain personal and environmental health. From these problems, the potential arises to provide information related to PHBS in order to increase santri awareness, through health education media that is attractive, and easily accessible. So in this study, pocket books were chosen as health education media to convey information related to PHBS.

b. Data and information collection

Furthermore, researchers conducted literature studies from various sources such as health articles, digital books, and journals in developing educational media for PHBS pocketbooks in Islamic boarding schools. Some of the references used as material in the pocket book are Permenkes Number. 2269/Menkes/Per/XI/2011 concerning Guidelines for Guiding Clean and Healthy Living Behavior (PHBS), and the Pocket Book of PHBS during the Covid-19 Pandemic in 2021. While the reference used regarding images is the pinterest application.

2. Design

The design of the pocket book begins with determining the theme and target age group, namely to whom the pocket book is addressed. So that in this study, the pocket book has a theme about Clean and Healthy Living Behavior (PHBS) and has the target of adolescent santri and santriwati at the aliyah level at the boarding school. After that, compile a story board or image sketch so as not to get out of the predetermined theme which consists of making the front cover, back cover, preface table of contents, contents, and cover.

3. Development

The pocket book story board that

has been made in the previous stage, then developed by forming the design of the characters in the pocket book as follows:



Image 1. Figures in the pocket book of PHBS in Islamic Boarding Schools
 Source: Primary Data

Pocket book development is made by drawing digitally using a smartphone on the Ibis Paint X application by combining illustrations and writing with the following design development results:



Image 2. Front Cover and Back Cover
 Source: Primary Data



Image 3. Compilation and Table of Contents
 Source: Primary Data



Image 4. Foreword and Bibliography
 Source: Primary Data



Image 5. Sub-tittle 1
 Source: Primary Data



Image 6. Sub-tittle 2
 Source: Primary Data



Image 7. Sub-tittle 3 and 4
 Source: Primary Data



Image 8. Sub-tittle 5
 Source: Primary Data



Image 9. Sub-tittle 6 and 7
 Source: Primary Data



Image 10. Sub-tittle 8
 Source: Primary Data

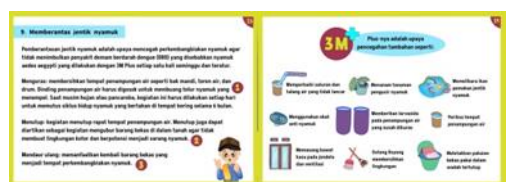


Image 11. Sub-tittle 9
 Source: Primary Data

4. Implementation

a. Product Validation

Product validation is carried out by expert validators in various fields which are useful for assessing and providing comments or suggestions to reduce errors in the pocket book so as to support the

development of the product. There are four validators among others:

1. Validation of Public Health Practitioners

The results of the assessment by one validator, namely public health practitioners, can be seen in the following table:

Table 1. Recapitulation of the Assessment of the Handbook of Clean and Healthy Living Behavior (PHBS) in Islamic Boarding Schools by Public Health Practitioners

Assessment Aspect	Total Aspects	Max Value	Feasibility Percentage*
Educational	35	35	100
Media			
Language	20	20	100
Book Design	39	40	98
Total	94	95	99

*Feasibility: Very Feasible ($80\% < V \leq 100\%$), Feasible ($60\% < V \leq 80\%$), Feasible Enough ($40\% < V \leq 60\%$), Less Feasible ($20\% < V \leq 40\%$), Not Feasible ($0\% < V \leq 20\%$).

Source: Processed Primary Data

Based on the results of validation conducted by public health practitioners, the percentage of feasibility is 99% with very feasible criteria.

2. Media Expert Validation

The results of the assessment by one media expert can be seen in the following table:

Table 2. Recapitulation of the Assessment of the Pocket Book of Clean and Healthy Living Behavior (PHBS) in Islamic Boarding Schools by Media Experts

Assessment Aspect	Total Aspects	Max Value	Feasibility Percentage*
Book Design	51	55	93
Educational	15	15	100
Media			
Total	66	70	96

*Feasibility: Very Feasible ($80\% < V \leq 100\%$), Feasible ($60\% < V \leq 80\%$), Feasible Enough ($40\% < V \leq 60\%$), Less Feasible ($20\% < V \leq 40\%$), Not Feasible ($0\% < V \leq 20\%$).

Source: Primary Data Processed

Based on the results of validation conducted by media experts, the percentage of feasibility is 96% with very feasible criteria.

3. Language Expert Validation

The results of the assessment by one linguist can be seen in the following

table:

Table 3. Recapitulation of the Assessment of the Handbook of Clean and Healthy Living Behavior (PHBS) in Islamic Boarding Schools by Linguists

Assessment Aspect	Total Aspects	Max Value	Feasibility Percentage*
linguistics	25	30	83
Educational	15	15	100
Media			
Total	40	46	92

*Feasibility: Very Feasible ($80\% < V \leq 100\%$), Feasible ($60\% < V \leq 80\%$), Feasible Enough ($40\% < V \leq 60\%$), Less Feasible ($20\% < V \leq 40\%$), Not Feasible ($0\% < V \leq 20\%$).

Source: Primary Data Processed

Based on the results of validation conducted by linguists, the percentage of feasibility is 92% with very feasible criteria.

4. Institution Validation

Institution Validation was carried out by one validator, namely a teacher from a boarding school. The results of the assessment can be seen in the following table:

Table 4. Recapitulation of Pocket Assessment of Clean and Healthy Living Behavior (PHBS) in Islamic Boarding Schools by Agency Validators

Assessment Aspect	Total Aspects	Max Value	Feasibility Percentage*
Educational	35	35	100
Media			
Language	20	20	100
Book Design	40	40	100
Total	95	95	100

*Feasibility: Very Feasible ($80\% < V \leq 100\%$), Feasible ($60\% < V \leq 80\%$), Feasible Enough ($40\% < V \leq 60\%$), Less Feasible ($20\% < V \leq 40\%$), Not Feasible ($0\% < V \leq 20\%$).

Source: Primary Data Processed

Based on the validation results, the percentage of feasibility is 100% with very feasible criteria.

b. Product Design Revision

At this stage, design revisions are made after receiving comments and suggestions during the expert validation stage. This is used to correct deficiencies in the pocket book to support the development of the media.

1. Public Health Practitioners

There were comments and suggestions from public health practitioners to add a preface, bibliography and enlarge the font size in the pocket book. So the researchers made several improvements, namely making a preface, and a bibliography to include references. The researchers increased the font size of all letters in the pocket book.

2. Media Expert

Based on comments and suggestions from media experts, the pocket book cover has an attractive color but needs to add the agency logo, the illustration of the contents of my plate is changed with illustrations of other PHBS indicators, and the need for changes in the pocket book title tailored to the target group. So the researcher made several improvements including adding the agency logo, changing the illustration of the contents of my plate to an illustration of smoking prohibition. In addition, the title of the pocket book on the cover was changed from PHBS in Schools (Pesantren) to PHBS in Islamic Boarding Schools.

3. Language Expert

According to linguists, the PHBS pocket book is able to attract interest in reading, using appropriate language. However, the pocket book requires adjustments to the writing of refined spelling (EYD) even better. So based on these suggestions, the researchers improved the sentence structure by using refined spelling (EYD).

c. Product Trial

Product trials were limited to a group of participants, namely adolescents aged 15-16 years at the Ar-Rahman Islamic Boarding School. Then a group of participants consisting of 40 participants was obtained. Researchers conducted product trials in the classroom face-to-face by distributing each group one pocket book to read and each teenager got an assessment sheet to fill in. The results of the assessment from the participant group are as follows:

Table 5. Trial of PHBS Pocket Book in

Islamic Boarding School			
Assessment Aspect	Total Aspects	Max Value	Feasibility Percentage*
Book Display	1023	1200	85
Book Content	548	600	91
Educational Media	542	600	90
Total	2113	2400	88

*Feasibility: Very Feasible (80% < V ≤ 100%), Feasible (60% < V ≤ 80%), Feasible Enough (40% < V ≤ 60%), Less Feasible (20% < V ≤ 40%), Not Feasible (0% < V ≤ 20%).

Source: Primary Data Processed

Based on the results of product trials conducted in the participant group, the percentage of feasibility was 88% with very feasible criteria.

5. Evaluation

Evaluation is carried out formatively on the development of PHBS pocket book media. Formative evaluation occurs during the development process. Evaluation is carried out to see the shortcomings in the media to be developed so that afterwards improvements are made based on the suggestions obtained. In this formative evaluation, the evaluators involved are experts and participant groups. So that the evaluation in this study is obtained from the results of expert assessments and participant groups that have been carried out at the implementation stage, which are as follows:

1. Public Health Practitioner

There is an evaluation on the content aspect of the book, namely the addition of a preface and bibliography. In addition, the evaluation of the book design aspect is the font size used in the pocket book.

2. Media Expert

Media experts evaluate the book design aspects, namely there are improvements to the illustration components, and pocket book cover layout.

3. Language Expert

There is an evaluation on the linguistic aspect, namely the improvement of sentence structure and the use of Refined Spelling (EYD).

4. Participant Group

The evaluation from the

participant group was only on the appearance aspect of the book, namely the need to increase the font size. Meanwhile, the PHBS pocket book in Islamic Boarding Schools is able to attract interest in reading, and add insight related to PHBS in schools.

Media development is carried out based on the ADDIE Model (Analyse, Design, Development, Implementation, and Evaluation) with the RnD method following Borg and Gall procedures. According to (Sugiyono, 2015) the media development procedure carried out with the stages of development research from Borg and Gall consists of 10 stages including 1) Potential and Problems, 2) Data Collection, 3) Product Design, 4) Product Validation, 5) Product Revision, 6) Field testing, 7) However, this study only carried out 7 stages of the procedure due to the limited costs incurred by researchers to make media on a large scale, so that the media products that researchers produce are only for pilot purposes.

The research begins with the analyse stage, namely identifying potential and problems related to clean and healthy living behavior (PHBS) in adolescent students in Islamic boarding schools by collecting data and information through literature studies. According to the Regulation of the Minister of Health of the Republic of Indonesia Number: 2269 / Menkes / Per / XI / 2011 concerning Guidelines for Guidance on Clean and Healthy Living Behavior (PHBS), that the success of PHBS development is carried out not only by looking at PHBS indicators in the household setting but from other settings such as educational settings. Based on Riskesdas 2018, nationally, the prevalence of districts/cities that have a PHBS policy in 2018 was 70.62%, where this figure has exceeded the 2018 Strategic Plan target of 70%. However, one of the indicators of PHBS, namely the proportion of correct behavior in washing hands in the population aged > 10 years in Indonesia was 49.8% and Jambi Province was 43.7% (Balitbangkes RI, 2018). From these data, the potential arises to provide information related to PHBS in order to increase student awareness, through attractive and easily accessible health education media, one of which is a pocket

book. This is supported by (Haryanti et al., 2024) that food hygiene and sanitation pocketbooks can improve knowledge and practice of food safety with knowledge scores ($P = 0.0001$) and practices ($P = 0.0001$).

The stages carried out in the development of the next book are design and development. The pocket book design was designed using the Ibis Paint X application. The pocket book entitled PHBS in Islamic Boarding Schools, consists of a front cover, back cover, preface, table of contents, bibliography with 9 sub-titles that have 14 pages. The pocket book begins with the definition of PHBS in Islamic Boarding Schools. Then in sub-title 1, it discusses hand washing with soap. Sub-title 2 discusses throwing garbage in its place, sub-title 3 discusses using healthy latrines, sub-title 4 discusses consuming balanced nutritious food, sub-title 5 discusses not smoking, sub-title 6 discusses doing regular physical activity, sub-title 7 discusses maintaining personal hygiene, sub-title 8 discusses menstrual hygiene management (MHM), and sub-title 9 discusses eradicating mosquito larvae. Based on the attentional function according to Sulistyani, et al (2013) in (Sanusi et al., 2020), that pocket books printed with small packaging and full color can attract and attention of students to concentrate on the content of the material written in it. So that in the development process, researchers created the character and design of pocket books by combining bright colors on each page.

At the implementation stage, researchers conduct product validation to see the feasibility of a product. According to (Sugiyono, 2015) in product validation, it is necessary to present several experts or experts who already have experience to be able to assess the product, where each expert presented should assess the design. So that in this study, validation was carried out by 4 validators including one public health practitioner, one media expert, one linguist, and an agency validator, namely the teacher of the Ar-Rahman Islamic boarding school.

The results of the percentage of feasibility of pocket books include; public health practitioner validators assessing aspects of educational media, language, and book design by obtaining a percentage of 99%. Then the linguist who assessed the linguistic aspects and

educational media by obtaining a percentage of 92%. Likewise with (Vadilla et al., 2019) which obtained the results of the feasibility of language experts of 87.5%. Furthermore, this study obtained a media expert assessment for aspects of book design and educational media by obtaining a percentage of 96%. In contrast to (Pas & Wardani, 2022) in the Development of Mind Mapping-Based Pocketbooks to Improve Social Studies Learning Outcomes of Elementary School Students who only obtained "feasible" feasibility with a percentage of 78.5%. Then the agency validator's assessment of the PHBS pocket book at the boarding school assessed the aspects of educational media, language, and book design by obtaining a percentage of 100%. Based on the eligibility criteria, the percentage is included in the very feasible category.

At this stage, validators also provide comments and suggestions to see the strengths and weaknesses of picture storybooks. So that the existing shortcomings become material for improvement at the product revision stage. There were revisions in several aspects of the assessment, including the content aspect of the book, namely the addition of a preface, and a bibliography. Furthermore, in the linguistic aspect, namely the use of sentences according to EYD such as the use of capital letters. Then there are also improvements in the design aspect of the book, namely the selection of font size, and the addition of the agency logo and title on the cover layout.

After product revision, trials can be carried out by simulating the use of the product. The trial phase was limited to 40 participants, namely students in grades X and XI of the Ar-Rahman Islamic Boarding School. The trial was carried out by providing an assessment sheet on the feasibility of illustrated storybooks consisting of three aspects of assessment, namely aspects of book appearance, book content, and educational media. Based on the results of the trial, a feasibility percentage of 88% was obtained with the eligibility criteria included in the very feasible category. Likewise with research (Sulistri et al., 2020) which obtained a very feasible category with a score of 3.33 and 3.39 in the Development of Ethnoscience-Based Digital Pocket Books in Singkawang City Elementary Schools.

The development continued with the Evaluation stage. Evaluation is obtained from the results of expert assessments and participant groups that have been carried out at the implementation stage, namely from public health practitioners there is an evaluation of the aspects of pocket books as health education media. Furthermore, there is an evaluation from media experts on the design aspect of the book. Then according to linguists there is an evaluation of the linguistic aspects. Likewise, the Agency validators and participant groups evaluated the aspects of using pocketbooks for use by boarding school students.

CONCLUSION

The development of PHBS pocket books in Islamic boarding schools begins with the analyse stage, namely identifying potential and problems as well as collecting data and information from literature studies. Followed by the design and development stage, by determining the theme and target. The design was made with the Ibis Paint X application. Then the implementation stage is carried out with the validation of public health practitioners obtaining results of 99% (very feasible), media experts obtaining results of 96% (very feasible), language experts with results of 92% (very feasible), and agency validators obtaining results of 91.2% (very feasible) and participant group trials obtaining 88% (very feasible) so that the PHBS pocket book in Islamic Boarding Schools can be used as a health education media with a very feasible feasibility test. While the evaluation stage is carried out formatively during the development process. So that the evaluation is obtained from the results of expert assessments and participant groups that have been carried out at the implementation stage. It is recommended that further researchers can digitize android-based and develop media with other health problems.

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