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The combination of storybook and children's activity: "The seven basic principles of a clean and healthy lifestyle"

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Abstract. Currently, the Government of Indonesia is promoting the activities of the community movement about clean and healthy life, one of the Ministry of Health programs that are Clean and Healthy Behavior (Lifestyle). Benefits of the program are learning to habituate behavior that includes the cleanliness of the environment around us, such as homes, schools, food and beverage sanitation that aims to avoid infectious diseases, such as diarrhea, types, cough, skin diseases, etc. Obviously, this will be effective if applied too early childhood, but the constraints are sometimes less optimal delivery. This is usually due to several things namely, lack of understanding, the form or manner of delivery is not appropriate, the use of language that is less appropriate, the media used less interesting. With the method of simplifying the program in a picture book that accompanied interactive activities that are easy to be done by the child, so the delivery of the message more interesting and easier to understand. After doing the design test for the students of PAUD KAYYIS kindergarten school, Ciledug Tangerang on May 15-16, 2018, and the result all enthusiastic respondents read the story and the spirit of doing the exercises correctly and understand the information submitted. In conclusion, the delivery of the Clean and Healthy Lifestyle program is easily accepted and understood if it is delivered in a picture storybook accompanied by interactive activities that are easy to work on by children.

Keywords: clean and healthy lifestyle, storybook, activity book, children, design

1. Introduction

Currently, many diseases are around us, especially around children. Children are very vulnerable targets exposed to various diseases. Yet in those days is a period of growth and development. Therefore, the Government of Indonesia concentrates on community movement, one of which is the Ministry of Health program of Clean and Healthy Living Behavior in the household order as an effort to improve the health community and to prevent the risk of disease. Benefits of the program are learning to habituate behavior that can prevent various diseases, such as diarrhea, types, cough, skin diseases, and so on. The Clean and Healthy Lifestyle Program also covers the cleanliness of the environment around us, such as homes, schools, food and beverage sanitation that aim to avoid infectious diseases. Hope every individual or family member can improve their health, especially children. If health is preserved then children grow up healthy and can undergo learning activities well.

The most important targets for the implementation of the Clean and Healthy Lifestyle program are children aged 4-7 years. At that age, the child enters the preschool age which is the most explorative period (playing with the environment) and the right time to be able to receive and absorb information well. This is corroborated by a statement from dr. Astu Anindya Jati that "it is advisable from an early age a child is taught about the habits of Clean and Healthy Lifestyle. It is expected that healthy and clean

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habits will be attached until he is an adult, so the risk of disease will be reduced ". But the constraints are sometimes less optimal delivery and monotonous so that children do not absorb information properly. This is usually caused by the lack of understanding of parents and teachers about the program, the shape or manner of delivery is not appropriate, the use of language that is less appropriate, the media used less interesting, and various other obstacles. It is necessary to recognize the media activities of Clean and Healthy Lifestyle that can be done by children.

Many studies on how to deliver information to children, such as one in Sidney V Word and Robert C Rebling's research, "Child's storybook with shift able pictures", suggest that the accepted method of increasing reading interest is linking words with illustrations depicting words, so the image association with the story is not only instructive for a child but also entertaining the child for effective delivery. And a study by Mitchel Resnick entitled "All I Really Need to Know (in Creative Thinking) I've Learned (by Studying How Children Learn) in Kindergarten" states that the "kindergarten approach to learning" - characterized by a spiraling cycle of Imagine, Create, Play, Share, Reflect, and back to Imagine, help learners develop the creative-thinking skills that are critical to success and satisfaction in today's society. The paper discusses strategies for designing new technologies that encourage and support kindergarten-style learning, building on the success of traditional kindergarten materials and activities, but extending to learners of all ages, helping them continue to develop as creative thinkers. The concept of an edutainment activity book makes the information conveyed more enjoyable so that the child will more easily understand (R Nisa, 2011). From the description, that the storybook combined with the activity book will provide a good stimulus in the receipt of information, then the design of a combination of storybooks with children's activities will facilitate the understanding of the Clean and Healthy Lifestyle program.

2. Method

In this design, the data collection method is done by a qualitative method. First is; literature study: searching for books and papers related to the Clean and Healthy Behaviour program for children and the concept of a child's storybook and activities. This is necessary to strengthen the information and concept of the work to be made. Then the second interviewed a nutritionist named Siti Rahma and a doctor named dr.Astu Anindya Jati related the importance of the introduction of clean and healthy life behavior in children. It is necessary that this design basis has a good reason why this book is needed. Data from the psychological and social side of the behaviour of clean and healthy life for children related to content needs. As well as data related to the concept of storybook and child activity and achievement of ability at each stage of the exercise. From the design side; data knowledge to create book design, in addition to technology building, book anatomy, layout design, also material knowledge, printing technique and graphics technology. Based on this, by simplifying the basic principles of activities that can be done by children, this program can be applied to a picture storybook that accompanied interactive activities that are easy to do by children, so the delivery of the message more interesting and easier to understand. This concept can also stimulate the ability and creativity of children. Children like to be invited to go directly to the activities of Clean and Healthy Lifestyle.

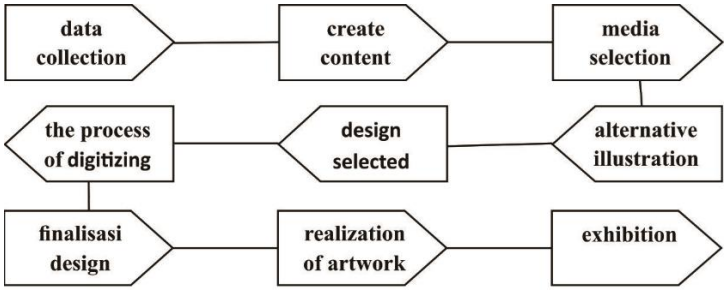

Figure 1. Design Process Scheme of making a story book and activity “The Seven Basic Principles of a Clean and Healthy Lifestyle”

3. Result

The design of this book is included in the non-physical environment, namely as a medium of delivery of illustration depiction of various lifestyle clean and healthy that can be applied by children from an early age. By incorporating the concept of a story and an activity book, it can make this book more interesting than the existing children's storybook. Target users of products are children aged 4-7 years. This book also provides guidance to parents to know what are the clean and healthy lifestyle that can be taught to children right from the start so that the children will learn to implement a clean and healthy lifestyle. The benefit of this book for the community is expected to form good habits of children and parents by applying a clean and healthy lifestyle to reduce the risk of disease. In addition, it is expected through this book the relationship between parents and children can be closer.

The workings of the authors created by combining the two concepts of storybooks and activity books. The selection of media in the form of books because the book is an object that is often around children. The layout of the contents of this book is more focused on large illustrations and text in the middle. This is because children at that age are still not fluent in reading, so they are only able to interpret the story through pictures. In addition, the use of the activity book concept was chosen so that the learning process seemed more fun and the child as a direct jump in the game of clean and healthy lifestyle activities.

Parents can read this book to the child. This book tells about daily life clean and healthy done by 2 main character that is Hatta and Sisi. Every activity lives a clean and healthy existence of stories, information, and activity sheets. There are 10 pieces of activity that must be done by the child to hone his skills and skills. When the child has completed 1 activity sheet, then the parent must provide a star-marked sticker as a form of appreciation because the child is able to do the problem.

3.1. Products Level, Description of shape, type, variety

The work made in the form of a book presented with the concept of stories and activities. This book is an educational medium for parents and children about anything and how to do a clean and healthy lifestyle correctly and as a means of games that hone skills and skills of children.



Figure 2. Description of shape, type, variety

3.2. Technical Specification of Work

The main media in this design is a storybook and activity. The specifications of this book, namely; (a) Book Format: Portrait, (b) Size: 17 cm x 21 cm x 0.5 cm, (c) Number of Pages: 32 pages of contents and 2 cover pages, (d) Material: Art Carton 310 gr for cover and Art Cartoon 210 gr for contents, and (e) Finalization: Spiral volumes and glossy laminates.

3.3. Layout Design Work

The layout used on every simple page with sequence (sequence) I. Where is more dominated illustration compared with text. The position of the text is placed at the top with the center flat, while the illustration

under the text with a size large enough. This is because children at that age are still not fluent in reading, so they are only able to interpret the story through pictures.



Figure 3. Layout design work

On each page of information, there is a border that has a pattern of color arrangement that is yellow, blue, green, red. The colors are chosen because it relates to the meaning of Clean and Healthy Lifestyle.



Figure 4. Visual concepts

3.4. Color

The color used in this book is full of color. Full-color usage is generally shown for children. However, as for the more dominant color in this book is the use of colors orange, blue, and green which three colors have a meaning related to Clean and Healthy Lifestyle.

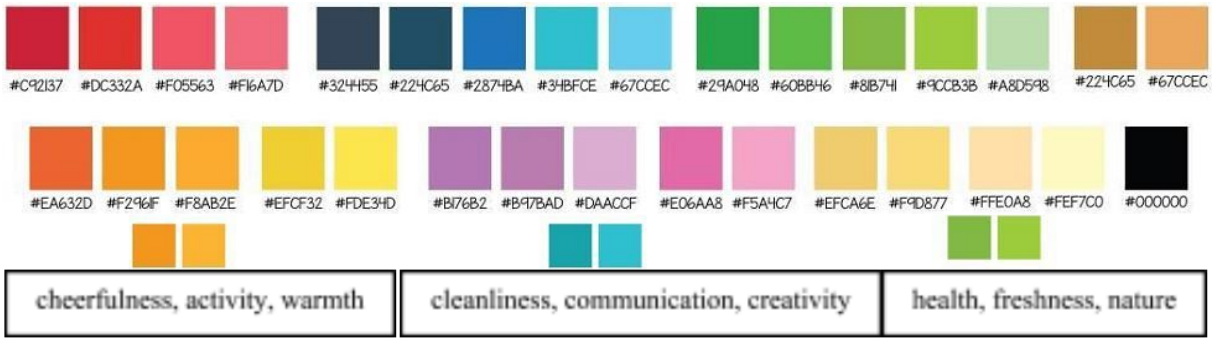

Figure 5. Color

3.5.Typography

The typeface used is "One Trick Pony", this type of letter is most familiar with children and not too rigid. The letters that are made of bloat effect give the impression of attracting attention to the child.



Figure 6. Typography

3.6. Typeface

There are three types of typography used in this book is the One Trick Pony font, Kg Miss Kindergarten and Amateur Comic.



Figure 7. Typeface

One Trick Pony; this font is used in the book title section on the front cover. The selection of these fonts is due to the unique and intriguing shape that is familiar in children's visuals. Kg Miss Kindergarten; this font is used on body text on every page. Selection of the font is because it has clarity in legibility with 12 pt font size. Amateur Comic; this font is used in the conversation between characters, this font is selected because it has good legibility.

3.7. Illustration

Character design, have main character: The existence of the main character in the two people focus is Kak Hatta and Sisi are made like a target of children that is 4-7 years old.



Figure 8. Illustration 1

Hatta is described by a curly-haired boy using a red-white uniform with a first-grade student status of Hatta primary school. And his sister, named Sisi, is depicted as a short-haired girl wearing a blue-white uniform with a kindergarten student status. In addition, there are three supporting characters in the story of the parents, teacher bu and side friends. All illustrations are created using a simple cartoon style without an outline to make it seem less rigid.



Figure 9. Illustration2

3.8. Background

Different backgrounds state that every activity of Clean and Healthy Lifestyle has its own place and states that the activity can be done anywhere.



Figure 10. Background

3.9. Material Concepts

The concept of material used in this book is of course with considerations that can adjust the exercise activities undertaken by children, the following materials used; (1) The material on book cover, the material used on the cover using 310 gr of art cartoon material with glossy laminate. The selection of the paper is due to the material is thick enough so it is not easily damaged quickly. In addition, the

selection of spiral volumes in this book so that children more freely use the book. (2) The material on the content page, the material used on the contents page of art-card paper 210 gr. The selection of thepaper because the material is thick, especially all the pages laminated glossy agar, the book can be used repeatedly even though it was crossed out using a marker. (3) The material of the stickers, the material used on the sticker is a cromo sticker, this type of sticker has a glossy surface and has good durability.



Cover Content Stikers

Figure 11. Material concepts

4. Design Test Activity and The Result

The form of the exhibition used is the publication of the work where the author introduced a work that has been made, then the target of trying to use the work and then they respond to the work they have seen and use. the design test for the students of PAUD KAYYIS kindergarten school, Ciledug Tangerang on May 15-16, 2018, and the result all enthusiastic respondents read the story and the spirit of doing the exercises correctly and understand the information submitted. In conclusion, the delivery of the Clean and Healthy Lifestyle program is easily accepted and understood if it is delivered in a picture storybook accompanied by interactive activities that are easy to work on by children.





Figure 12. Test Activity

In the execution of the exhibition, there are instructions for parents and teachers to provide information through the book "The Seven Basic Principles of a Clean and Healthy Lifestyle". First, direct the delivery of any information contained in the book, and convey the concept of a book that the author design and demonstrate how to use the book. Then after introducing the work that has been made, the author gave the book to be seen and tried by the mothers with the child. Seen some children are very enthusiastic about doing the exercises contained in the book, and seen the proximity that goes between mother and child when they have fun together using the book.

5. Conclusions

Excellent visitor response, seen on the first day when the book was introduced to parents of children ages 4-7 years all parents are so actively responding to the book. There are three mothers with their children trying to use the book and they look cool and like the book. There is a very enthusiastic and focused child with his mother doing the activity exercises in the book. The result, after the trial the child and his mother, to know about anything and how to do a clean and healthy lifestyle to be done and through this book, parents can teach the pattern of living and healthy in a fun way. Similarly, during the second day when a teacher explains the Clean and Healthy Living Pattern contained in the book "The Seven Basic Principles of a Clean and Healthy Lifestyle" to students who are vulnerable aged 4-6 years. The response of the children is very good, enthusiastic and focused attention on the material submitted. Is also prepare activity sheets large enough to be done by the child as a sign of whether the child understands what results have been delivered. As a result, all the advanced children doing the exercises can do it right and understand the information conveyed. The result all enthusiastic respondents read the story and the spirit of doing the exercises correctly and understand the information submitted. In conclusion, the delivery of the Clean and Healthy Lifestyle program is easily accepted and understood if it is delivered in a picture storybook accompanied by interactive activities that are easy to work on by children.

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