GEOZLE: HEALTH EDUCATION FOR EARLY CHILDREN
Zaki Dinul, Erni Astutik, Tika Dwi Tama
Faculty of Public Health
Universitas Indonesia

ABSTRACT
Children are the precious asset for building and developing the nation. As the future generation, the growth of children must be given more attention, consider that they are the most vulnerable groups in getting infection diseases. Based on Riskesdas (2007), in Indonesia, children under of five are the most attacked by infection diseases. For instance, diarrhea. The highest prevalence of diarrhea is happened to them (16.7%). Additionally, diarrhea is the main cause of children's death (22.5%). Based on Profil Kesehatan DKI Jakarta (2009), more than half of early children’s deaths are due to conditions that could be prevented by simple way, like doing clean and healthy behavior (PHBS).

Health education for early children is necessary to make healthy lifestyle. Health education is essential to be taught from early age because this period is the golden age. At this phase, their brain grow up totally until 80%. For instance, their cognitive, languages, physics, social and emotional. Early children can absorb information fully. Giving health information repeatedly has bigger chance to make children practice the healthy behavior so that the risks of getting infection diseases can be minimized up to 32%, according to WHO.

In Indonesia, a place where formal education for early children is named PAUD. The investment of clean and healthy behavior in PAUD can be done by using interesting game, Geozle. Geozle is a matching puzzle that contain of healthy and unhealthy behaviour pictures. This puzzle made of material that colorful and safe for children. They can learn while viewing, sorting, reading the word and matching the puzzle. Thus, the children can be stimulated to be more creative and able to capture health information easily.

Keywords: early children, health education, puzzle

INTRODUCTION
The development of a nation is depend on the quality of human resources. Children are age group that have high potential to be the strong future generation. On 2010, the amount of children in Indonesia is estimated for about 64.85 million and predicted will increase to be 65.31 million on 2015. This number is 25% from total population of Indonesia. We must give high attention to the growth and development of this population for making them into the qualified and strong generation. Health is one of aspects that must be given more attention because it influences the growth and development of the children. If we can’t assure the health status of the
children, we will lose the precious assets for building and developing the nation.

The health problems that often attack the children are infection diseases or communicable diseases, such as diarrhea, infection of respiratory tract, and others. On 2011, the mortality of under five children in the world is 6.9 millions and most of the mortalities is caused by diseases that are able to be prevented, they are 11% diarrhea, 7% malaria, and 18% pneumonia (WHO, 2012). Based on Riset Kesehatan Dasar (2007), age of under five is the biggest groups that gets infection diseases, diarrhea is one of the infection. The prevalence of diarrhea among this population is 16.7%. Diarrhea is also the main cause of under five mortality, that is 22.5%. Based on DKI Jakarta’s health profile (2009), more than 50% reported cases of diarrhea is occurred at children under the age of five. The high number of children morbidity and mortality is really pitiful, consider that the infection diseases can be prevented by implementing clean and healthy behaviour.

Clean and healthy behaviour is one of the health education’s topic that is important to be intrduced since early age. Giving health education to the early children has many advantages, it can be the guidance for their growth and development and also it can create or build children’s awareness towards healthy behaviour. At this stage, the children go into the golden age which their brain grow up totally until 80%. At this time, the memories ability of brain reaches the maximum level so they can absorb health information fully. If they can implement healthy behaviour, the risks of getting diseases can be minimized and they will have good health’s quality.

School is a strategic place to introduce and plant basic behaviour that is important to their next life, included healthy behaviour. (Notoatmodjo, 2010). Based on Undang-Undang No 20, 2003 about education system, Ministry of Education will be socialization the education for early children, named PAUD (Pendidikan Anak Usia Dini). The learning activities of PAUD orient to children’s need and it is done by interesting method, like the combination of education and entertainment method. By using this method, we have an idea to make interactive media that contain healthy behaviour points, named “geozle”. Geozle is pictorial card so it can make the delivery and acceptance of information easier.

**OBJECTIVE**

Give information to the early children about healthy beaviour by using the combination of education and entertainment method, “geozle”.

**IDEA**

Children are prefer to play while studing. The combination of education and entertainment method is really suitable with them. By using this method, the learning situation will be interactive so they can catch the information easier.
Geozle is a card game. It consists of unique picture and every picture is different. This is unique because this game different from other card games. It could teach the early children how to get healthy life. The healthy behaviour points that want to share by this game are washing hands using clean water and soap, brushing teeth, cutting fingernails and toenails, physical exercise, dumping garbage to trash bin, taking a bath, washing hair, eating healthy food, no smoking, and going to the toilet if want to pee. This game also could train motor neurons and cognitive while viewing, sorting, reading the word and matching. Geozle consists of 10 unhealthy behaviours picture cards and 10 healthy behaviours. The form of geozle is quite simple, measuring 100 mm x 120 mm. Geozle is friendly to be played by children from the age of 2 years. The game can be done by 2-3 children or parents may even come into play with the children. The game is exciting and valuable one.

Geozle is quite easy to play and easy to learn. If you want to learn the rules of the game, read and follow the instruction:
1. First, encrypted card shuffling manner. Then, the card is placed on the table or floor lined.
2. Children are welcomed to select and match picture cards are valued as partners.
3. Children have to determine whether a second card is fixed properly by way of seeing behind the puzzle that has been installed and read the text arranged behind the second card.

CONCLUSION
Geozle is a matching puzzle that contain of healthy and unhealthy behaviour pictures. This game can teach the early children how to get healthy life and train motor neurons and cognitive while viewing, sorting, reading the
word and matching the puzzle. By using this game at learning activities, it will be more interactive so the children can catch the information easier.

REFERENCES