

**THESIS**

**THE EFFECTIVENESS OF SMOKE FREE HOME WHATSAPP REMINDER  
ON MOTHERS BEHAVIOR IN PREVENTING ACUTE RESPIRATORY  
INFECTIONS (ARI) AMONG TODDLERS IN THE WORKING  
AREA OF SAWAH LEBAR COMMUNITY HEALTH  
CENTER, BENGKULU CITY, 2026**



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**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA  
BENGKULU HEALTH POLYTECHNIC MINISTRY OF  
HEALTH DEPARTMENT OF NURSING BACHELOR  
OF APPLIED NURSING STUDY PROGRAM  
ACADEMIC YEAR 2025/2026**

## **THESIS TITLE SHEET**

# **THE EFFECTIVENESS OF SMOKE FREE HOME WHATSAPP REMINDER ON MOTHERS BEHAVIOR IN PREVENTING ACUTE RESPIRATORY INFECTIONS (ARI) AMONG TODDLERS IN THE WORKING AREA OF SAWAH LEBAR COMMUNITY HEALTH CENTER, BENGKULU CITY, 2026**

Submitted in Partial Fulfillment of the Requirements for the Award of the  
Bachelor of Applied Nursing Study Program Bengkulu Health  
Polytechnic Ministry of Health of the Republic of Indonesia



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ACADEMIC YEAR 2025/2026**

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THE EFFECTIVENESS OF SMOKE FREE HOME WHATSAPP REMINDER  
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INFECTIONS (ARI) AMONG TODDLERS IN THE WORKING  
AREA OF SAWAH LEBAR COMMUNITY HEALTH  
CENTER, BENGKULU CITY IN 2026

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I hereby declare that this thesis is my own original work. The content of this thesis has not been submitted, either in whole or in part, by any other person for the purpose of obtaining an academic degree or qualification at any higher education institution. To the best of my knowledge and belief, this thesis contains no material previously written or published by another person without proper acknowledgment. Where the ideas, findings, or words of others have been used, they have been appropriately cited and referenced in accordance with accepted academic standards.

I make this statement in truth and honesty. Should this thesis subsequently be found to contain any form of plagiarism, I am willing to accept all consequences and assume full responsibility in accordance with the applicable regulations.

Bengkulu, April 10, 2026

Declared by

A handwritten signature in black ink is written over a 1000 Rupiah postage stamp. The stamp is orange and yellow, featuring the Garuda Pancasila emblem and the text '1000', 'SUPAY RIBU RUPAH', and 'METEKA TEMPEL'. The serial number '5A545AJX017204510' is visible at the bottom of the stamp.

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## **MOTTO AND DEDICATION**

"Allah does not burden a person beyond his capacity."

(QS. Al-Baqarah: 286)

### **MOTTO**

"Success is not about how fast you reach your goal, but about how strong you are in persisting in the process."

### **DEDICATION**

I dedicate this thesis to :

1. All praise and infinite gratitude I offer to Allah SWT. For His permission, for His love, for all the ease given amidst difficulties, for the strength that comes when I'm tired, and for the help that comes when I feel unable to go any further. Not a single part of this journey could I have gone through without Your will and blessing, O Allah.
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## FOREWORD

All praise and gratitude are prayed to God Almighty for His abundant blessings and grace, allowing the author to complete the writing of this thesis entitled “The Effectiveness Of Smoke Free Home Whatsapp Reminder On Mothers Behavior In Preventing Acute Respiratory Infections (ARI) Among Toddlers In The Working Area Of Sawah Lebar Community Health Center, Bengkulu City In 2026”. The purpose of this thesis is to determine how Effective Of Smoke Free Home Whatsapp Reminder On Mothers Behavior In Preventing Acute Respiratory Infections (ARI) Among Toddlers In The Working Area Of Sawah Lebar Community Health Center, Bengkulu City In 2026. Furthermore, this thesis was written as one of the requirements to achieve the degree of Applied Bachelor's in Nursing.

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The author realizes that this thesis is not without limitations and imperfections due to the author's limited knowledge, experience, and capabilities. Therefore, the author sincerely welcomes constructive comments and suggestions from all parties to improve the quality of future academic work. May every comment and suggestion offered be rewarded by Almighty God.

The author sincerely hopes that this undergraduate thesis will provide meaningful contributions to readers, particularly to the author and future students of the Department of Nursing.

Bengkulu, April 10, 2026

The Author,

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**ABSTRACT**

**Background :** *Acute Respiratory Infection (ARI) is one of the leading health problems among toddlers and is associated with exposure to cigarette smoke in the home environment. Mothers' behavior in implementing a smoke-free home plays an important role in preventing ARI among toddlers.* **Objective :** *This study aimed to determine the effectiveness of Smoke-Free Home WhatsApp Reminder education on mothers' behavior in preventing ARI among toddlers in the working area of Sawah Lebar Public Health Center, Bengkulu City, in 2026.* **Methods :** *This study employed a quasi experimental design using a pretest-posttest control group approach. A total of 68 respondents were selected using a consecutive sampling technique and were equally assigned to an intervention group and a control group. The intervention group received Smoke-Free Home WhatsApp Reminder education three times per week for two weeks, while the control group received a standard educational video about ARI. Data were analyzed using the Wilcoxon Signed-Rank Test and Mann-Whitney U Test.* **Results :** *The results showed significant differences in knowledge ( $p=0.000$ ), attitude ( $p=0.044$ ), and practice ( $p=0.002$ ) between the intervention and control groups. The intervention group demonstrated higher effectiveness, with improvements in knowledge (51.54%), attitude (21.05%), and practice (26.26%).* **Conclusion :** *Smoke Free Home WhatsApp Reminder education is effective in improving mothers knowledge, attitudes, and practices regarding ARI prevention among toddlers.*

**Keywords :** *Acute Respiratory Infection, Mother's Behavior, Smoke Free Home Toddler, WhatsApp Reminder*

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## LIST OF ABBREVIATIONS

|               |                                                   |
|---------------|---------------------------------------------------|
| <b>ISPA</b>   | : Infeksi Saluran Pernapasan Akut                 |
| <b>BALITA</b> | : Bawah Lima Tahun                                |
| <b>SKI</b>    | : Survei Kesehatan Indonesia                      |
| <b>UNDP</b>   | : <i>United Nations Development Programme</i>     |
| <b>APJII</b>  | : Asosiasi Penyelenggara Jasa Internet Indonesia  |
| <b>HBM</b>    | : <i>Health Belief Model</i>                      |
| <b>RSV</b>    | : <i>Respiratory Syncytial Virus</i>              |
| <b>IDHS</b>   | : <i>Indonesian Demographic and Health Survey</i> |
| <b>BBLR</b>   | : Berat Badan Lahir Rendah                        |
| <b>ASI</b>    | : Air Susu Ibu                                    |
| <b>PHBS</b>   | : Perilaku Hidup Bersih dan Sehat                 |
| <b>KTR</b>    | : Kawasan Tanpa Rokok                             |
| <b>RBAR</b>   | : Rumah Bebas Asap Rokok                          |
| <b>TSE</b>    | : <i>Tobacco Smoke Exposure</i>                   |
| <b>SHS</b>    | : <i>Second Hand Smoke</i>                        |
| <b>THS</b>    | : <i>Third Hand Smoke</i>                         |
| <b>TSNA</b>   | : <i>Tobacco Specific Nitrosamines</i>            |
| <b>PAH</b>    | : <i>Polycyclic Aromatic Hydrocarbons</i>         |
| <b>CO</b>     | : <i>Carbon Monoxide</i>                          |
| <b>QTI</b>    | : <i>Quit Tobacco Indonesia</i>                   |
| <b>WA</b>     | : <i>WhatsApp</i>                                 |