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CHSE-Based Parenting Health Education Textbook Worth Being A Reference In Efforts to Improve the Quality of Care, Reduce the Worries Of Sick Children and Parental Burnout for Family Tourists at Kids Club Hotel Bali

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ABSTRACT

Background: Behind did it study because parenting health education textbook CHSE-based is considered important important for reducing family tourists' concerns about children's illnesses at tourist attractions which become a burden on families and unfulfilled tourism needs. This concern has increased since WHO declared the coronavirus outbreak a global pandemic. There was a decline in tourists of 83.26 percent in 2020 compared to in 2019, there were 6.3 million foreign tourists and 9 million local tourists. The number of tourists who are worried fall Sick 36% traveler foreign tourists and 47% domestic tourists. Method Study with study descriptive quantitative and FGD. The research sample is Kids Club Manager, IT Lecturer, maintenance children, and children's education age early. **Method:** Technique taking sample purposively sample with amount sample of 100 tourist families, 30 people during FGD, 30 people from media experts and 30 people from experts material. **Result:** The research results show the data worries traveler family to kids club hotels by 60%, Parental Burnout 64%, and parenting health education needs 85% so make it module parenting textbook health education.kids club hotel and done validation expert material and media experts with results very worthy of 50% and worthy of 50%, Material expert state very worthy 60% and worthy 40% . **Conclusion:** Discussion conclude that CHSE- based parenting health education model textbook is suitable for development in kids club management as well as recommend to management kids club makes parenting health education textbook as book reference to increase the attraction of family tourists.

Keywords: Validation Media Expert, Expert Material, Family Tourists, Parenting Health Education, Kids Club Hotel.

Nyoman Ribek, et all : CHSE-Based Parenting Health Education Textbook Worth Being A Reference In Efforts to Improve the Quality of Care, Reduce the Worries Of Sick Children and Parental Burnout for Family Tourists at Kids Club Hotel Bali



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INTRODUCTION

Background behind done study This Because worries traveler family will happen disease in children in place tour very tall so that become burden family and parental birth as well as No fulfillment need travel . Concern This increase since In 2019 WHO determined coronavirus outbreak as global pandemic on because level alarming spread and severity . _ Scaled social restrictions big enforced in effort speed up eradication spread of covid-19 but impact big on bad growth economy moreover Bali as place tourist impact more bad rather than the Bali bombing tragedy and the SARS outbreak in 2002 . (sulaeman, 2021)The data shows happen decline amount tourists in Bali reaching 83.26 percent in 2020 if _ compared to previous data 2019 total _ traveler foreign countries coming to Bali reached 6.3 million people and tourists domestic reached 9 million people. (Putu Intan Raka, 2019). From the amount traveler the worries tourism family fall Sick as much as 36% and Indonesian people's concerns are falling sick 47%. (Petriella, 2018). Problem frequent health _ happen when travel among them influenza , fever , dehydration , diarrhea , allergies , motion sickness travel , infection channel urinary tract , and infection channel breath (M. Tarmizi Murdianto, 2019)We realize place tour become source potential transmission disease (Djafri, 2009). This thing caused in place tour There is hygiene and sanitation issues environment , density flies that give rise problem health (Diah Fatmawati, 2018) Problem health in children moment travel among them diarrhea , flu, cough colds , nausea , vomiting , wounds , bites insects , infections channel urination and dehydration (Thomas Aquinus , 2019), For look for solution in problem This so government set Nusa Dua as one _ area green zone covid-19 in effort opened it tourist Bali Management of existing kids clubs at the hotel seen Not yet be equipped with book guide that can used For decrease worries traveler child illness , parental burnout and fulfillment need tourism . Objective study This is find description characteristics Nyoman Ribek, et all : CHSE-Based Parenting Health Education Textbook Worth Being A Reference In Efforts to Improve the Quality of Care, Reduce the Worries Of Sick Children and Parental Burnout for Family Tourists at Kids Club Hotel Bali

traveler family , creation A design module parentingbg Health education textbook _ CHSE and validation based expert material and media experts .

Method study

Method in study This is Research and development , namely method research used _ For produce product certain , and test effectiveness product the (Sugiyono, 2010) Stages study start from define stage up to stage development , research development is a process used For develop and validate Educational (Punaji Setyosari, 2013)products Approach researcha is quantitative descriptive research and FGD. The research sample is Kids Club Manager , IT Lecturer , maintenance children , children's education age early . Technique taking sample purposively _ sample with amount stage beginning sample of 100 tourists family , 30 people during FGD, 30 people from media experts and 30 people from experts material . Instruments data collection with questionnaire start from characteristics traveler family with 42 questions , worries with 14 questions , parental burnout with 20 questions , health education parenting needs with 50 questions and validation material as many as 30 questions and validation media experts asked 22 questions __ direct to respondents offline and online. Analysis techniques are used with analysis descriptive quantitative

RESULTS

a. Characteristics subject study

Characteristics nanny child traveler Family

Subject study This that is traveler carrying family _ child aged 1-12 years old _ visit to *Kids Club* as many as 100 respondents . Based on the data obtained characteristics nanny child traveler seen that , majority introduction child traveler women 60%, type traveler foreign countries as much as 68%, the majority come from countries from Australia 67 % , Age the majority are 35-44 years old as much as 46%, majority education College high 92 % , Job



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<https://ejournal.poltekkes-denpasar.ac.id/index.php/icmahs>

Entrepreneurs 76%, income >26,000,000 as much as 68%, information get to know kids Cub in person verbal 36%, Objective to the majority kids club Because recreation / vacation 76%, Plenty Visit mostly to kids clubs Already twice 43%.

Health Status of Family Child Caregivers Traveler

Based on visible data that the health status of the caregiver condition his health very 99% healthy , always experience drunk travel 47%, history Sick before journey 40% colds, 32 % coughs , experienced illnesses during travel flu 52% and wounds 25%, history hepatitis B immunization 97%, Polio 100%, BCG 96%, Immunization Covid most 2 times 81%, which brings Hygiene kit bag 96%, filled Hygiene bags include 75% spare masks , 51% hand sanitizer, 56% vitamins, history test screening covid positive 84%, history covid positive not enough from 12 months 52%

Characteristics child traveler

Children of tourists in the kids club age from facet age the most between 5 – 13 years , children's parks (Kids) as much as 50%, various types Female 57%, children origin his country currently school 98%, school level most Play Group/ Child kid 53%, already visit to the most kids clubs twice 43%, visits final child not enough from 1 month 36 % , time habit child traveler visit to the Kids club hotel, when day 62% holiday , forever child traveler entrusted to kids club hotel between 2-3 hours 60%, destination child traveler to the hotel's kids club is recreation / vacation together friends 76%, activities main child traveler that is play tool games prepared by the kids club 78%

Family Child Health Status Traveler

Based on visible data that health status child traveler family there is condition his health the most very 100% healthy , always experience drunk trip 58%, history Sick before journey 61% colds , 26 % coughs , pain experienced during travel flu 46% and wounds 34 &, history Hepatitis B immunization 100%, Polio 100%, BCG 96%, history test screening covid positive 84%, history covid positive not enough from 12 months 54%

Nyoman Ribek, et all : CHSE-Based Parenting Health Education Textbook Worth Being A Reference In Efforts to Improve the Quality of Care, Reduce the Worries Of Sick Children and Parental Burnout for Family Tourists at Kids Club Hotel Bali

b. Concern Level traveler Family

Average value worries traveler family with score 5.69 (fair), value the most with score 3 (fair) marks Lowest with score zero (low) and value highest score 20 (high)

Table 1

Frequency Distribution of Family Travelers' Concern Levels at Kids Club Hotels

Level of concern traveler family	Frequency	Percentage (%)
Worry less (< 1.59)	4	4
Enough Worried (1.59- 9.79)	60	60
High Worried (> 9.79)	11	11
Amount	100	100.0

Table 1, shows part big own worries Enough as many as 60 respondents (60%) and 4 respondents (4%) have worries less .

c. Fatigue Level Parenting (Parental Burnout)

Average value fatigue parenting traveler family with score 4.83 (fair), value highest 28 and value lowest 0.00.

Table 2

Distribution Frequency Fatigue parenting (Parental Burnout) Travelers Family

Mother's Knowledge Level	Frequency	Percentage (%)
Fatigue low (< 1.36)	24	24
Fatigue Enough (1 .36- 11.02)	64	64
Fatigue High (> 11.02)	12	12
Amount	100	100.0

Table 2, shows part big own fatigue parenting 64 respondents (64%) and 12 respondents (12%) have enough high parental fatigue

d. Need base child in Traveler Health Education Family



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Average value need base child in parenting health education health with score 21.36 (fair), with mark the highest is 24 and the lowest with score 9.

Table 3

Distribution Frequency Children's Basic Needs in Parenting Health Education

Mother's Knowledge Level	Frequency	Percentage (%)
Basic Needs of Children in PHE Low (< 18.24)	2	2
Basic Needs of Children in PHE Fair (18.24-24.48)	87	87
Basic Needs of Children in High PHE (> 24.48)	11	11
Amount	100	100.0

Table 3 shows that of the 100 respondents studied part big need child in parenting health education is sufficient as many as 87 respondents (87 %) and 11 respondents (11%) have need base tall

e. Validation media expert

Table 4

Respondent Frequency Distribution based on media expert validation

Book media validation section	Validation Value media expert							
	Very worthy		Worthy		Not enough worthy		amount	
	Fre Kwensi	%	Fre kwensi	%	Fre kwensi	%	Fre kwensi	%
D4Cover Design	19	63	11	37			30	100
Book size	17	57	13	43			30	100
Content design	20	67	10	33			30	100
Thorough	15	50	15	50			30	100

Based on the data in table 4 , it shows that of the respondent's media experts the most 19 people (63 %) designed the cover . part size book as many as 17 people (57%). part design fill as many as 20 people (67%). And so comprehensive very worthy as many as 15 people (60%). and worth 15 people too (50%)

f. Validation expert material

Table 5

Respondent Frequency Distribution based on material expert validation

No	Book material validation section	Validation Value expert material							
		Very worthy		Worthy		Not enough worthy		amount	
		Fre kwensi	%	Fre kwensi	%	Fre kwensi	%	Fre kwensi	%
1	General Affair	18	60	12	40			30	100
2	Entrepreneur section	17	57	13	43			30	100
3	Caregiver	18	60	12	40			30	100
4	Traveler	13	43	17	57			30	100
5	Tutorials	0	0	30	100			30	100
6	Final conclusion	16	53	14	47			30	100

Based on the data in table 5 , it shows that on experts material respondents the most part general as many as 18 people (60%). part businessman as many as 17 people (60%). part nanny as many as 18 people (60%). part traveler as many as 17 people (60%). tutorial section as many as 30 people (60%). By comprehensive very worthy as many as 16 people (60%).

Discussion

a. Characteristics traveler Family

subject research consisting of 100 people is traveler family with a health status of very 99% healthy , and correct called traveler Because traveler is everyone is in place live in a country, without looking nationality , visit to something place in the same country For period time more than 24 hours (Taufik, 2016). If seen from most countries of origin traveler abroad in particular traveler origin from Australia as much as 67 %, p This in accordance with reported data that visitor foreign countries coming to Bali in 2019 it reached 6.3 million people and tourists domestic 9 million . (Putu Intan Raka, 2019). But experience decline consequence covid On the month August 2020, total foreign tourists recorded only 22 visits , down almost -100.00 percent (-99.996 percent) compared notes amount foreign tourists on the moon August 2019 with 606,412 visits (Badan Pusat Statistik Provinsi Bali, 2022). Caregivers _ child

Nyoman Ribek, et all : CHSE-Based Parenting Health Education Textbook Worth Being A Reference In Efforts to Improve the Quality of Care, Reduce the Worries Of Sick Children and Parental Burnout for Family Tourists at Kids Club Hotel Bali



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traveler majority aged 35-44 years as much as 46%, according to Ministry of Health in 2009 aged 34-44 years called age peak middle aged (I Gusti Putu Ngurah Ai Santika, 2014). At age peak middle aged considered own coordination motion more Good than more _ young so that in parenting child moment travel will more stable (H. Abu Ahmadi dan Widodo Supriyono, 1991). Age data child the most between 5 – 13 years as much as 50%, age This called age children (Kids) whose place is in the kids club, KIDS Club is one services provided by the hotel (also available outside the hotel) for entrust children with range ages 2-12 years (Kids Club, 2021) school level most Play Group/ Child kid 53%, p This Because *playgroup* is form education child age non-formal early childhood education (PAUD) filled with children aged 2-4 years ,

b. Concern Traveler Family at Kids Club Hotel
Based on the data shows worries traveler average family _ mark Enough worry with average score of 5.59 and concerns the most There is assessed Enough as much as 60% . The level of worry experienced traveler family is something behavioral reaction _ positive For increase emergence response will worries and impact negative that can be happen If worries high which results emergence emotions are not clear that will be prolonged result thought worried and afraid will things that haven't Of course happen so that become disturbance worry (Mental Health Education, 2014). The results of other studies state worries traveler family overseas falls _ Sick as much as 36% (Anonim, 2018) and concerns of Indonesians 47%. (Petriella, 2018). Concern This happen Because place tourism , be source potential transmission disease (Djafri, 2009). Theory results study This relevant with research conducted _ Where the result not enough worried 4% and 11% worried high . Problem frequent health _ happen when travel among them Influenza , Fever , Dehydration , Diarrhea , Allergy , winter depression , hangover Travel , Diabetes, Infection channel chemistry , and

infection channel breath (M. Tarmizi Murdianto, 2019)

c. Fatigue Level Parenting (Parental Burnout)

Caregiver is one who is given task accompany and guide activity child every day , yes _ monitor development in accordance with level grow flower child as well as capable facilitate child moment play , learn , create , explore and interact with environment For obtain experience new (Director General of PAUD, 2015: 2). Fatigue value parenting traveler family with score 4, 83 or Enough as many as 64% and 12% have high parental fatigue and exhaustion low 24%. In determine tourist parental burnout family use questionnaire with 20 questions , there was 64% no data Once feel Sick head , 34% sometimes feel Sick head , 64% no Once feel Sick waist 35% sometimes feel Sick waist , 67% no feel symptom aches , 26% sometimes feel it hurts , 85% no Once feel sad

d. Health education Parenting needs

Table 3 shows that of the 100 respondents studied part big need child in parenting health education is sufficient as many as 87 respondents (87 %) and 11 respondents (11%) have need base high . Parenting is a designated support program to parents _ or member family to increase own ability in carry out function social and educational in matter nurture , care for , protect and educate her child is at home so that child can grow and develop optimally , accordingly with age and stage its development . (Kemendikbud RI, 2012). Health education or health education aims in frame change behavior public suaya Can life more healthy , preventive disease and looking for help more fast when circumstances Sick (Ribek et al., 2017)

Data problems health education standards are average the score is 41 with category Enough as many as 85% and 13% of respondents mark high .. Among 20 questions There is data that 100% agrees that kids clubs do this measurement temperature body with an infrared thermometer to every Kids Club visitors don't wear masks agree 11%, less agree 26%

Nyoman Ribek, et all : CHSE-Based Parenting Health Education Textbook Worth Being A Reference In Efforts to Improve the Quality of Care, Reduce the Worries Of Sick Children and Parental Burnout for Family Tourists at Kids Club Hotel Bali



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<https://ejournal.poltekkes-denpasar.ac.id/index.php/icmahs>

and agree 50%, less agree 27%, education so avoid touch very agree 13% and agree 77% as well as other data like ethics sneezing and coughing , giving regards with clenched second palm hand , report self when experience fever , cough , cold and illness throat , storage food , tools game educational (APE), activities together who can pleasant for children , rules of conduct , schedule activity activity and doing consistent parenting _ in accordance schedule . Frequent health problems _ arise in traveling : Diarrhea , Malaria, Infection channel breath , Hepatitis A and B, Infection coolies , and disease transmitted infection _ past sexual (Ilevina S Pakasi, 2006)

Data problems achievement average quality _ the score is 41 with category Enough as many as 85% and 13% of respondents mark high . Among 20 questions covers power kids club nanny capable speak internationally, do TB, BB and temperature measurements body with skilled , executing parenting in accordance need age child , know symptom beginning child ill , do touch For rest child , give first aid assistance , education problem swimming , preparing place trash , apply Health protocol with tight , setting eat and drink child in accordance age , give Education consume food healthy and vitamin, Kids Club prepares tool game as educational as possible stimulating skills base children , Kids Club prepares clean toilets and bathrooms , Parenting will helps busy parents _ _ work and be motivation continue education more children _ high , (Mauanah, 2016) Parenting provides benefit For add parental knowledge _ in nurturing child (Dwi Wahyu Nurpitasari, Sri Wahyuni, 2018).

Problem need base average child _ the score is 21.36 with category Enough as many as 87%, 11% of respondents own mark high. and 2% of the value low . Among the 10 questions there is data for 97% of mothers agree child get used to respect for parents , get along well in family very agree 18% and agree 79, discipline in family very 18% agree and 79 % agree ,

giving rewards every activity which successful . very agree 16% and agree 89%, attitude life healthy and clean very agree 21% and agree 77%, children get used to attitude creative very agree 15% and agree 85%, child get used to attitude believe self very agree 11% and agree 89%, children get used to attitude Honest very 15% agree and 83% agree , the program is needed in parenting that is Cleanliness , food , development , growth , help First accident , and sleep (Kemendikbud et al., 2015)

e. Validation Results expert on parenting health education module

Based on the data in table 2 , it shows that of the respondent's media experts the most 19 people (63 %) designed the cover . part size book as many as 17 people (57%). part design fill as many as 20 people (67%). By comprehensive very worthy as many as 15 people (50%). and worth 15 people too (50%). Validation media expert on textbooks in _ form monograph This in frame For reduce exhausted and fulfilling need traveler family to the hotel's kids club. Research results stage 1 shows mark fatigue parenting traveler family with score 4.83 or Enough as many as 64% and 12% have high parental fatigue and exhaustion low 24%. Data problems health education standards are average the score is 41 with category Enough as many as 85% and 13% of respondents mark high (Nyoman Ribek, 2022) Therefore _ results respondents media experts stated worthy For developed , then do it validation expert . Development That Alone according to Sugiyono is method research used _ For produce something product certain , and test its effectiveness . Product particular result _ For used as nature research _ analysis requirements and testing its effectiveness done so that product the can works in society wide (Sugiyono, 2013) Whereas study development according to Borg & Gall is a process used For develop and validate Educational (Punaji Setyosari, 2013) products Research model development in research This using the 4D (Four-D)

Nyoman Ribek, et all : CHSE-Based Parenting Health Education Textbook Worth Being A Reference In Efforts to Improve the Quality of Care, Reduce the Worries Of Sick Children and Parental Burnout for Family Tourists at Kids Club Hotel Bali



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model, the 4D model has 4 stages namely : (1) Define , (2) Design , (3) *Development* (Develop) , Conclusion .

Conclusion

Study conclude that 1). Traveler family majority from foreign countries, especially Australia, various types sex female , aged 35-44 years , goal recreation / holidays , mostly Already twice , always drunk travel , and carry Hygiene kit bag contains spare masks , hand sanitizer, vitamins , .2). Traveler child majority woman , age between 5 – 13 years old ,, Play Group/ Child kid, plays tool games prepared by the kids club, goals holiday together friends , health status very healthy , always drunk travel , history Sick before journey colds , coughs , illnesses experienced _ during travel flu. 3). Concern traveler family on average _ mark Enough worry and worry the most There is assessed Enough as much as 60%. not enough worried 4% and 11% worried high . 4). Fatigue parenting (Parental burnout) with a sufficient score as much as 64%. Health education parenting needs consist of: from average standard _ with category enough 5). Validation expert material respondents very worthy as many as 16 people (60%). 6) Validation very media expert worthy as many as 15 people (60%). and worth 15 people too (50%)

Recommended to 1). The hotel manager of the kids club hotel should be given strengthening more Lots Because be one _ attraction for _ traveler family , 2). To manager of the hotel's Kids club during the season holiday recommended make more preparation _ Because arrival traveler family , 3). To Ministry health together Minister of Education and Culture and Tourism to give support in stage development of parenting health education textbook modules so that Can become A guidelines in kids club development .

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Nyoman Ribek, et all : CHSE-Based Parenting Health Education Textbook Worth Being A Reference In Efforts to Improve the Quality of Care, Reduce the Worries Of Sick Children and Parental Burnout for Family Tourists at Kids Club Hotel Bali

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Nyoman Ribek, et al : CHSE-Based Parenting Health Education Textbook Worth Being A Reference In Efforts to Improve the Quality of Care, Reduce the Worries Of Sick Children and Parental Burnout for Family Tourists at Kids Club Hotel Bali