



## EDUCATION ON CLEAN AND HEALTHY LIVING BEHAVIOR TO OPTIMIZE THE LEVEL OF AWARENESS OF PERSONAL AND ENVIRONMENTAL CLEANLINESS IN TAQWA AL-QOLBI ORPHANAGE

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### ABSTRACT

Clean and Healthy Living Behavior (PHBS) is a form of manifestation of healthy living orientation in individual, family and community culture, which has the aim of improving, maintaining and protecting health both physically, mentally, spiritually and socially. Clean and Healthy Living Behavior is a manifestation of a healthy living orientation that must be instilled from an early age so that it becomes a habit. The reason behind the selection of Clean and Healthy Living Behavior material from this activity is the existence of problems in Orphanages related to the lack of understanding and awareness of orphanage children to carry out Clean and Healthy Living Behaviors. The aim of this outreach activity is to increase awareness of healthy and clean living behavior among children at the Taqwa Al-Qolbi orphanage. The implementation of socialization activities at the LKSA Taqwa Al-Qolbi Orphanage, Malang City, will be held on Sunday, December 3 2023. The method for implementing this socialization activity is in the form of offline counseling with powerpoint and video as educational material. The material that researchers convey includes washing hands, how to tidy up clothes, advice on bathing, the dangers of frequently consuming sweet drinks, the importance of drinking water, throwing rubbish in the right place, and regular exercise and its benefits. The results of the socialization activities that have been carried out show that children's knowledge and understanding of PHBS has increased by 22.5%.

**KEYWORDS :** *Knowledge, Clean and Healthy Living Behavior, Orphanage*

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### INTRODUCTION

Health is a human right that the government must protect and pay attention to because it is an indicator in determining the welfare of a country apart from economic and social factors (Salim et al., 2021). The progress of a country can be seen from the degree of public health which is measured through several interrelated factors, namely environmental factors, community behavior and public health services. This third factor must be in a balanced condition so that the level of public health reaches an optimal state (Saraswati et al., 2021). One form of effort made to improve health status is related to community behavior, namely through implementing clean and healthy living behavior.





Clean and healthy living is an important thing that people must implement in their daily lives, both in the family, school and community environments. This is done as an effort to maintain health and to avoid various diseases (Saputra & Fatrida, 2020). To get a healthy body condition, you can change your behavior from unhealthy to healthy.

Clean and Healthy Living Behavior (PHBS) is a transitional form of healthy living orientation in individual, family and community culture, which has the aim of improving, maintaining and protecting health both physically, mentally, spiritually and socially. In its implementation, Clean and Healthy Living Behavior is an easy thing because it requires high awareness and concern regarding the importance of maintaining health. PHBS is a pattern of behavior that must always be practiced so that it becomes a habit. Implementing Clean and Healthy Living Behavior can increase productivity and quality of life as well as individual resistance to disease attacks. There are several descriptions of Clean and Healthy Living Behavior that must be understood and applied in everyday life, including: bathing, washing hair, cleaning nose, cleaning ears, brushing teeth, maintaining eye health, washing hands with soap, cutting nails, using mats. feet, keeping clothes clean, and eating balanced nutritious food (Indonesian Ministry of Social Affairs, 2020). These things must always be practiced in life in order to achieve the desired level of health and avoid various diseases.

In efforts to implement it, the involvement of all levels of society is very necessary to support success in implementing Clean and Healthy Living Behavior (PHBS) in everyday life. Based on research (Suprobo et al., 2022) among all levels of society, children are one of the most important factors in efforts to improve the level of public health due to their important role in learning and transferring the principles of personal hygiene and healthy lifestyles. Teaching clean and healthy living behavior (PHBS) to children can increase awareness in understanding the importance of clean and healthy living as an effort to prevent various diseases in themselves. In getting used to it, adults play an important role in providing examples of implementing PHBS to children because children will imitate everything they see.

One place that requires special attention to increase knowledge and application of Clean and Healthy Living Behavior (PHBS) is an orphanage. An orphanage is an institution that cares for and educates children who have lost their parents or are orphans (Ghiffari et al., 2023). Therefore, one of the orphanages in Malang City that we use as a media for outreach is the LKSA Taqwa Al-Qolbi Orphanage. Based on interviews and observations with the orphanage, several problems were found that the children's understanding of Clean and Healthy Living Behavior was still lacking. These problems are related to a lack of awareness and ignorance regarding the importance of PHBS in daily life, including: lack of awareness in tidying up clothes, the habit of consuming sugary drinks so that they are not used to drinking water according to daily needs, lack of awareness of bathing and washing hands properly. and right, and lack of awareness to exercise regularly. From these problems and knowing the importance of implementing PHBS in everyday life, so that counseling is held that discusses PHBS. Therefore, this service was carried out to find out and increase children's understanding about PHBS at the LKSA Taqwa Al-Qolbi Orphanage.

## MATERIALS AND METHODS

### Research Design

The research design used in this study is qualitative descriptive which aims to present a complete picture and expose the phenomenon of Clean and Healthy Living Behavior (PHBS) application in the Orphanage of LKSA Taqwa Al-Qolbi Kota Malang. This research is carried out through socialization methods directly with the method of dissemination. The variable that will be measured in this study is the level of knowledge of the children of Panti Asuhan LKSA Taqwa Al-Qolbi Kota Malang about Clean and Healthy Living Behavior (PHBS).





## Settings & Time Frame

The research was carried out in one of the orphanages in Malang City, the Orphanage of LKSA Taqwa Al-Qolbi Malang City. The investigation began with a field survey on November 24, 2023, to identify problems at the orphanage. The instrument was produced shortly after determining the research topic, from the end of November to the beginning of December.

## Populations

The population in this study was children of primary school age (7-12 years) of LKSA orphanage Taqwa Al-Qolbi Kota Malang. The reason for the inclusion of children of primary school age as a population is the lack of awareness in implementing Clean and Healthy Behavior. The total population participating in the study was eight children.

## Instruments

The use of instruments in this research is useful to facilitate the processing of data in measuring and collecting it. The instruments in this study use packaged tests like quizzes in oral form with the assumption that it would be easier to apply to children of basic age. Question details in the instrument can be detailed as follows:

1. What activities are included in hygiene?
2. What's the point of keeping the body clean?
3. What to do before eating?
4. What are the consequences of eating snacks excessively?
5. What are the benefits of exercise for the body?

## RESULT AND DISCUSSION

This community service activity was carried out with the children of the LKSA Taqwa Al-Qolbi Qalbi Orphanage, Lowokwaru District, Malang City. This activity was attended by 8 children as participants or targets for providing material. The service activities run following the goals we want to achieve, namely increasing the understanding and awareness of orphanage children regarding the importance of implementing Clean and Healthy Living Behavior (PHBS) in everyday. Assessment of increasing understanding is carried out by giving pre-tests and post-tests to children before giving material related to Clean and Healthy Living Behavior (PHBS). Each pre-test and post-test question consists of 5 items. These questions were created while taking into account the language understanding possessed by children aged 7-10 years.



Figure 1. Post-test activity



The purpose of conducting the pre-test was to find out how much the children of the LKSA Taqwa Al-Qolbi Orphanage understood Clean and Healthy Living Behavior (PHBS) before they received the material. Meanwhile, the purpose of conducting a post-test is to find out how far the orphanage children understand regarding Clean and Healthy Living Behavior (PHBS) after receiving the material. We consider this pre-test and post-test to be an effective method for measuring how far the material provided can impact children's understanding of Clean and Healthy Living Behavior (PHBS). Providing material uses the presentation method with PowerPoint as a medium for providing material. The reason we chose PowerPoint as a medium for providing material is because we consider that providing this kind of material is more effective and more efficient.

From the results of the pre-test and post-test, a bar chart was obtained as below

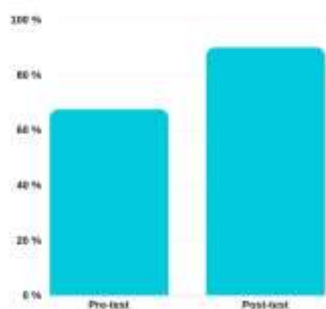


Figure 2. Pre-test and post-test results

From the graph above, the average knowledge and understanding of children at the LKSA Taqwa Al-Qolbi Orphanage regarding Clean and Healthy Living Behavior (PHBS) is 67.5% for the pre-test. This shows that children's knowledge and understanding of Clean and Healthy Living Behavior (PHBS) before being given socialization is quite good. Meanwhile, for the post-test, it was found that the average knowledge and understanding of children at the LKSA Taqwa Al-Qolbi Orphanage regarding Clean and Healthy Living Behavior (PHBS) was 90%. This shows that there was an increase in knowledge and understanding among the children of the LKSA Taqwa Al-Qolbi Orphanage after being given socialization regarding Clean and Healthy Living Behavior (PHBS). The increase in knowledge and understanding was calculated by 22.5%.

A more detailed explanation of the pre-test and post-test results is provided in the explanation below:

1. Activities that include maintaining cleanliness

The sentence above is the first question for both the pre-test and post-test. During the pre-test, 4 children answered this question. Their answers were more or less the same, including showering, sweeping, and cleaning. Meanwhile, for the post-test, 7 children answered this question. Their answers were more varied and improved than before because they had received Clean and Healthy Living Behavior (PHBS) material. Their answers included: washing hands, showering, brushing teeth, washing faces, and straightening clothes.



2. The aim is to maintain personal hygiene.  
The sentence above is the second question for both the pre-test and post-test. During the pre-test, 7 children answered this question. Their answers are mostly the same, including: to avoid germs. Meanwhile, for the post-test, all children answered this question. The answers are more varied and more improved than before, because they have received Clean and Healthy Living Behavior (PHBS) material. Their answers include: avoiding germs, viruses, and dirt.
3. Activities to maintain cleanliness and health carried out before eating  
The sentence above is the third question for both the pre-test and post-test. During the pre-test, all children answered this question. Their answer was all the same, namely: wash your hands. Likewise for the post-test, all children answered this question. Their answer was the same as the pre-test, namely: wash your hands.
4. As a result of liking random snacks  
The sentence above is the fourth question for both the pre-test and post-test. During the pre-test, 3 children answered this question. Their answers were more or less the same, including that it can cause body pain. Meanwhile, for the post-test, 7 children answered this question. Their answers were slightly more varied and improved than before, because they had received Clean and Healthy Living Behavior (PHBS) material. Their answers include: it can cause body pain, obesity, and can cause cavities.
5. Benefits of exercise for the body  
The sentence above is the fifth question for both the pre-test and post-test. During the pre-test, 4 children answered this question. Their answers were more or less the same, including that the body becomes healthy and does not get sick easily. Meanwhile, for the post-test, 6 children answered this question. Their answers were more varied and improved than before, because they had received Clean and Healthy Living Behavior (PHBS) material. Their answers include: that the body becomes more muscular, doesn't get sick easily, prevents obesity, and makes the brain smarter.

When entering the material-giving session, the children listened carefully and enthusiastically, because the animation used in the PowerPoint was fun, and the material provided was packaged with explanations that were appropriate to the target age, so that the children could follow the material well. The selection of material points is based on problems regarding clean and healthy living that are often found in the LKSA Taqwa Al-Qolbi Orphanage environment. Before the material was created, we interviewed the management of the LKSA Taqwa Al-Qolbi Orphanage to find out some of these problems.





Figure 3. Material session

The following are material points related to PHBS given to the children of the LKSA Taqwa Al-Qolbi Orphanage:

1. Understanding Clean and Healthy Living Behavior (PHBS)

According to (the Indonesian Ministry of Health, 2018), PHBS is all behavior carried out with awareness so that family or family members can help themselves in the health sector and play an active role in health activities in the community. (Ode Anhusadar & Islamiyah, 2020 in (Yurisdian et al., 2023)), states that Clean and Healthy Living Behavior (PHBS) has the aim of improving the health status of a person and their environment by implementing health behavior and has benefits, namely by creating individuals or people who have awareness in implementing Clean and Healthy Living Behavior (PHBS) by increasing knowledge, responding to health problems well and carrying out behavior that reflects health behavior.

2. Examples of Clean and Healthy Living Behavior (PHBS) activities, such as:

a. Wash your hands before and after eating

Hands are the body organs most often used to make physical contact with the external environment, such as opening doors, picking up items, and eating and drinking. However, are you aware that your hands contain various kinds of germs or small microorganisms, which if not eradicated or eliminated, will harm you. Moreover, if your hands are used to touch the face area, and are used for eating and drinking before washing your hands with soap first. Therefore, washing hands with soap (CTPS) under running water with the 6 steps recommended by WHO has been proven to be one of the easiest and most effective steps to prevent disease (Risnawaty, 2017; Sinaga et al., 2020 in (Salsabila et al. ., 2022)). Here are 6 steps to wash your hands cleanly and correctly:

- a. Clean your hands by rubbing soap on both palms in a circular direction.
- b. Rub the backs of both hands alternately.



- c. Rub between your fingers until clean.
- d. Clean your fingertips in an interlocking position.
- e. Rub and rotate both thumbs alternately.
- f. Rub your palms using your fingertips and rinse until clean.
- g. Wash your hands using soap for 60 seconds under running water.

b. The correct way to tidy up clothes

Arranging clothes properly is part of maintaining personal neatness and cleanliness. Clothes that will be reused after previously being used must be appropriately structured. These aims to ensure that the clothes that are reused, are maintained in good shape and neatness. If clothes are just laid out without further treatment, they will wrinkle and look lush. These will absolutely affect your personal neatness. In other cases, if the clothes have been washed, they should be ironed and immediately folded neatly to be put in the cupboard. These are done to keep clothes neat and not wrinkled. Apart from maintaining neatness, arranging clothes appropriately is part of maintaining cleanliness. If clothes are just left alone, they will be prone to becoming a gathering place for insects, such as cockroaches, fleas, etc. Even mosquitoes like scattered clothes so they can become nesting places for mosquitoes. So, there are several ways to tidy up clothes correctly, including :

1. Hanging with a hanger
2. Hanging in clothes
3. Folded neatly

c. Recommendations for great and correct bathing

Personal hygiene is self-care carried out to maintain one's cleanliness and health, both physically and mentally. A person's level of personal hygiene is generally viewed from a clean and neat appearance and the efforts a person makes to maintain the cleanliness and tidiness of their body every day (Saputra, 2013 in (Karlina et al., 2021)). One of the personal hygiene things that is complete every day is bathing. However, bathing is not enough just to wet the body with water, further than that, bathing must be completed properly and correctly. Here are some steps to bathe cleanly and correctly:

1. Adjust the water temperature to your liking
2. Shampoo your hair every three days (or according to your needs)
3. Spread the soap all over the body
4. Brush your teeth between showers
5. Don't forget to wash your face with safe and non-irritating facial soap
6. The dangers of frequently consuming sweet drinks

d. The dangers of frequently consuming sweet drinks

Sweet drinks are drinks that are added with sweeteners such as brown sugar, corn sweetener, corn syrup, fructose, dextrose, glucose, honey, lactose, maltose, raw sugar, sucrose. There are several examples of sweet drinks, namely fruit



drinks, energy drinks, sweet water, coffee or tea drinks with sugar, instant drinks (CDC, 2018). There are several impacts caused by consuming drinks regularly, namely being overweight or obese, type 2 diabetes, heart disease, joint pain, kidney disease and tooth decay (Ministry of Health, 2022).

e. The importance of drinking water and how to get used to drinking water

Water is an important element in human life, so it cannot be replaced with other compounds, especially as drinking water. That is very important, because the human body needs water. About 70-80% of the human body requires water and contains water. If the body lacks water, humans will experience dehydration. Apart from dehydration, there are other impacts of not consuming enough drinking water, namely the emergence of various diseases such as kidney stones, diabetes, obesity, as well as digestive disorders and heart function. When consuming drinking water, humans have a measure so that the water they consume can be balanced with the water that comes out of their bodies. The human body needs 1 to 2.5 liters of drinking water to consume or the equivalent of 6-8 glasses every day. There are several benefits of drinking water, such as preventing dehydration, cleaning the digestive tract from remaining food waste, preventing kidney stones, and maintaining healthy skin (Putri & Z, 2020). There are several ways you can get used to drinking water, such as preparing a drinking bottle that you like, adding ice cubes or fruit slices, and placing a drinking container in an accessible place.

f. Throw rubbish in the garbages

According to the Ministry of Environment and Forestry, waste is the reminder of daily activities carried out by humans and natural processes in solid form. Waste must be managed appropriately and correctly so that it does not cause negative impacts on humans or the environment. Waste management is only done by throwing the waste in its place and sorting it based on type (Amri & Widyantoro, 2017). Apart from that, throwing away rubbish in its proper place is a form of maintaining personal and environmental cleanliness (Tajudin et al., 2023).

g. Regular exercise and its benefits

Sport is an activity that uses physical elements to gain pleasure and produce physical and spiritual health. Exercise uses body movements that have an effect on the body as a whole (Safitri et al., 2021). Exercise can be completed simply, especially by walking, cycling or jumping rope. There are several benefits of exercise like improving body composition, preventing overweight or obesity, and forming an ideal body frame (Wahidah et al., 2021).

During the event, there was persuasive and fun jargon as a form of encouragement to the childrens of the LKSA Taqwa Al-Qolbi Orphanage to maintain a clean and healthy life. The jargon reads, "PHBS? KITA HEBAT, HIDUP SEHAT". With this jargon, we hope that the







childrens of the LKSA Taqwa Al-Qolbi Orphanage will remember the importance of implementing clean and healthy living in their daily lives. Next, the event closed by singing and demonstrating the steps for washing hands properly and correctly.

## CONCLUSIONS

Health is a human right that the government must protect and pay attention to because it is an indicator in determining the welfare of a country apart from economic and social factors. Especially the implementation of Clean and Healthy Living Behavior (PHBS) is one form of manifestation of healthy living orientation in individual, family and community culture, which has the aim of improving, maintaining and protecting health both physically, mentally, spiritually and socially. . One place that requires special attention to increase knowledge and application of Clean and Healthy Living Behavior (PHBS) is an orphanage.

In community service activities carried out with the children of the Taqwa Al Qalbi Orphanage, Lowokwaru District, Malang City. By providing education regarding behavior that must be carried out, starting from tidying up clothes after use, washing hands using good and correct methods, reducing consumption of sugary drinks and increasing consumption of water, increasing awareness of throwing rubbish in its place and personal hygiene including proper bathing. right, as well as brushing your teeth and washing your face. In providing socialization to children at the LKSA Taqwa Al-Qolbi Orphanage this time using the offline socialization method, by presenting materials and videos, this was quite effective as proven by the posttest carried out by all participants. In terms of indicators of increased knowledge regarding personal hygiene after this community service activity, it is hoped that children at the LKSA Taqwa Al-Qolbi Orphanage can improve their application of personal hygiene in their daily lives.

4.O Orang high value bukan orang yang menunggu disuruh, karena orang berkualitas bukan orang yang malas.

4.O Kekerenanmu terhambat rasa malasmu.

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### Conflict of Interest

The authors declare no conflict of interest

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