



Health Education About Clean and Healthy Living Behavior at SDN 2 Kedung Pedaringan Kepanjen, Malang Regency

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ABSTRACT

Perilaku Hidup Bersih dan Sehat (PHBS) is essential for everyday life and can be implemented in various settings. Schools, as influential institutions, have a crucial role in shaping students' clean and healthy living behavior. This study aimed to enhance students' knowledge of PHBS and their willingness to practice it in school. We conducted a quantitative survey using a One Group Pre-test and Post-test design, involving all students from grades 1 to 5 at SD Negeri Kedung Pedaringan 2 in Malang Regency. Observations revealed that some students already practiced certain aspects of PHBS, such as handwashing and proper waste disposal, albeit without recognizing their connection to a Clean and Healthy Lifestyle. To address this, we provided educational materials, using posters for grades 1-3 and PowerPoint presentations for grades 4 and 5. The engaging materials captured the students' interest, and they actively participated, including singing about PHBS. Post-tests indicated a significant increase in their knowledge and enthusiasm for implementing PHBS. In conclusion, PHBS is vital in everyday life, particularly within the school environment. This study emphasized the role of teachers in guiding students and fostering strong teacher-student relationships. By promoting PHBS, schools can become cleaner, healthier, and disease-free environments. Future research should delve deeper into enhancing students' understanding and interest in their school's PHBS environment. The hope is that such efforts will continue to improve the cleanliness and health of school environments, ultimately benefiting students and the community as a whole.

KEYWORDS

Cleanliness Education, Healthy Living Behavior, School Environment, Student Knowledge.

Received: 10 February 2023

Revised: 10 Maret 2023

Accepted: 15 Juni 2023

How to cite: Nafiisah A. et al. (2023). Health Education about Clean and Healthy Living Behavior at SDN 2 Kedung Pedaringan Kepanjen, Malang Regency. Inovasi Lokal, 1(1): 56-62.





INTRODUCTION

Perilaku Hidup Bersih dan Sehat (PHBS) is essential to apply at everyday life. The implementations of PHBS can be done anywhere, such as at home, school, office, public places, and many more. (Manyullei et al., 2022) said that PHBS is a health effort to provide lessons to each individual, family member, group, and the general public about a clean and healthy lifestyle. This PHBS effort must begin by instilling a clean and healthy lifestyle in people from all walks of life, which must be started and pursued by themselves. This effort includes long-term investment in development of productive and healthy human resources (Lalangpuling, 2020).

Basically, PHBS is all public health behavior carried out based on their own personal awareness (Nurfadillah, 2020). So, it requires high consciousness and a strong will to get used to PHBS. It is indeed not easy, because there are still many people who underestimate PHBS in their daily lives, so that the total implementation of PHBS can be said to be rarely carried out by the community, including PHBS in schools. PHBS in the school environment is an effort to empower students, teachers and the school community to know, want and be able to implement PHBS in the educational setting. PHBS is one of the preventive (prevention of a disease or health problem) and promotive (increasing a person's level of health, so that it can be said to be a pillar of a healthy Indonesia) effort which is support by the government, especially the Ministry of Health (Aminah et al., 2020).

School is one of the institutions that plays a role in shaping student behavior, specifically clean and healthy living behavior. The Department of National Education states that schools have a strategic role and position in education and health promotion efforts. These are because most school-aged children spend quite a long time in educational institutions everyday. The number of children aged 7-12 years is 25,409,200 and 25,267,914 childrens (99.4%) are active in the learning process (Mustar et al., 2018). For this reason, before implementing PHBS properly and regularly, it is necessary to first introduce to the PHBS program itself, whether using a particular media or method.

One effort to provide and introduce health education in schools is through health promotion. Health promotion can be carry out using various methods and media tailored to the target group. An effective way to approach a group are with the lecture and discussion method. In the lectured and discussion method, a process of changing behavior in the expected direction can occur through the active role of targets and exchanging experiences with fellow targets (Lubis et al., 2013).

Apart from lecture and discussion methods, one way of learning that can increase student's understanding of PHBS in schools is by giving quizzes. Giving quizzes is one way to train students to reflect on newly taught material, thereby helping students build the ability to carry out self-assessments on the level of understanding achieved (Wardani, 2016). Giving these quizzes is very interesting to use in learning, including preparing students for PHBS at school. For students, giving questions in the form of quizzes is something new in the teaching and learning process, so it can motivate students to understand more about the material being taught, namely material related to PHBS (Meishanti, 2019).

The aim of providing material and quizzes regarding PHBS is to increase students' knowledge about PHBS at school, as well as foster students' interest and willingness to implement PHBS at school. The main focus of providing materials and quizzes regarding PHBS is to instill positive values related to cleanliness and health in schools. The specific aim of providing material and quizzes regarding PHBS is to provide information related to PHBS, such as various types of PHBS in schools, basic principles, benefits, and positive impacts of implementing PHBS by students at school.

Therefore, the reason we chose this program regarding PHBS is to provide knowledge to students so that students understand more about PHBS. That can encourage students' interest and desire to apply the





basic principles of PHBS in everyday life. As stated by (Ardiani & Fitriyani, 2020), PHBS in schools is one of the arrangements that focuses on creating a healthy condition. Besides that, we also explain several things related to PHBS such as healthy eating patterns, environmental cleanliness and personal hygiene. Furthermore, our reason for choosing this program is so that students realize the importance of clean and healthy living behavior in their daily activities, especially at school. It was stated by (Nurfadillah, 2020), that the aim of PHBS is to increase students' awareness of living a clean and healthy life. Through PHBS, students can adopt healthy living behaviors, such as maintaining personal hygiene, the environment and healthy eating patterns.

The following reason is to emphasize the essential role of teachers in guiding students to implement PHBS in schools in an effort to build relationships between teachers and students so that they are powerful and can collaborate to create a school environment that supports PHBS practices in schools (Ardiani & Fitriyani, 2020). Health behavior in the school environment focuses on monitoring environmental factors that facilitate the emergence of disease or affect children's health, so this requires cooperation between teachers and students in maintaining personal and environmental cleanliness (Tabi'in, 2020). After students are give insight, knowledge about PHBS, as well as the benefits of implementing PHBS in schools, then students are provided with understanding by observing environmental situations and conditions as well as health problems through quizzes, questions and answers, or pretests and posttests (Adriansyah, 2017). In our opinion, the applications of pretest and posttest as evaluation material can be used to determine changes in increasing students' knowledge regarding PHBS in schools.

MATERIALS AND METHODS

Group Pre-test and Post-test. The variables assessed include elementary school students' knowledge about Pola Hidup Bersih dan Sehat (PHBS) and their application to overcome health problems due to unclean and healthy lifestyles in elementary school children. So that the implementation strategy carried out is to give questions at the beginning before counseling, this matter to test initial knowledge related to PHBS. Then the delivery of health material on Pola Hidup Bersih dan Sehat (PHBS) using delivery media in the form of power points and posters. After that, a question and answer session or quiz was formed to measure students' understanding after being given material delivered.

Activities to be carried out by the team:

1. Determination of research targets
The target population in this study are all students from grade 1 to grade 5 of SD Negeri Kedung Pedaringan 2, Kepanjen District, Malang Regency.
2. Target Observation
Observations were conducted to determine the level of knowledge of students from grade 1 to grade 5 of Kedung Pedaringan 2 Elementary School regarding PHBS.
3. Preparation of Activity Materials
The team will compile materials that are suitable for the target after observing the target.
4. Activity Planning
The team will plan appropriate activities after the activity material is determined.





5. Activity Implementation
The implementation of activities is carried out in accordance with the previous activity planning by the team.
6. Monitoring and Evaluation
Monitoring and Evaluation is carried out by giving post tests to students in grades 1 to 5 of Kedung Pedaringan 2 Elementary School.

RESULTS AND DISCUSSION

Results

The implementation of the Clean and Healthy Living Behavior (PHBS) socialization service program, which was attended by students at SDN Kedung Pedaringan 2, Malang Regency, received a high response and enthusiasm from the students. This socialization was carried out for one day which took around 3 hours and was attended by students from grades 1 to 5. The media used were for grades 1, 2, and 3 using poster media, while grades 4 and 5 used power points media.

This activity will begin with a pre-test before presenting the material and end with a post-test to determine the impact of the socialization that has been carried out. This outreach material focuses more on the habits of elementary school children who like to snack carelessly, rarely wash their hands before and after eating, and do not throw trash in the right place. This service produces outcomes in the form of increased knowledge and implementation regarding PHBS.

The results of the activities we have carried out are:

1. Pre-test
This test is carried out before socialization, and the questions asked are:
 - a. Does anyone know about PHBS?
 - b. Do you wash your hands before and after eating?
 - c. Do you always throw rubbish in the right place?
 - d. Do you always have healthy snacks?From the questions asked, some students in grades 1-5 have implemented some of the PHBS, namely washing their hands and throwing rubbish in the right place. But they don't know that what they do is part of a Clean and Healthy Lifestyle.
2. Socialization
In this activity we provide material to students in grades 1-5. For classes 1,2, and 3 use posters and classes 4 and 5 use power points. They were very interested in the material presented, because the poster design was made as attractive as possible. Apart from that, they followed happily when asked to sing about PHBS.
3. Post-test
This test is carried out after socialization and the questions given are:
 - a. What do you know about PHBS?
 - b. What behaviors are included in PHBS?
 - c. Why should we implement PHBS?After socialization, the knowledge they have has increased significantly. When we asked questions about PHBS, they were very enthusiastic in answering the questions. And the answers given are also correct.





DISCUSSION

Efforts to increase understanding and knowledge carried out through socialization methods, pre-tests and post-tests have proven to be effective for elementary school students. By providing counseling material, students can listen well. In this extension process, a lecture, question and answer and discussion method is required. This extension method is a method or strategy used by an instructor in the process of providing counseling to students to achieve goals. Delivery of counseling material is not only sufficient by providing material and definitions, but also providing posters and power points. However, the material and provision of posters and power points will make students bored, so a fun method for learning is needed. So, to have fun counseling learning and better understand the material, we can use the question-answer method or quiz, because this method can involve aspects (cognitive, psychomotor and affective).

CONCLUSIONS

From the activities we carried out related to PHBS, we came to the conclusion that clean and healthy living behavior is an important thing to implement in everyday life, especially in the school environment. PHBS in the school environment is an effort to empower students, teachers and school residents to know, want and be able to implement PHBS in the educational environment. In an effort to increase awareness of PHBS in the school environment, we carried out socialization, where previously they were given a pre-test to measure their understanding of PHBS information in the school environment and given a post-test to find out whether the socialization we carried out increased the knowledge of students in grades 1-5. through socialization and giving quizzes, students are able to implement PHBS in any environment, especially the school environment, well. Therefore, with this outreach, it is hoped that it will be able to improve the school environment which is clean and healthy and free from various diseases.

It is hoped that further research can be carried out in more depth, to improve good PHBS practices through students' high interest and understanding of their school environment.

Acknowledgement

Firstly, we would like to thank the Principal and teachers of SDN Kedung Pedaringan 2 who have given permission so that the activity can take place smoothly. Second, we thank Mr. Ronal Surya Aditya S.Kep., Ns., M.Kep. as a lecturer in the Community Development and Organization course for the direction and knowledge that has been given. Third, many thanks to all members of class A of the 2022 Public Health Sciences study program who have coordinated and worked together well from fundraising activities, preparing projects, to organizing the event. Without the help of the parties mentioned above, this activity could not take place well.

Funding Source

The source of funding for the Health Education Program on Clean and Healthy Living Behavior at SDN





2 Kedung Pedaringan is purely from the results of one class selling traditional snacks at the Faculty of Sports Science, State University of Malang for 2 weeks. Apart from that, we also provide contributions to each group member so they don't depend on class sales alone. While we were creating this program there were a few obstacles related to costs. The cost constraints lie in the implementation of the pre-test and post-test. This is because it requires more costs to print the questions you want to ask regarding the pre-test and post-test. Therefore, to overcome this, the pre-test and post-test were carried out with the usual question and answer session.

Apart from funding sources from the class, we also received sponsorship from SDN 2 Kedung Pedaringan itself, namely the school has given us a place and facilities to work on and carry out research projects there. The school has opened its doors as wide as possible for us to go into the field to increase students' knowledge and understanding regarding Clean and Healthy Living Behavior at school, so that a school environment that is clean, healthy and free from disease will be created.

Conflict of Interest

The authors declare no conflict of interest

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