

Promotive And Preventive Efforts in Improving Clean and Healthy Living Behavior at SDN 3 Jatiroto Sumberbaru Jember

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Abstract

Clean and Healthy Living Behavior (Perilaku Hidup Bersih dan Sehat/PHBS) is an important strategy to improve health status because many diseases can be prevented if people adopt healthy living behavior. School children are an age group that is vulnerable to experiencing health problems because most of their time is spent outside the home environment and under the supervision of their parents. When children are in the school environment, they can experience disease transmission from peers, from the school environment or they may consume food that does not meet health requirements. School children are also an age group that is easy to provide knowledge about PHBS to form healthy behavior. This service activity aims to increase promotive and preventive efforts for the PHBS behavior of elementary school children. The number of respondents in this service activity was 40 students. The service activities include improving the behavior of washing hands with running water and using soap on an ongoing basis, increasing the behavior of using healthy and clean latrines on an ongoing basis, and increasing knowledge about consuming healthy snacks at school. As for the results of this activity, PHBS behavior among children at SDN 3 Jatiroto increased from good behavior from only 5 respondents (12.4%) to 32 respondents (80%). It is hoped that this activity can continue to be carried out continuously for students who have just entered school so that the students will continue to do this activity when they move up to grade.

Keywords: promotive; preventive, PHBS

Introduction

Clean and Healthy Living Behavior (PHBS) still attracts special attention from the government. This can be seen from the inclusion of PHBS as an indicator of health improvement achievements in the 2015-2030 Sustainable Development Goals (SDGs) program. In the SDGs, PHBS is a prevention strategy with a short-term impact on improving health at 3 regional levels, namely school, family and community (Kemenkes RI, 2015). Clean and Healthy Living Behavior (PHBS) is a set of behaviors implemented on the basis of awareness as a result of learning, which makes a person, family, group or community able to help themselves (independently) in the health sector and play an active role in realizing public health (Triana Srisantyorini, 2020; Yuwanto & Amrullah, 2014).

Bad health behavior puts a person at risk of developing disease. Through good health behavior, the risk of disease is also low so that you can build your quality for a productive life (Cahyadi, 2022). A healthy body is obtained from implementing good habits so that it can carry out normal activities without disease A healthy body is obtained from implementing good habits

so that it can carry out normal activities without disease (Rozi et al., 2021). According to Andriansyah & Rahmantari (2013) that the risk of disease can be caused by not implementing clean and healthy living habits. Children are a group at high risk of developing disease.

Amalia Nur Milla et al. (2020) shows that students who do not implement clean and healthy living behavior are caused by several factors. These factors include students having low knowledge about PHBS, PHBS indicators, benefits of PHBS, and disadvantages of not implementing PHBS. The impact of not implementing clean and healthy living habits will cause several diseases including worms, diarrhea, toothache, skin disease, malnutrition and other diseases which ultimately result in a low level of health in Indonesia and a low quality of life in Indonesia's resources. (Guna & Amatiria, 2018). Apart from that, according to WHO, as many as 100,000 Indonesian children die from diarrhea every year due to not practicing PHBS at school, such as unhealthy snacks or unclean hand washing (Hestiyantari et al., 2020). This shows that children have not done PHBS. Apart from that, there are still school-aged children who suffer from worms because they do not wash their hands with soap (Harahap et al., 2020).
The result of Sofia's dedication

Wardhani, S., Mahdalena, V., & Handayani (2020) shows that if the school environment is dirty it will result in an uncomfortable learning atmosphere, decreased student learning achievement, and can make the school's image bad. shows that if the school environment is dirty it will result in an uncomfortable learning atmosphere, decreased student learning achievement, and can make the school's image bad. (Natsir, 2019) stated that there are 8 indicators of clean and healthy living behavior, of these eight indicators there are 6 indicators that have good behavior but must continue to be maintained and given reinforcement by both schools and health centers, namely the behavior of using clean and healthy latrines, regular and measurable exercise behavior, the behavior of eradicating mosquito larvae, the behavior of not smoking at school, the behavior of weighing and measuring height, and the behavior of throwing rubbish in its place (Erlin et al., 2020).

As for the behavioral indicators of washing hands with running water and using soap and the behavior of consuming healthy snacks, there are still many students who behave badly (Harahap et al., 2020). School-aged children are included in a group that is at risk of contracting diseases that can be caused by their environment, namely the living environment and the school environment. The illnesses that arise are exacerbated by habits that do not pay attention to

behavior when interacting with the environment where school children are. (Patandung et al., 2022) states that school age children aged 6-10 years are easily susceptible to disease if they do not implement PHBS. To increase the implementation of PHBS, it must be done both at home and at school.

The implementation of PHBS in schools is often forgotten, which can affect children's health status. PHBS that is not carried out consistently can increase the risk of diarrhea and worm infections in children. PHBS needs to be known and applied, including when children are at school. School is not only a place where the learning process takes place, but can be a place where children are introduced to good behavior that can prevent children from contracting disease (Nurhidayah et al., 2021) During the school period, children can be given knowledge about health, especially being able to adopt good habits to prevent themselves from the risk of disease. There are several types of diseases that often attack school children, for example worms, diarrhea, and food poisoning due to consumption of unsafe snacks (Sugiritama et al., 2021).

Based on the survey results, the problems found among students at SDN 3 Jatiroto Sumberbaru, most of them experienced low PHBS problems ($\pm 70.0\%$), washing hands with running water and using soap, consuming healthy snacks at school, using healthy and clean latrines. Health improvement community through behavioral intervention, namely education or health promotion, it is hoped that community behavior is conducive to health (Kementrian Kesehatan RI, 2011). Schools occupy a strategic position in health promotion efforts, because most children aged 5 to 19 years are exposed to educational institutions for a long period of time (from kindergarten to high school), schools support the natural growth and development of a child, because at school a child can learn various knowledge, including health, as a preparation for his future life. Health promotion in schools can help improve the health of students, teachers and employees, parents and the community around the school environment (Kementrian Kesehatan RI, 2011).

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school a child can learn various knowledge, including health, as a preparation for his future life. Health promotion in schools can help improve the health of students, teachers and employees, parents and the community around the school environment (Kementrian Kesehatan RI, 2011). Efforts to improve health can be done by improving health status and also preventing various diseases. To date, the Ministry of Health has carried out a policy transformation in the health sector, namely the "Healthy Paradigm", a condition of society characterized by a population that lives in an environment of healthy living behavior, is able to access quality, fair and equitable health services and has the highest level of health. Health workers must play an active role in improving people's healthy lifestyles by providing explanations on how to maintain and maintain cleanliness and health (Pintauli S, 2014).

Identification of Problems

Clean and healthy living behavior is a form of good behavior, so it must be stimulated from an early age. Children's hygiene must be instilled and accustomed to from the smallest things so that children get used to carrying out cleaning activities so that children's cleanliness can be maintained. Clean and healthy living behavior is a set of behaviors that are practiced with awareness as a result of learning which enables a person to help themselves in the field of health and play an active role in realizing public health. Clean and healthy living behavior covers all aspects of life. Instilling clean and healthy living behavior in students can start from introducing personal hygiene, food and drink hygiene, environmental cleanliness, until students are able to carry it out independently. In efforts to promote health among school children, there needs to be an attractive strategy so that children can be easily accepted by children, one of which is by increasing the level of knowledge, attitudes and behavior of school age children regarding clean and healthy living behavior using health education and health prevention for related behavior. with health in children which can be applied to children who are of school age and teenagers.

Implementation Methodology

Community service activities were carried out for students at SDN 3 Jatiroto, Sumberbaru Jember District. The service activities are as follows:

1. Increase the behavior of washing hands with running water and using soap continuously
2. Increase the behavior of using healthy and clean latrines on an ongoing basis.
3. Increase knowledge about consuming healthy snacks at school

The implementation method for this community service program is: fostering health efforts for clean and healthy living behavior through promotive and preventive methods with education and health promotion as well as preventive efforts to improve clean and healthy living behavior, especially washing hands with running water and using soap continuously, use of healthy and clean latrines as well as increasing knowledge about consuming healthy snacks at school. The target for this PHBS Health Care is 40 people. This place was chosen because the level of health, especially washing hands with running water and using soap, the use of healthy and clean jambars and the average consumption of healthy snacks at the discohol showed low criteria. The means for carrying out PHBS counseling activities were in the classroom, while the implementation and practice of washing hands was carried out in the yard. in front of second class. The promotive program, namely health education on how to wash hands with running water and use soap, use of healthy and clean latrines and consumption of healthy snacks at school, was evaluated using a knowledge questionnaire and clean and healthy living behavior before and after the intervention. Preventive programs, namely efforts to prevent disease due to low PHBS, careless snacks and the consequences of using unhealthy and unclean latrines, are measured before and after the intervention.

Results and Discussion

The results of community service carried out on students at SDN 3 Jatiroto, Sumberbaru District are as follows:

Table 1. Frequency distribution of the percentage of clean and healthy living behavior of SDN 3 Jatiroro students regarding PHBS

Criteria	frequency	Percentage
Good	5	12,5%
Not good	35	87,5%
Total	40	100%

From table 1 above, it can be seen that the clean and healthy living behavior of 35 students (87.5%) is in the poor category.

Table 2. Frequency distribution of the percentage of clean and healthy living behavior of students at SD Negeri 3 Jatiroto, Sumberbaru District

Criteria	frequency	Percentage
Good	32	80%
Not good	8	20%
Total	40	100%

From table 2 above, it can be seen that the clean and healthy living behavior of 32 students (80%) has improved to good.

SDN 3 Jatiroto is located in Jatiroto Village, Sumberbaru District, Jember Regency, this district borders Jatiroto District, Lumajang Regency and Probolinggo Regency. Community service activities were carried out by a team of lecturers, Mrs. Kustin S.KM, M. Kes as chief executive, assisted by 9 students. The time for this activity is from 1 July to 23 August 2023. The activity is carried out once a week by carrying out promotive and preventive efforts related to clean and healthy living behavior for 6 weeks where the first week is an introduction and a pre-test is also carried out in the second week. Up to 5 teams carried out promotive and preventive efforts including increasing the behavior of washing hands with running water and using soap on an ongoing basis, increasing the behavior of using healthy and clean toilets on an ongoing basis and increasing knowledge about consuming healthy snacks at school. And the 6th week is the closing of service activities as well as the post test measurement of clean and healthy living behavior in children at SDN 3 Jatiroto.

Based on Table 2, it can be seen that most of the respondents' clean and healthy living behavior after the promotive and preventive PHBS efforts were carried out, there was an increase in clean and healthy living behavior. After carrying out promotional and preventive efforts regarding clean and healthy living behavior, it can be seen that there is an increase in clean and healthy living behavior for these individuals from low to high PHBS. This service activity can indeed have a positive impact on each individual. The main aim of the PHBS movement is to improve the quality of health through an awareness process which is the beginning of individual contributions in living clean and healthy daily life behavior. The most important benefit of PHBS is the creation of people who are health conscious and have the knowledge and awareness to live a life behavior that maintains cleanliness and meets health standards (Kementrian Kesehatan RI, 2011).

This is in line with research (Ratna Julianti & Drs. H. M Nasirun, 2018) Clean and healthy living behavior (PHBS) is one of the preventive (prevention of a disease or health problem) and promotive (improving health status) efforts in a person, so it can be said to be a pillar of Healthy Indonesia 2010. This behavior is expected to be applied to all groups of society including school age children. Many factors influence clean and healthy living behavior, such as habits at home, the community environment, schools, teachers who do not provide role models or demonstrate and the children themselves. It turns out that daily habits have not been

able to increase children's awareness. Children are not yet able to do the things or actions that are expected to depict a healthy, intelligent and cheerful child. The first promotive and preventive activity is the step of washing hands properly using running water and also using soap. Implementing 7 steps of hand washing (WHO) is a way to clean your hands according to the correct procedure to kill germs that cause disease. By washing your hands with soap, either before eating or before starting work, you will maintain your body's health and prevent the spread of disease through germs on your hands. What are the correct steps for washing hands? The definition of 7-step hand washing is the procedure for washing your hands using soap to clean your fingers, palms and backs of your hands from all dirt, germs and bad bacteria that cause disease.

How to Wash Your Hands in 7 Steps Using Soap Correctly, namely:

1. Wet both palms at mid-arm level using running water, take soap then wipe and rub both palms gently
2. Wipe and rub the backs of both hands alternately
3. Don't forget your fingers, rub between your fingers until they are clean
4. Clean your fingertips alternately by closing them
5. Rub and rotate both thumbs alternately
6. Place your fingertips into the palm of your hand then rub gently
7. Clean both wrists alternately by rotating, then finish by rinsing all parts of the hands with clean running water then dry using a towel or tissue.

Meanwhile, the second activity is to increase the behavior of using healthy and clean latrines on an ongoing basis. In this activity, the head and community service activity team provided information to the students about how to defecate and defecate using existing toilets according to their function. Because the majority of students still use the river for their excretory activities even though the school has provided latrines or bathrooms. This is due to their culture and habits so they must be given an understanding of how to use it properly. Meanwhile, consuming healthy snacks is carried out by providing education to students on how to snack and consuming healthy snacks provided by the school canteen. Because most of these students prefer to buy snacks outside of school which are sold outside or around the school where cleanliness is not maintained, one of which is sold openly around the road so that they are exposed to dust or other dirt which if consumed by children can cause diarrhea or stomach ache.

The results of the dedication to the implementation of PHBS activities carried out at elementary schools in the working area of the Sumberbaru health center show that PHBS activities are not implemented well because there are no health facilities available and there is a lack of monitoring and there is no policy from the school as indicated by the absence of washing hands after eating, washing hands after playing and there are still several school children's behavioral activities such as the habit of throwing rubbish in its place which is still not implemented, cutting nails, keeping the skin clean using a toilet, eradicating larvae, not smoking and weighing the behavior change process requires repeated practice so that it can create habits. Good behavior is the main action in daily activities where habits are based on knowledge. The same thing was also stated by Ismoyowati, saying that clean and healthy living behavior is a set of behaviors that are practiced based on awareness as a result of learning that makes someone able to help themselves in the health sector and play an active role in realizing health.

3 The same thing was conveyed by Notoatmodjo that healthy living behavior is a set of behaviors that are practiced on the basis of awareness as a result of learning that makes someone able to help themselves in the health sector and plays an active role in making it happen (Ratna Julianti & Drs. H. M Nasirun, 2018).

In order to create a good implementation of PHBS, teachers should provide information about Clean and Healthy Living Behavior (PHBS), such as providing direction and advice to always maintain the cleanliness of the school environment by diligently cleaning the school environment, especially their study classrooms, throwing rubbish in its place, and always eating breakfast morning before going to school. Considering the importance of clean and healthy living behavior (PHBS) as a form of health promotion in an effort to invite and encourage elementary school children to live clean and healthy lives, it is necessary to carry out continuous health maintenance in order to achieve a better level of health. A healthy school is very conducive to its community behaving healthily (Bukit et al., 2022).

The result of this activity is that the people of Jatiroto Village, especially elementary school age children, already know and understand about Clean and Healthy Living Behavior. However, there is a lack of knowledge related to healthy snacks, so it is hoped that this work program can increase knowledge, understanding and ability in implementing Clean and Healthy Living Behavior in elementary school age children, of course with guidance from parents and teaching staff in Jatiroto Village. especially SD Negeri 3 Jatiroto

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