



## Clean and Healthy School Behavior (PHBS) for Students in SDN Jatibening

Lilik Susilowati<sup>1\*</sup>, Sukarni Setya Ningrum<sup>2</sup>

<sup>1,2</sup>STIKes Abdi Nusantara, Jakarta, Indonesia

Abstract	Article Information
<p><b>Purpose:</b> School Health Promotion is an effort to transform schools into communities that can improve the health level of the general school population through three key activities known as TRIAS UKS, clean and healthy school behaviour (PHBS) of the school order. Observations carried out in the field revealed many problems associated with student health. One of the priorities identified and dealt with in this PKM activity is the large number of students who suffer from illness due to their limited understanding of PHBS in schools, especially when it comes to public places where they are concerned about understanding related to how to maintain hygiene. Based on the discussions, it was agreed that the current activities of the PM would involve health promotion and health education. <b>Methods:</b> This activity was conducted by a lecturer and followed by 30 students from 1st, 2nd and 3rd grades of primary school. <b>Results:</b> This health promotion event will take place on 15 Mei, 2022, and will be organised by two adults and three students. <b>Conclusion:</b> The activity's results indicate that after a health promotion campaign, the students now have a better understanding of PHBS at the school.</p>	<p><b>Keywords:</b> Clean and Healthy; Living Behavior; Counseling</p>
<p><b>Corresponding author:</b> lilik susilowati <a href="https://orcid.org/0009-0002-7589-6844">https://orcid.org/0009-0002-7589-6844</a> address Jalan Swadaya E-mail: lilik.susilowati@stikesbpi.com</p> <p>Received: 20 January 2024 / Revised: 28 January 2024 / Accepted: 30 January 2024</p>	<p>  <b>Lisensi:</b> cc-by-sa Copyright © 2024 penulis</p>

### INTRODUCTION

Young people in school are the group most vulnerable to illness because of this, making health education for them a crucial aspect that requires careful consideration. Numerous studies indicate that a variety of illnesses frequently cause harm to school-age children, the most common of which is related to the Healthy Living Behavior with clean and healthy behaviour (PHBS) (Maryunani 2013). State primary school

Jatibening based on observations targeted for illness. Like the school age group, the first and third grade students in Jatibening, especially at the State Elementary School, Jatibening, are suffering from a vulnerable population.

In PHBS, awareness is used as a learning outcome, meaning that an individual or group can learn about their own health and take an active role in improving the health of their community. As an indicator of a region's ability to recover from natural disasters caused by unhealthy behavior, PHBS is an essential component of any given area. According to the data, the percent of states or provinces with national PHBS coverage in 2017 was 60.89%, and this percentage has now exceeded the target set by the Renstra in 2017. Nine provinces, namely West Sulawesi, Gorontalo, Bali, Yogyakarta, Central Java, Jakarta, Riau Islands, and Bengkulu, have already achieved 100% of the target. The provinces with the highest percentage of land area are Papua (3.45%), West Papua (15.38%), and East Nusa Tenggara (18.18%).(Kementrian Kesehatan,2019).

According to the PHBS results based on the Basic Health Research study from 2013, 95.7% of children had already experienced tooth disintegration every day, but just 1.7% had fully recovered. In addition, the child's daily consumption of milk is active and meets the 0.5% and 0.9% thresholds for milk intensity. Based on a national analysis of tendencies, approximately 82.6% of participants completed defecate honestly, that is, in a jamboree. Only 47% of Indonesian citizens have completed their hand wash honestly. About 26 percent of Indonesian citizens fall into the category of being somewhat active in their daily lives (Kementrian Kesehatan RI, 2019). From 2010 to 2020, the PHBS will be offering a raise. Starting from 27%, it increased to 36.3% in 2017 and 40% in 2018. In addition, the national target for 2019 is expected to be met by Indonesian citizens who meet the PHBS criteria can reach 80 % (Kemenkes, 2019).

Big-assurance awareness at school is behavior that involves application in a school environment that can help it self to realize a healthy environment. According to national standards, PHBS schools include eight indicators, such as cleaning hands with clean, soap-filled hands, consuming healthy school supplies, using clean, safe jambans, engaging in teraturne sports, not smoking during class, measuring water quality and temperature every six months, and creating waste in the school. (Kementrian Kesehatan RI, 2018).

PHBS in school settings is often addressed in a way that negatively impacts children's health. Impact is unable to perform PHBS, which consists of acute infectious disease, with diarrhoea and constipation being the most common types. It is said by the World Health Organization that diarrhoea is the cause of death for two out of every three babies under the age of five, and that it is the leading cause of Death for 370,000 babies in 2019. Every year, diarrheal disease is one of the causes of the deaths of 10,000 Indonesian children due to unsafe drinking; this indicates that children are unable to perform PHBS (Dewi et al 2017; WHO 2022).

This is supported by other studies that indicate that the PHBS in the school is related to the aforementioned variables. Results of the study conducted by Berliana and Jini Ester Nelwan et al., Safe and Healthy Living Practices in Schools at Elementary school Jatibening governs this work. According to Pradana, students in elementary school have a relatively high level of understanding regarding the use of safe and responsible

jambans (67.6%), but roughly 56,3% of respondents said they would never use a safe jamban in a school (Berliana dan Pradana 2016).

Further research also indicates that the majority of elementary school students (54.7%) do not pursue a healthy and balanced lifestyle, while the teachers who are expected to be role models in leading healthy and balance lives do not consistently provide the students with the most opportunities in PHBS. Similar research also shows that there is a relationship between students' understanding and the implementation of the PHBS program (Nurhidayah et al 2021). People also have the ability to encourage children to lead healthy and balanced lives. This is supported by research that indicates a significant relationship exists between knowledge and people's desire for a healthy and happy life. (Wulandari dan Pertiwi 2018; Putra et al 2021; Khoiriah dan Latifah 2021; Aprillya & Khairunnisa 2023; Romadonika et al 2021; Muhani et al 2022).

## METHOD

This pengabdian study will take place at elementary school Jatibening on, 8 Mei 2022, from 8 a.m. to 14 p.m. This exercise is a kind of education through health awareness. The subjects of this pengabdian activity are SDN Jatibening kelas 1, 2, and 3. Number of mitra sasaran: approximately thirty people. Designing and discussing PHBS' efforts to organize schools as a method of education and health promotion. The measurements were carried out in accordance with education and health promotion activities. Knowledge evaluation activities using one-group posttest designs that use only one group of subjects. In this case study, there is just one observational study that allows for the evaluation of the benefits that result from providing education, namely through providing feedback. There is no group comparison (control).

## RESULTS AND DISCUSSION

**Table 1.** Student characteristics gender, age and class (N=30)

Characteristic		N (%) or M±SD	p
Gender	Male	27 (90 %)	.030
	Female	3 (10 %)	
Age	6-7 year	22 (73,3 %)	.575
	7-8 year	8 (26.7 %)	
Class	1	13 (43.4)	.329
	2	10 (33.3)	
	3	7 (23.3)	

P=Value;SD=standar deviation

Table 1 shows that the activities of the are followed by the dominant female students of 30 people, age 6-7 years 22 people, age 7-8 years 8 people and sitting in the 1,2,3th grade 30 people.

**Table 2.** distribute student answers**(N=30)**

<b>Variable</b>	<b>Answer Choices</b>	<b>n</b>	<b>%</b>	<b>p</b>
Students are required to wash their hands before and after recess, after studying, and before touching food	<b>True</b>	29	96,7	<b>.000</b>
	<b>False</b>	1	3,3	
The entire school community only had snacks at the stall/canteen provided by the school which tasted delicious	<b>True</b>	12	40	
	<b>False</b>	18	60	
Urination and defecation must be done in a latrine (WC) and every time you use the latrine you do not HAVE to clean it.	<b>True</b>	10	33,3	
	<b>False</b>	20	66,7	
Exercising should not only be once a week when there are PJOK lessons, but should be done every day	<b>True</b>	25	83,3	
	<b>False</b>	5	16,7	
Eradicating mosquito larvae is the obligation of all school residents	<b>True</b>	28	93,3	
	<b>False</b>	2	6,7	
Smoking is not dangerous	<b>True</b>	0	0	
	<b>False</b>	30	100	
Schools must be smoke free from smoking, except that teachers can smoke	<b>True</b>	2	6,7	
	<b>False</b>	28	93,3	
Weighing your body weight and measuring your height regularly every month or every 2 months, a maximum of once every 6 months	<b>True</b>	29	96,7	
	<b>False</b>	1	3,3	
Rubbish must be disposed of in the rubbish bin, every room in the school needs to have at least one rubbish bin	<b>True</b>	28	93,3	
	<b>False</b>	2	6,7	
PHBS in schools can create a clean and healthy school environment	<b>True</b>	30	100	
	<b>False</b>	0	0	

Note: n = Sample;; p-value was calculated using the Pair T.Test test.

Table 2 shows Generally speaking, almost every student has figured out what needs to be done in terms of PHBS execution at the school. The question, "PHBS in schools can create a safe and healthy school environment," was honestly answered by every student (100,0%). Healthy Clean Living Behavior (PHBS) is an attempt to provide learning experiences or create conditions for individuals, families, groups and communities, by opening up communication channels, providing information and conducting education to enhance knowledge, attitudes and behavior through advocacy approaches, social support and empowerment of communities. (empowerment). The community can understand and resolve their own problems, and they can promote a

healthy lifestyle by pursuing, protecting, and enhancing their well-being (Nurhajati, 2015).

PHBS, for school-age children, is the implementation of the current health curriculum through teaching teachers, students, and the general public within the school's surrounding community. It is the most effective means of promoting and teaching health, given that children are highly sensitive to changes in any form (Pertiwi & Nasiatin, 2021). The primary goal of PHBS is to raise the standard of health care, which is a result of each individual's contribution to a healthy and safe daily life (Muhani et al 2022).

The highest level of agreement was found in the response to the question "School students wash their hands before and after breaks, after study, and before touching food," which was satisfactorily answered by 29 out of the participants (96.7%). According to Devi & Nurwanti (2017), there is a positive correlation and some positive feedback for the respondent when the PHBS is used to measure hands. 14 The health promotion intervention offered in the study can have an impact on changes in knowledge and practice of using a soap.

The ability to wash hands can be further enhanced if exercises are done continuously and after the respondent's hand washing ability is good or perfect can be improved again about how and when the required time should wash hands. To improve healthy living behavior so that the quality of health of individuals, special groups or communities is better for a healthier Indonesia (Rizky 2019). community service results show that the question about "Smoking is not harmful to humans" was well answered by 30 students (100%). The children of SD in class 1, 2 and 3 became very susceptible to smoking behavior. This is because the increased cognitive intelligence of a child, increased insight into knowledge, the extent of friendship and having high curiosity, it can all trigger the curiosity of the child in trying to smoke behavior.

Mulyani (2015) revealed that the smoking behavior of an average child begins at the age of eight years, even some of them from age six, this is even from one school neighborhood alone. This condition has caused Indonesia to be called a baby smoker or child smoker which means that the age level of smokers in Indonesia varies, not only among adults and adolescents but has also begun to increase in childhood. The occurrence of high rates of smoking behavior in Indonesia among children stems from the perception or believed view of smoke itself. Skinner stated that smoking behavior is a response to stimuli. There are many perceptions about cigarettes, such as the perception that a man who smokes is cool and strong, the perceptions that women who smoke look more attractive than non-smokers, and a positive perception of cigarette advertising so that teenagers are interested in trying them. Self-smoking behavior is an activity of sucking and removing smoke from the mouth with cigarettes as its primary object.

This smoking activity is of no benefit to yourself or anyone else, because the smoke contained in the cigarettes if inhaled into the air then there will be if 4000 compounds Jeini Ester Nelwan et al, Clean and Healthy Behavior at Schools in State Elementary School Students Jatibening chemicals and 69 are the main causes of cancer (carsonigenic), various heart and lung diseases, more susceptible to bronchitis,

respiratory tract and middle ear infections, as well as asthma. The impact can be felt for a smoker (active smoker) and the person who inhales around him. (perokok pasif). There are many negative effects on human health that can be caused by exposure to cigarette smoke. (Susetiyo et al, 2020). Smoking behavior has increased at the age of children, so it can be re-corrected through educational institutions that are the foremost guard for children to demand science and behaviour. (Febrianti, 2023).

There are several factors that can improve the ability of students to perform PHBS, one of which is the media. Visual audio media is media that has sound and image elements. This type of media has better abilities because health education with visual audio aids can stimulate hearing and vision in receiving media information that can be seen and heard. (Anjarsari, 2020). Exercise is the perfection of existing potential by repeating certain activities. Exercise is one of the fundamental acts of learning, just like habit. Both practice and cultivation occur primarily at the biological level, but when further developed at the psychic level, then both symptoms will turn the process of consciousness into a process of biological unconsciousness called automation, which results in unknown, rapid, and accurate action. (Notoatmodjo, 2012).

There is an element of training in the learning process of visual audio media, the teacher as instructor gives examples of hand washing followed by respondents and performed repeatedly, with the presence of media and facilitator, respondents are able to follow the learning better. With repetitive exercises performed it is hoped that respondents will be able to remember the hand wash movements from the first stage to the final stage. So the strategy of health education in children is to use visual audio and assisted with the presence of a facilitator in the right sense, because with an attractive media and facilitators, respondents can be more concentrated and helped in following the learning process (Rizky 2019).

The community service results also showed that there are still 2 questions to which the answer is still about < 85% students answered incorrectly namely the question "All school citizens only eat in the bar/ cantina provided by the school that tastes good" which was answered correctly only as many as 12 students (40,0%) and the question "Drainage and large pissing must be done in Jamban (WC) and every time using the piss is not obligatory cleaned" which was replied correctly as much as 18 students (60,0%).

Healthy and clean children play a strategic role in contributing to the child's nutritional resources in schools. School households can only contribute to the daily needs of schoolchildren, which is about 5-10%, while according to other studies, about 36% of school household is contributing to the energy needs of children. (Mardhiati, 2019). School food is a matter of concern to the public, especially parents, educators, and school administrators. Eating behavior, like other behaviors in a person, a family or a community, is influenced by insights and views and other factors related to proper actions. On the other hand, eating behaviour is affected by one's insights or views on nutritional issues. Eating is basically a form of applying eating habits. Internal factors include knowledge, especially nutritional knowledge, intelligence, perception, emotions and motivation beyond nutritional know-how is wisdom in choosing foods that are

sources of nutrients and wisdom to choose healthy foods. The child's nutritional knowledge has a strong influence on food choices. (Yasmin et al, 2016).

Eating habits are the ways in which individuals or groups of people choose, consume and use food available, based on the socio-cultural background in which they live. School-age kids have a habit of eating meat. Honeymoon habits tend to be part of a family's culture. Poor nutritional and health foods threaten children's health. The child's appetite is reduced and if it lasts long it will affect nutritional status (Lestari 2021). Using a clean cloth for every urination or large urination can keep the environment around the school clean, healthy, and odor-free. In addition, it does not pollute the water sources around the school and avoids the arrival of insects that can spread diseases. The ratio to users is 1:30 for males and 1:20 for females. (Nugraheni,dkk, 2018).

Healthy stool is a stool disposal facility that: Prevents contamination into the water body, prevents human contact with stool, stool cannot be reached by insects and other animals, does not smell, and the seat construction is well made, safe for the user and easy to clean. Taryatman (2016) stated that hygiene is essential because it can prevent the spread of viruses and bacteria that cause disease in school residents for those who use it. Widyastutik (2016) in his research conducted in the village of Malikian, West Kalimantan where the level of knowledge of respondents in the good category is quite high 48 people with a percentage of 75% of a total of 64 respondents. These results indicate sufficient knowledge that respondents already know the meaning, the benefits, the consequences when the piss is not used as well as the disease caused by the stool when thrown out in a forbidden place and respondents.

In contrast to the results that have been obtained Kurniawati (2015) Where it is known that respondents who have knowledge of the high category 13 respondents with a presentation 14.1%, while respondents that have knowledge with the middle category 20 respondents and a presentation 21.7%, and respondents having knowledge of low category 59 respondents, with the presentation 64.1%. The study conducted by Ibrahim dkk (2012) also obtains similar results whereThe knowledge of respondents in the use of jambes is in the category high as 37 people (49.3%) and low as 38 people (50.7%) There is a meaningful relationship between knowledge and use of Jambes. The results of this study are also in line with the research conducted by Yusuf, dkk (2020) obtained a consistent result that the distribution of knowledge about the public is the most knowledge is good of 46 respondents (69.7%).

Good knowledge because the respondents answered correctly questions about understanding of the disease. Public awareness of possessing healthy warts can change behavior about the importance of a clean and healthy life versus the habit of urinating. This study is also in line with the research carried out by Yusriati, dkk (2020) on the factors related to the use of healthy jam in the village of Madu Retno district of Tanah Bumbu, the results showed that the level of knowledge of 68 respondents indicated that more are well-informed as 32 people (47.1%).

Behavior can occur through the process of being stimulated to the organism and then the organism responds then called the "S-O-R" theory. (Stimulus-Organisme-Respon). A response is a response that is caused by specific stimuli called eliciting stimulus, because it causes relatively constant responses. Respondent response also includes

emotional behavior (Notoatmodjo, 2012). b. Operant response or instrumental response is the response that arises and develops then followed by other stimulus or stimulus. The latter stimulant is called a stimulant reinforcer because it works to strengthen the response. (Notoatmodjo, 2012). Seeing from the form of response to this stimulus, the behavior can be distinguished into two: Clean and Healthy Behavior At Schools Armed State Jatibening Closed Behaviour (covert behavior). Closed behavior is a person's response to a stimulus in a hidden or closed form (covert). The response or reaction to this stimulus is still limited to the attention, perception, knowledge, awareness, and attitude that occurs in the person who receives the stimulus, and is not clearly observable by others (Notoatmodjo, 2012).

## CONCLUSION

The purpose of this essay is that after completing educational activities on PHBS in school, almost all students have a basic understanding of what needs to be done in terms of PHBS implementation in schools. Due to this, educational programmes and health promotion activities through dissemination activities can be carried out in a flexible manner in schools, especially for basic students.

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