



The Role of Education in Implementing a Clean and Healthy Lifestyle in the School Environment

Darmadi, Munawar Jailani, Setia Wati

UIN Sulthan Thaha Saifuddin Jambi, Indonesia

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ABSTRACT

Clean and Healthy Living Behavior (PHBS) is a community service activity aimed at improving health levels, especially for students in Elementary Schools. PHBS taught at an early age is very necessary to instill awareness of the importance of maintaining cleanliness as a way to maintain and improve health for oneself and the environment, especially in the school area. This Community Service aims to provide understanding and skills related to PHBS material to students of SDN 08/X Suka Maju. In this activity, several appropriate methods will be applied to achieve the objectives, including delivering material, mentoring, independent practice related to PHBS, namely how to wash hands properly and correctly, and providing simple facilities. The results achieved in this activity include an increase in students' knowledge of implementing a clean and healthy lifestyle and the availability of simple hand washing facilities so that students can wash their hands in running water easily.

Corresponding author. UIN Sulthan Thaha Saifuddin Jambi, Indonesia.

E-mail address: darmadi@uinjambi.ac.id

Introduction

Health-related education for elementary school children is an effort to provide assistance to students to gain knowledge, attitudes, and actions of Clean and Healthy Living Behavior (PHBS). Health is a condition where a person is free from disease and is a supporting factor for students' success in receiving education. Elementary school children are in a period of development and growth so they have good potential in implementing new values and habits.

According to the Health Promotion Center of the Ministry of Health of the Republic of Indonesia (2014) Clean and Healthy Living Behavior (PHBS) is a collection of behaviors practiced based on awareness as a result of learning that makes a person or family who can help themselves in the health sector and play an active role in realizing health in the community. Clean and Healthy Living Behavior consists of various arrangements including Household Arrangements, Educational Institutions (Schools), Health Institutions, Workplaces and Public Places.

The implementation of PHBS is one of the efforts to maintain and improve and protect oneself

from disease disorders which is the responsibility of everyone so that it can be implemented effectively. According to Lina (2017) schools are institutions that can be targeted for PHBS, so that the implementation of this behavior will be better. This is based on the large amount of data that has been revealed that most diseases in school-age children are related to PHBS. Children who are unhealthy and less concerned about PHBS have obstacles in the learning process, such as having difficulty focusing and concentrating in understanding learning materials, often feeling sleepy, and not being able to complete homework assignments properly due to illness.

Healthy lifestyle reflects a person's healthy behavior in the form of actions. This reflects an effort to achieve or maintain optimal health levels. There are several factors, including thoughts and feelings, significant others (role models), resources, and culture, that influence individual behavior. Clean and healthy living behavior is also influenced by three main factors: enabling factors, predisposing factors, and reinforcing factors; tendency factors that combine information and community perspectives. Based on this, it can be seen that making a commitment to the activities of each person, including the younger generation of the class.

SDN 08/X is located in RT/RW.09/05, Suka Maju Village, Geragai District, East Tanjung Jabung Regency, Jambi Province. Students' understanding of maintaining cleanliness is relatively minimal, this can be seen from the school environment which still has few waste disposal facilities. The absence of hand washing facilities in this school is also one of the causes of the failure to create a clean and healthy living environment. Based on the problems at SDN Suka Maju, community service was carried out through Clean and Healthy Living Behavior Education (PHBS) which is expected to enable students to achieve a high level of health to achieve maximum learning processes.

Result and Discussion

Community service activities were carried out at SDN 08/X Suka Maju, Tanjung Jabung Timur in September 2024. The method used in this activity is Clean and Healthy Living Behavior Education (PHBS) which is expected to create new behaviors and habits, namely implementing PHBS in schools. Some of the indicators used as benchmarks in assessing PHBS in schools include:

1. Wash your hands with running water and use soap
2. Consuming healthy food in the school canteen
3. Using a clean and healthy toilet
4. Regular and measured exercise
5. Mosquito larvae members
6. No smoking at school
7. Throw garbage in its place.



This activity was carried out after all the preparations and permits for the facilities and

infrastructure were prepared. PHBS education was carried out in a room with adequate facilities and infrastructure, namely adequate electricity for the use of laptops and in-focus and could accommodate 30 students as participants in this community service. The target of this PHBS Education program is students in grades 4-6 who are considered to have an understanding in answering pretest and posttest questions that are distributed before and after the activity.

The activity was made to attract the attention of children so that participants could follow and understand the material carefully. The implementing team consisting of 10 students explained the material in front of the students using electronic media, namely presentations using power point and direct demonstrations of several indicators of success, including washing hands with running water and using soap and the correct order of brushing teeth. This PHBS education is also made two-way which makes class interaction very effective where participants can ask questions after the presentation of the material is delivered. continued with the practice of washing hands properly and correctly. The implementing team provides examples which are then followed by PHBS Education participants.

In an effort to implement Clean and Healthy Living Behavior to improve children's health at SDN 08/IX Suka Maju Village, the activity was not only carried out by delivering material but also accompanied by video screenings, directly exemplifying the implementation of PHBS which was followed by participants and a question and answer session.



The importance of education related to Clean and Healthy Living Behavior in the school environment without distinguishing class levels to improve student knowledge needs to be done so that there are no differences in student knowledge related to PHBS including washing hands with running water and using soap, consuming healthy snacks in the school canteen, using clean and healthy toilets, regular and measured exercise, eradicating mosquito larvae, not smoking at school, weighing and measuring height every 6 months, throwing garbage in its place.

In addition, PHBS also has an impact on student learning achievement as explained by Butarbutar that there is a significant influence between PHBS behavior and increased learning achievement in students. This childhood period is ideal for instilling healthy habits and positive values that can be carried into adulthood. Children can learn directly from their current circumstances about how to act, so that they improve their quality of life and are ready to achieve the most important level of health.

The obstacles faced by this activity include the many students who still do not implement hand washing before they eat, and cause students to be less concerned about their cleanliness. Especially after sports or word games from the toilet. Start by demonstrating an understanding of PHBS, then continue with other things about other health issues. Students' interest and desire to follow the PHBS program at their school and in their homes are expected to increase. If this is achieved, then

the expected goals will be achieved, and students' knowledge of PHBS will continue to increase.

Conclusion

Clean and Healthy Lifestyle Education (PHBS) can improve students' knowledge of healthy lifestyles in the school environment, so that there is an increase in students' health. Improving the knowledge and skills of students at SDN 08/X Suka Maju is done by presenting materials and presentations. With the availability of hand washing equipment, students at SDN 08/X Suka Maju can wash their hands properly with air flow to avoid disease transmission. It is hoped that PHBS in schools can be implemented optimally and sustainably.

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