

Improving Knowledge of Clean and Healthy Behavior in Students at SMP Muhammadiyah 2 Bolang

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ABSTRACT

PHBS stands for Clean and Healthy Lifestyle. While the notion of PHBS is all health behaviors that are carried out because of the personal awareness of the family and all its members are able to help themselves in the health sector and have an active role in community activities. . The counseling material delivered was about PHBS and how to wash hands for junior high school students. This activity was carried out at SMP 2 Bolang using lecture, discussion and simulation methods. The result of this activity is that students understand about clean and healthy living behavior (PHBS) and how to wash hands properly and correctly, where students are able to the answers given after health counseling and being able to re-practice independently how to wash hands properly and correctly. In addition, students participated in the activity enthusiastically so that it became the beginning to improve patterns and lifestyles to make them healthier.

Keywords: PHBS, Student, Bolang

INTRODUCTION

Clean and healthy living behavior (PHBS) is all health behavior that is carried out because of personal awareness as a result of learning so that families and all members are able to help themselves in the health sector and play an active role in community activities (Permenkes).). , 2011). Clean and healthy living behavior is basically an effort to transmit experiences about healthy lifestyles through individuals, groups or the wider community with communication channels as a medium for sharing information. There is a variety of information that can be shared, such as educational materials to increase knowledge and improve attitudes and behavior related to a clean and healthy lifestyle. Healthy and healthy living behavior in the school environment is the practice of clean and healthy living habits in everyday life both when students are in the classroom and outside the classroom such as students washing their hands with soap, doing regular dental figures.

Children are the most important asset in achieving the success of a country, because children are the next generation of the nation. The degree of children's health cannot be said to be good because there are still many health problems, especially in school children. School-age children are a critical age group because at that age they are vulnerable to health problems. Health problems that often arise at school age are behavior disorders, physiological development disorders to learning disorders and general health problems.

RESEARCH METHOD

The main partner in this activity is the District Government. Where relevant agencies are the leading sector of this program, while the sub-district/village is the spearhead of the success or failure of this program. Furthermore, the target of this activity is students in one of the schools, namely SMP MUHAMMADIYAH 2 Bolang, especially in Cimahi Hamlet. The main target of this program is a group of school children, in this case students of SMP MUHAMMADIYAH 2 Bolang.

This activity aims to increase the knowledge and behavior of all SMP MUHAMMADIYAH 2 Bolang students regarding Clean and Healthy Behavior (PHBS) and the technique, Washing hands properly and correctly. The methods used in health education are lecture strategies, discussions/questions and answers and simulations. Evaluation was carried out with a pre-posttest to see changes in knowledge and behavior before and after counseling.

RESULT AND DISCUSSION

A deeper understanding of PHBS and how to wash hands properly is carried out through lectures, discussions and simulations. Counseling on PHBS (Clean and Healthy Living Behavior) and how to wash hands properly was carried out at SMP MUHAMMADIYAH 2 Bolang.

In the initial assessment activities at the student and female level regarding related PHBS and how to wash hands by asking a number of questions about the counseling material that will be delivered. After reviewing students' knowledge, and providing counseling about PHBS behavior (Clean and Healthy Living Behavior) and how to wash hands by providing counseling which ends with a discussion and evaluation process. The evaluation was carried out by asking the same questions as the previous questions to measure whether there was a change in the level of knowledge before and after the health education was carried out and asking students to practice proper hand washing techniques independently. Students are able to answer the questions asked properly and are able to practice good and correct hand washing techniques. From the results of the evaluation students understand about PHBS and good and correct hand washing techniques and students apply them in everyday life.



Figure 1. Hand Washing Practice

The practice of hand washing was carried out at SMP MUHAMMADIYAH 2 Bolang which was practiced by one of the KKN students to simulate students at SMP MUHAMMADIYAH 2 Bolang.



Figure 2. Health Extension Participants

Group photo with students of SMP MUHAMMADIYAH 2 Bolang after practicing practicing hand washing techniques properly and correctly and being able to carry out the 7 steps of systematic hand washing techniques.

CONCLUSION AND SUGGESTION

Activities carried out in accordance with the objectives and plans, this activity received a good response from the school principal, teachers and students at SMP MUHAMMADIYAH 2 Bolang. This can increase knowledge and improve behavior regarding PHBS and good hand washing activities and really improve the quality of health students as early as possible.

Community service activities can be continued and disseminated to other villages. In other villages, the Bolang Dusun Cimahi Government needs to pay attention to PHBS in the School Environment optimally as a potential asset to improve the quality of welfare from an early age.

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