

## **Education About Clean and Healthy Behavior Regarding CTPS at Schools in Class 3 SDN 1 Ciparanti**

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### **ABSTRACT**

Clean and healthy behavior in Indonesia known as perilaku hidup bersih dan sehat (PHBS). PHBS in school children is very good for educating and instilling awareness of the importance of cleanliness as an effort to maintain personal and environmental health, especially during the Covid-19 Pandemic encouraging children to carry out a Clean and Healthy Lifestyle. This is one of the PKM Programs. The purpose of this study is to obtain an overview of PHBS in students of SDN Ciparanti 1. The method used is descriptive method. With a sample of 20 people from all 3 classes. The results showed that the behavior of respondents who did handwashing with soap was always carried out by 40.99%. Suggestions for school residents, especially teachers and community employees around the school as well as parents of students, should make more efforts to understand the importance of the PHBS program in schools and provide understanding to students. Because washing hands with good soap is the most important thing in preventing the spread of viruses and germs. Because 98% of the spread of germs in the body comes from the hands.

**Keywords:** tourism , beach madrasah , development

### **INTRODUCTION**

Covid-19 pandemic pushes behavior public For operate pattern life clean And healthy , wrong only one is wash hand use good soap \_ And right . Because wash hand use good soap \_ is matter most important in prevention spread of viruses and germs . Because 98% spread germs in the body originate from hands. Wash hand use soap (CTPS) with running water acknowledged globally as Wrong One behavior the most basic hygiene with impact great health. Through reason this, promotion CTPS behavior with running water - especially in time critical , incl moment plague Still become approach main in prevention disease based environment ( diarrhoea , intestinal worms , typhus , ARI), and habituation life clean And healthy .

Ministry data Health 2013 mentioned \_ that House households in Indonesia that practice the new PHBS reached 55.46%, meanwhile achievement Province West Java is below the national average that is of 48.36% ( Ministry of Health , 2014). Data from Service Health Regency Pangandaran on 2019 year, home ladder behave life clean And healthy ( with PHBS) in the district Pangandaran only reached 65.65 % . In the era of the COVID-19 pandemic like moment this , wash hand with soap very important in prevention . However , no everyone can \_ do it with right . one \_ factor the cause is No own proper access (Sari, 2020;

Wijayanti , 2021 ). According to data from UNICEF millions of people worldwide world No own access For wash hands . Latest data mention , in total only 3 out of 5 people throughout world that has facility wash hand foundation (UNICEF, 2020). Besides that is , behavior wash hands that don't Correct become Wrong One factor decline effectiveness prevention risk disease . A research in Bangladesh examines effectiveness wash hand with soap and water compared with wash hand only with water. Study the find that although water use only can help reduce risk diarrhea , however with use soap Far more effective help reduce risk disease (GHP, 2017)

From eleven village in the District Cimerak , Village Ciparanti is Wrong One pretty village \_ proceed compared to villages other . In home PHBS ladder One from ten pillar is wash hand use soap . Form interventions carried out is socialization to inhabitant And cadres . Although thus, based on information officer Public health center local , resident Village Ciparanti Not yet own awareness will importance wash hand with use soap . So that although Already done socialization, citizens village Not yet apply behavior wash hand with Good And right . Based on matter the needed exists education direct to inhabitant local have a good CTPS and right.

## **RESEARCH METHOD**

### **Location and Target**

The implementation of this health education activity was carried out in class 3 which is located at SDN 1 Ciparanti, Ciparanti Village, Kec. Cimerak, Kab. Pangandaran on August 18 2022 with a total of 20 people.

### **Implementation of Activities**

Given method for education health this done with lecture and discussion, carried out for ± 30 minutes. Education health this done in 3 stage.

1. The first stage

Preparation activity.

2. Stage second

Giving material by speaker from KKN team, continued with provision of appropriate CTPS video with recommendation Republic of Indonesia Ministry of Health

3. Stages third

After he gave exposure material via video, the KKN team did the practice in front of students, continued by students who practice CTPS and accompanied by KKN team as well give time for student ask. Tool And Material: LCD, projector, computer, speaker, mic, chair and table. The material that covers it, understanding wash hands, steps wash hands, and 5 moments of washing hands.

## **RESULT AND DISCUSSION**

The implementation of health education activities regarding clean and healthy living behavior regarding CTPS, especially in class 3 of SDN 1 Ciparanti has been carried out, starting from the preparation stage to the evaluation stage. From the results of the activities carried out on August 18 2022, 90% of grade 3 students did not know what PHBS was, what CTPS was, what were the CTPS steps, and 5 CTPS moments. The results of the study found that there was an effect of health education regarding CTPS on students at SDN 1 Ciparanti. From this health education class 3 students at SDN 1 Ciparanti can also know the importance of CTPS in 5 moments at school. With this health education, Ciparanti 1 Elementary School students can apply CTPS, especially in the school environment. The following is the result of the steps that have been carried out:

### **1. First Stage**

For the preparatory stage, everything was carried out by students from the KKN team, and obtained permission from the school. After being given permission by the school, the KKN team provided health education by involving students from the Bachelor of Nursing study program, Faculty of Health Sciences, Muhammadiyah University of Tasikmalaya.

### **2. Second Stage**

In this second stage, students are given health education about PHBS regarding Handwashing with Soap and running water.



**Figure 1.** The process of submitting PHBS material regarding CTPS

Providing health education was carried out in grade 3 of SDN 1 Ciparanti which was attended by  $\pm$  20 students. After the presenter gave his presentation, it was continued by showing a video that lasted  $\pm$  5 minutes, in which he explained the steps for washing hands. In this stage, the KKN team aims to add insight to Ciparanti 1 Elementary School students about clean and healthy living behavior, especially regarding CTPS in the school environment. Also, with health education regarding CTPS, students at SDN 1 Ciparanti can apply it, especially in the school environment. .

### **3. Third phase**

Practice hand washing steps and accompany students who practice hand washing.



**Figure 2.** CTPS Practice Process

The KKN team first gave practice on the correct CTPS steps and then the students who did the practice were accompanied by the KKN team to justify what was wrong. After doing the practice, the team opened a question and answer session for students who wanted to ask questions. With the help of video viewing and direct practice students can immediately understand health education about PHBS regarding CTPS, not only that students can also learn about educational material through video viewing and direct practice so that it attracts students' interest and is easy to understand.

## **CONCLUSION AND SUGGESTION**

### **Conclusion**

1. Skills wash hand use soap before given education health through method lecture with video screening at SDN 1 Ciparanti that part big respondent No skilled do wash hand use soap .
2. After get education health wash hand students of SDN 1 Ciparanti can practice good direct CTPS And right
3. There is influence education health wash hand with method lecture with video viewing of Skills wash hand use soap on child DN 1 Ciparanti students.

### **Suggestion**

1. Share institute education

This study expected can become education addition knowledge and information with method lecture with video views as activity Study with eye related teachings \_ with wash hand use soap.

2. Share place study

- a. Provide means and supporting infrastructure \_ in activity wash hand like sink, soap hand and towel.
- b. Stage study for teachers about education health especially method wash good hands \_ And Correct so that can informed to student in a manner continuous.

3. Share Respondents

Expected can add knowledge and Skills so that can get used to himself For wash 6 step hand use soap in life every day , so can prevent happening various disease .

4. Share researcher furthermore

Can used as reference as well as can develop what have done in study this. Like add amount respondent nor develop lecture with more video views interesting and unique, so own Power pull alone for child.

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