

Clean and Healthy Behavior Education Vuttisat Vittayanuson Students Krabi Thailand

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Abstract

Community service activities carried out by STKIP Muhammadiyah Kuningan present knowledge sharing through programs for the community in the Vuttisat Vittayanuson School environment, Koh Lanta Noi, Krabi Thailand. The purpose of this service activity is to carry out the PHBS program based on the results of the analysis and goals of KKN students. The method of community service activities uses focus group discussions (FGD) both internally as a Community Service Team (PKM) and with residents of the Vuttisat Vittayanuson School. The results of the service activities from the program that have been implemented consist of working together to clean the school environment, exercise together, wash hands regularly and how to maintain personal hygiene.

Keywords: Physical fitness, Clean and healthy lifestyle, Cleanliness

INTRODUCTION

PHBS is all behavior that is practiced based on awareness as a result of learning, which makes individuals, families, groups or communities able to deal with problems that occur independently in the health sector and play an active role in realizing public health. (Kertapati et al., n.d.). Clean and healthy living behavior (PHBS) is very important for people's lives, especially in the world of education. Teachers can always guide their students so they can implement clean living around the school. Not only among junior high/high school students, but also at the elementary and kindergarten levels. The children are always given guidance, learning about the importance of healthy living behaviors, so that they are always more accustomed to everyday life. Healthy teachers, employees and students will be able to create productive learning that can have an impact on increasing comfort in school.

Health is the first and main factor affecting the quality of human resources in supporting sustainable development (Hapsari, 2007). Evaluation of the success of PHBS coaching is determined by looking at the achievement of indicators. One of them is the application of PHBS in the school order. The primary target must be practicing behaviors that can create schools with the implementation of PHBS, such as: washing hands with soap, disposing of trash in its place, consuming healthy snacks, and others. Schools are educational institutions that are the target of PHBS, so they have responsibility and instill PHBS in all school members.

STKIP Muhammadiyah Kuningan is one of the Muhammadiyah Universities under the auspices of the Diktilitbang Council of Muhammadiyah Central Leadership which has the obligation to carry out and practice the chatur dharma of higher education, namely education, research, community service,

and al-Islam Kemuhmadiyah. In the LPPM program that embodies students for KKN abroad, one of the dharma that has been carried out by STKIP Muhammadiyah Kuningan students is community service in educational activities for clean and healthy living behavior for Vuttisat Vittayanuson School students located in Koh Lanta Noi, Krabi, Thailand. This service activity presents inspiration about the importance of clean and healthy living behavior for students

Vuttisat Vittayanuson School This is a private Islamic school and is supplemented by regular schools. Located in Ban Thung, Village 170 No. 3, Koh Lanta Noi District. Koh Lanta District, Krabi Province, zip code 81150, about 75 kilometers from Krabi city. Because Koh Lanta Noi sub-district Koh Lanta District It is a community of about 99% Thai people who practice Islam and there are no schools teaching religion alongside ordinary people. The potential in the Koh Lanta Noi area, Krabi is in the fields of plantations and fishing, so that the majority of 85% of the community's livelihood is gardening and fishing.

The results of the situation analysis based on observation and interview data obtained through teachers and students at the Vuttisat Vittayanuson school wanted the community service program to focus more on cleanliness around the school, starting with Mattayom students (equivalent to junior high/high school students in Indonesia). This research activity was carried out on Friday. Coinciding with the custom at the school in the clean Friday series.

METHOD

The implementation of community service activities takes place in Koh Lanta Noi, Krabi, Thailand, coinciding in December 2022. The procedure for implementing community service begins with licensing the community service to the LPPM (Research and Community Service Institute) STKIP Muhammadiyah Kuningan by attaching a KKN permit letter to the leadership of the Vuttisat Vittayanuson School. Apart from holding KKN at that location, STKIP Muhammadiyah Kuningan students also analyzed the school situation as the focus of PKM (Community Service) activities. Students receive a letter from LPPM to carry out PKM and coordinate with the head of the school principal. PKM activities were carried out for 1 month which began with an opening ceremony attended by the leaders of the Indonesia-Thailand KKN, the leaders of the Vuttisat Vittayanuson School, the leaders of Thai teachers, teachers from various schools in Krabi, the leaders of STKIP Muhammadiyah Kuningan and other leaders.

Activities carried out through approaches including *focus group discussions* involving school principals, teachers, students and all students in discussing the PKM work program. The programs implemented include educating students about the importance of PHBS in the school area. Teachers and students participate in guiding their students so they can make the school a clean and healthy school so that teaching and learning activities can be comfortable. The programs implemented include cleaning the school area and yard. This program is routine for 1 month 4x every Friday with the target of Mattayom 1-6 students (equivalent to grade 7-9 junior high school and 10-12 high school class). Students participating in the Thai KKN work together with the school to jointly educate students about the importance of maintaining a clean and healthy lifestyle by maintaining cleanliness in the school environment.

RESULTS AND DISCUSSION

Education on Clean and Healthy Living Behavior in the School Environment

The activities carried out certainly have beneficial results and meanings for the school community, many positive impacts are obtained. FGDs conducted between KKN students and teachers yielded results, namely a clean and healthy living behavior education program for students. The program that has been implemented certainly aims to make school members, especially students, have knowledge about PHBS to be embedded in everyday life.

This activity is carried out by providing knowledge to Vuttisat Vittayanuson school residents regarding Healthy Behavior, as well as providing assistance and guidance in implementing Clean and Healthy Behavior. PHBS activities are taught so that they can maintain a clean and healthy school environment so that they avoid various kinds of diseases by working together to clean the school environment, exercising together, washing hands regularly and how to maintain personal hygiene. To start hygiene behavior as part of faith requires collaboration with various parties. Implementing this behavior requires the participation of law enforcers and policy makers in order to realize this ideal together. For the cleanliness of the school environment, knowledge about the school environment needs to be given in order to provide a deep understanding of the importance of the environment for humans.



Figure 1. Interview and observation activities with teachers

Based on the information obtained through interviews and observations, knowledge about PHBS is very important so that people can be independent in preventing and overcoming the health problems they face. (Kementrian kesehatan RI, 2011) The activity was followed enthusiastically by the teachers in the discussion forum, seen from the activeness of their opinions when the discussion forum was held.

In addition to FGDs with teachers about PHBS education, the KKN student program also educates the importance of PHBS in each class during learning. The importance of knowledge about PHBS is taught in every class using the lecture method. According to (Zukmadini et al., 2020) Providing relevant knowledge to the target group is a very important factor because it is able to achieve the desired goals.



Figure 2. Provision of Education about PHBS

These PHBS educational activity programs were carried out during the KKN activities that took place including regular exercise, working together to clean up the school environment targeting students at all levels of education in the Vuttisat Vittayanuson school. The programs implemented include regular exercise where routine exercise is carried out every Tuesday with the aim of increasing the function of these hormones to increase endurance. (Pane, 2015) Besides that, the purpose of regular exercise is also to make the body healthier and energized so that it helps the body stay fit and avoid various kinds of diseases. (Kementrian kesehatan RI, 2011; Pane, 2015).



Figure 3. Regular exercise program

Another program is guiding and accompanying students to maintain cleanliness in their school environment, routinely working together in cleaning the school environment is one of the clean and healthy living behaviors according to (Ismail, 2021) Maintaining cleanliness is tantamount to creating a healthy environment so that it is far from a hotbed of disease and is not susceptible to disease. Besides that, they also maintain the cleanliness of the environment, especially at school according to (Sari, Aprilia Permata & Nurizka, 2021) is an effort made to maintain and protect the sustainability of the environment.



Figure 4. Gotong royong program to clean up the school environment

Another program is that KKN students guide their students to wash their hands regularly and get used to clean and healthy living habits. KKN students guide students to wash their hands before eating and after eating besides that washing hands is something that must be done after activities and before activities.

CONCLUSION

The community service activities carried out by the Muhammadiyah Kuningan STKIP KKN team at Vuttisat Vittayanuson School, Krabi Thailand are oriented towards the Clean and Healthy Behavior (PHBS) program which consists of educational knowledge programs about PHBS in class, exercising regularly and working together to clean up the school environment. The benefits of carrying out this PHBS educational activity can provide knowledge, experience and develop character to get used to clean and healthy behavior. Other programs, namely regular exercise and keeping the environment clean, of course, have many benefits besides cultivating the character of caring for the environment, the regular exercise program is a program of implementing our love for our own bodies.

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