

## Healthy Life Education for Students in Malaysia

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### Abstract

Healthy living behavior is a reflection of a family lifestyle that always pays attention to and maintains the health of all family members. School-age children are a critical age group because at that age a child is vulnerable to health problems. In addition, school-age children are also in a condition that is very sensitive to stimuli so they are easy to guide, direct, and still have good habits, including healthy living habits. Children of this age also have the trait of always wanting to convey what they receive and know from other people. The results of observations made at the Kuala Langat Malaysia Guidance Centre still have a lack of healthy behavior. The conditions of the students were very diverse and the facilities were inadequate, because all classes, from grade 1 to grade 6, were made into 1 class. Washing hands with soap (Hand Hygiene) is one of the healthy living behavior in students. This is important for children who are vulnerable to both communicable and non-communicable diseases. The method of implementing community service is through education and the practice of washing hands with soap directly to students. The results show that students and teachers are very enthusiastic and follow every step practiced by the presenters. they were happy and practiced together after the activity was over. By providing education on healthy living, especially hand washing, it is hoped that teachers and students at the Kuala Langat Guidance Centre will have good and healthy habits.

**Keywords:** healthy life, hand hygiene, behavior.

## INTRODUCTION

Healthy life behavior is a reflection of a family lifestyle that always pays attention to and maintains the health of all family members. All health behaviors that are carried out out of awareness so that family members or families can help themselves in the health sector and can play an active role in health activities in the community is another definition of healthy life. School-age children are a critical age group because at that age a child is vulnerable to health problems. In addition to being vulnerable to health problems, school-age children are also in a condition that is very sensitive to stimuli so that they are easy to guide, direct, and instill good habits, including clean and healthy living habits. Children of this age also have the trait of always wanting to convey what they receive and know from other people. Based on research results, there are still quite a number of residents who have not implemented clean and healthy living behaviors, even though there is a tendency for improvement (Ministry of Health, 2016).

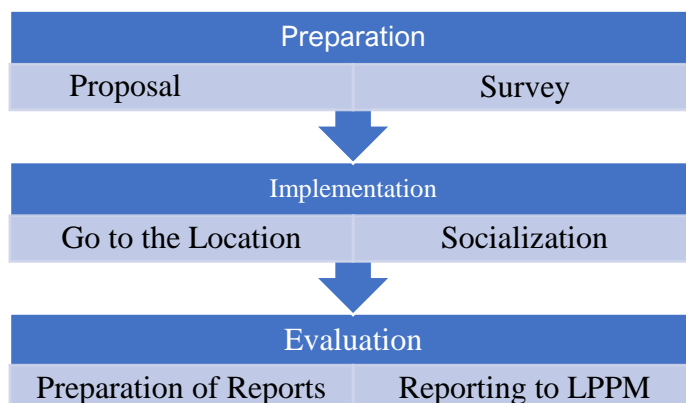
Based on the trend analysis of the national average, there was an increase in the proportion of the population having proper handwashing behavior in 2013, namely 47.0% compared to 2007, namely 23.2%. Likewise, with the correct defecation behavior, there was an increase from 71.1% in 2007 to 82.6% in 2013. For the correct behavior in tooth brushing related to gender, economic factors, and area of residence, it was found that most of the Indonesian population brushed their teeth during the morning shower and afternoon bath, (76.6%). Brushing your teeth properly is after breakfast and before going to bed at night, for Indonesia, it is found only 2.3% (Desiyanto & Djannah, 2013).

Elementary school-age children are also very susceptible to health problems due to unhealthy eating patterns. Not all food sold at school or in the school environment meets health and safety standards, and school children tend to prefer unhealthy food either because of inadequate knowledge or because they are easily influenced by advertisements. So more and more people are overweight or obese due to the consumption of foods that are high in calories (Andi, 2020).

Students in guidance centers and Indonesian elementary schools in Malaysia still do not have good healthy and clean living behaviors and are prone to exposure to unhealthy foods and snacks which are the right targets to be used as educational objects regarding clean and healthy living behaviors. Especially how to wash hands properly (WHO, 2009).

## METHOD

This community service aims to implement healthy life with hand hygiene. The method in this community service activity was by providing socialization relating to a healthy life, especially on hand hygiene for students. This activity was carried out in collaboration with the Muhammadiyah Universities in Indonesia and the Embassy of The Republic of Indonesia in Malaysia. This activity was held on 27<sup>th</sup> May 2023 with total respondents in 33 students at Sanggar Bimbingan Kuala Langat, Malaysia. The flow chart for the implementation of activities can be described in Figure 1:



**Figure 1.** Activity Implementation Flowchart

## RESULT

Community Service Activities have been carried out at Sanggar Bimbingan (SB) Kuala Langat, Malaysia. This activity was carried out together with teams from different universities. We carry out the activities by providing material about the importance of healthy life especially hand hygiene to control the disease. This activity begins with the opening by the chief of SB Kuala Langat. Next, the team introduced themselves and explained the purpose of the service. There were 33 participants who attended this activity consisting of various classes. From the activities that have been conducted, it was found that the implementation of the hand hygiene simulation went smoothly, all students were enthusiastic and enthusiastic in participating in the question-and-answer discussion. The team also gave prizes or door prizes to participants. With this activity, it is hoped that it can increase the level of knowledge of health for students. At the end of the session, a group photo was taken. The following is the documentation of Community Service Activities:



**Figure 2.** The Team and chief of SB Kuala Langat

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Figure 3. Simulation of Hand Hygiene



Figure 4. Socialization of Healthy Life



Figure 5. Monitoring and evaluation documentation at SB Kuala Langat

## DISCUSSION

Health is a state of health, both physically, mentally, spiritually, and socially that enables everyone to live socially and economically productive lives. without Health, becomes conditionally

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unequal. Without Health, a person will not be able to obtain other rights. So that health is one measure other than the level of education and the economy that determines the quality of human resources (Handayani et al., 2020). The most effective effort currently being made is to create community awareness starting from the household level, namely through the implementation of Clean and Healthy Life Behavior. Healthy life culture is very influential in preventing the transmission of virus. This activity is expected to be entrenched in the community so that it can become a new habit in the order of daily life (Adek, Ngurah, & Aan, 2021). Self-care management is the key to the success of disease treatment (Syamsidar, & Falah, 2022).

Hand hygiene is the primary action to prevent healthcare-associated infection and reduce the spread of multi-resistant organisms (WHO, 2006). Knowing the correct sequence of hand-washing steps is important to facilitate the practical teaching of effective hand hygiene in children (Chittleborough et al., 2012). Education is a strategy in increasing patient understanding to change positive behavior for tuberculosis sufferers (Lismayanti et al., 2021). Hand hygiene compliance among students was low in the study area. Attended seminars on hand hygiene, accessibility to adequate soap and water, alcohol-based hand rub, and having a hand washing sink in the working area were statistically significant to have good behavior. Hence, the school should be equipped with an adequate supply of all the basic hand hygiene facilities (Alene et al., 2022). In another study, Sanitary facilities have a strong influence on usage behavior, the child's perspective should be given more consideration in the design and maintenance of sanitary facilities (Klar et al., 2022).

### **CONCLUSION**

The student's response was positive and supported the teaching activities organized by Muhammadiyah Universities and the Embassy of The Republic of Indonesia in Malaysia. The students know how to do hand hygiene to control the disease in daily life. It hoped can increase the level of knowledge of students about the importance of hand hygiene.

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