

## Students of State Elementary School 2 Cintaratu Received Health Education on Dengue Fever Prevention (DHF) as an Indicator of a Clean Lifestyle (PHBS)

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### ABSTRACT

DHF can occur at any time of year and affect people of all ages. This disease is linked to environmental factors and community behavior. Several circumstances can lead to the establishment of DHF in the educational setting. There are two types of factors: internal and external. Internal factors of transmission may include a person's immunity. The conditions of various mosquito breeding places, such as water reservoirs, can be used to determine what causes a person to suffer from DHF since these factors allow mosquitos to thrive and breed. This is because the water reservoir at SDN 2 Cintaratu appears moist, lacks sunlight, is not cleaned, and is not closed. The purpose is to develop understanding and modify the behavior of public elementary school pupils 2 Cintaratu in order to avoid risk factors for DHF. Lecture, question and answer, discussion, and demonstration are the methods employed. The whole audience consisted of 48 students aged 9 to 12. In this pre-test question, there are 5 multiple-choice questions with the number of scores on each question is 20 points. This question leads to the student's cognitive dominance to determine the level of students' knowledge about dengue hemorrhagic fever before being provided the material. Based on the pretest and posttest scores, the average number of pretests was 58%, with 15 students scoring below average and 33 scoring above average. The average number of posttests was 72%, with 11 students scoring less than the norm, and 37 students scoring more. Conclusion: In achieving the objectives of health promotion carried out, there are four indicators that will be achieved for students from eight PHBS indicators in the school environment, namely, washing hands with clean running water and soap, using clean and healthy toilets, eradicating mosquito larvae, and managing and disposing of waste in its place

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### INTRODUCTION

The pancaroba weather that is currently affecting most of Indonesia, including Pangandaran, has the potential to use Clean and Healthy Living Behavior (PHBS) indicators to eliminate mosquito larvae inside and outside the home, including school environments, which cause mosquito nests and dengue hemorrhagic fever mosquitoes. In 2021, the Pangandaran Regency Health Office in West Java recorded 69 occurrences of dengue hemorrhagic fever (DHF) among locals. In 2021, there were 12 cases in Pangandaran District. The second most Cijulang sub-district, with ten cases..

Dengue fever is a dangerous tropical disease caused by mosquitos that causes rash, severe headaches, and joint discomfort. With indicators of Healthy and Clean Living Behavior (PHBS), productivity increases as children grow healthy and clever. Efforts to avoid dengue hemorrhagic fever include health promotion of dengue hemorrhagic fever as an indication of Healthy and Clean Living Behavior (PHBS) in order to prevent its spread and outbreak. Health promotion activities through socialization in schools to raise students' understanding and role in dengue prevention.

Dengue Hemorrhagic Fever (DHF) is an acute febrile disease characterized by four main clinical symptoms: high fever, bleeding manifestations, hepatomegaly, and signs of circulatory failure until the onset of shock (dengue shock syndrome), which is caused by blood plasma leakage and can be fatal (Sucipto, 2011). DHF is mostly transmitted through mosquito bites from the species *Aedes*, particularly *Aedes aegypti* and *Aedes albopictus*. DHF can occur at any time of year and affect people of all ages. This disease is related to environmental factors and the community's behavior. (Waris, 2013).

Several circumstances can lead to the establishment of DHF in the educational setting. There are two types of factors: internal and external. Internal factors of transmission may include a person's immunity. If the body's condition is good, the risk of contracting dengue sickness is low. This is because the body has a strong immune system. As a result, increasing endurance is critical, particularly during the transition season, when the dengue virus can spread and evolve more rapidly. This presents an opportunity for mosquito larvae to multiply more. (Satari dan Meiliasari, 2004).

Then there are exogenous variables that originate outside the human body. This component is difficult to control because it is related to the environment and human behavior, whether at home, school, or job. Factors that can make it simpler for someone to get DHF can be seen in various situations in mosquito breeding locations, such as water reservoirs, because these factors allow mosquitos to breed. This is because Indonesian water reservoirs are often damp, lacking sunlight and sanitation or hygiene. (Satari dan Meiliasari, 2004).

According to the study results, risk factors that can contribute to the spread of the dengue virus include poor hygiene, allowing water to be gathered and not closed, a large amount of rubbish is dumped carelessly, and children's immunity remains low, making them easily infected. The conditions of various mosquito breeding places, such as water reservoirs, can be used to determine what causes a person to suffer from DHF since these factors allow mosquitos to thrive and breed. This is because the water reservoir at SDN 2 Cintaratu appears moist, lacks sunlight, is not cleaned, and is not closed. Furthermore, a large amount of waste is seen being tossed recklessly, both in the sewers and.

In pancaroba circumstances in Pangandaran, there is a school, SDN 2 Cintaratu, which is located in an area prone to becoming a mosquito breeding ground. This habitat is characterized by high humidity and insufficient water storage facilities. Although there have been no examples of pupils infected by dengue hemorrhagic fever, there will be a very high danger of becoming a mosquito nesting location and most likely to infect students, instructors, or adjacent neighbors.

Dengue hemorrhagic fever (DHF) can have a variety of effects on the human body, particularly if not appropriately managed. Here are some of the consequences of dengue hemorrhagic fever. The more serious impact of DHF is a complication that can cause organ damage, including the liver, heart, and lungs. Blood pressure can also drop significantly. DHF can be a potentially fatal condition for some

persons. As a result, the initial treatment of DHF must be completed fast and precisely. DHF patients are encouraged to drink plenty of fluids to avoid dehydration, which causes a drop in platelets and shock. In addition, dengue patients are encouraged to rest entirely..

The greatest strategy to prevent dengue transmission is to control the *Aedes aegypti* mosquito, which can be done by removing its habitat and wearing full-coverage clothes. DHF can have severe and perhaps fatal consequences for elementary school pupils. Some probable effects of DHF on children include: Organ damage: DHF with serious symptoms can cause organ damage in youngsters. Bleeding, DHF can cause bleeding in children, DHF dehydration, and DHF death are among the leading causes of child mortality in Asia, including Indonesia. If an elementary school child shows signs of dengue fever, it is crucial to quickly schedule a consultation with a pediatrician for additional investigation.

Elementary school health education emphasizes educators' roles as community professionals. They educate and train students, families, and community members on how to promote and improve their health. Community nurses, as professionals in the health sector, play a role in efforts to prevent behavior to avoid symptoms and dengue fever (DHF).

Nurses, as educators, play an important role in preventing disease and improving health by offering knowledge, information, and skill training to patients, their families, and the community. Community nursing intervention programs at three stages of prevention: primary, secondary, and tertiary. (Brahmasta et al., 2023).

Primary prevention, with nurses playing a role in health education in schools, allows for group health education in the classroom. Secondary prevention involves nurses serving as health coordinators in collaboration with related communities, such as school staff and teachers, to prevent dengue fever (DHF). Tertiary prevention involves school nurses serving as the primary source of health information to prevent dengue fever (DHF) or assess potential risk factors.

To prevent DHF in schools, a Clean Healthy Lifestyle (PHBS) program for school-age children was developed to address DHF prevention at home, school, and within the family. Programs assist in obtaining clean and healthy information in real life, beginning in childhood (Holmes et al. 2016). PHBS is an authentic representation of human existence that applies learning process principles to accomplish healthy living behavior through daily learning in the school, home, and community environments (Vionalita and Kusumaningtiar, 2017). As a result, there is a need for organized cooperation between schools and medical workers, particularly nurses as collaborators, to enhance management norms around schools and provide continual training both in the school environment and in the communities where kids live. (Doi et al., 2018)..

Health education is critical for changing harmful behaviors into healthy ones. Health behaviors are heavily influenced by cognitive, attitudes, and beliefs. So health promotion is intended to bring about behavior change; health promotion is a process that takes input and produces output, so that people progress from "knowing" to "willing" to "being able to carry out health behavior" in order to be free of health problems. The learning idea that we follow is humanism, or learning that must be relevant or appropriate for customers, in accordance with their own preferences, and with an active pattern. Then there is the theory of behaviorism, which is concerned with behavior change as a result of stimulus and reaction, and the theory of cognitivism, which.

Given the issues at SDN 02 Cintaratu regarding risk factors for contracting DHF, it is vital to conduct Health Promotion activities aimed at increasing knowledge and awareness of Dengue Hemorrhagic Fever, particularly among elementary school children. This Health Promotion is carried out so that the school environment can contribute in preventing Dengue Hemorrhagic Fever, which can be done in everyday life..

Based on the preceding discussion, we propose activities around the theme Health Education on Dengue Fever Prevention (DHF) as an Indicator of a Clean Healthy Lifestyle (PHBS). Preventive precautions for dengue hemorrhagic fever in children aged 9 to 13 years, as they are very susceptible to developing the disease. According to literature studies, the poor immune system in children, as well as the surroundings because youngsters are still indifferent to cleanliness, can make it easy to get dengue hemorrhagic fever..

Health education initiatives aimed at preventing dengue hemorrhagic fever in kids aged 9 to 13 at SDN 02 Cintaratu, Parigi District. The purpose is to develop understanding and modify the behavior of public elementary school pupils 2 Cintaratu in order to avoid risk factors for DHF.

## METHODS

The learning design utilized in health promotion to fulfill the main goal of avoiding risk factors for DHF in PHBS is divided into numerous critical sections, including

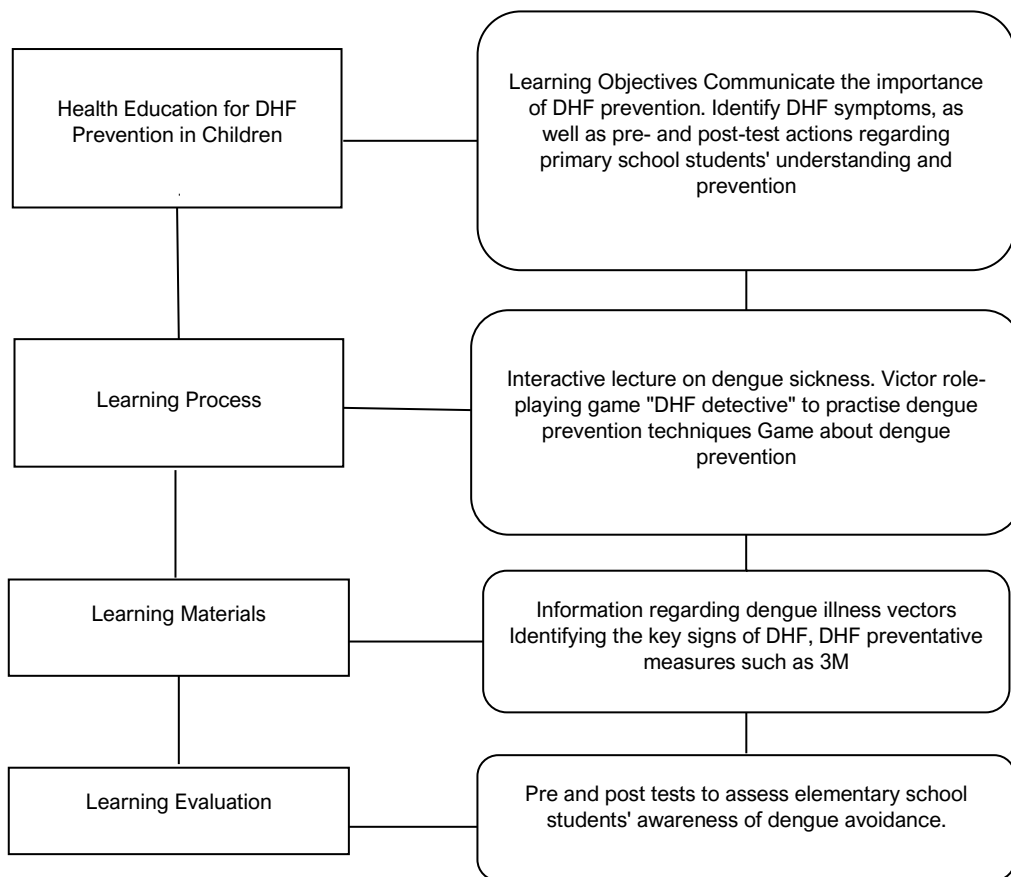


FIGURE 1. Diagram of the health counselling process

## RESULTS

After completing health education and health promotion regarding Dengue hemorrhagic fever, pupils of SD Negeri 2 Cintaratu may be classified into three categories, including.

### Perceived Needs

Some children in grades 4, 5, and 6 at SD Negeri 2 Cintaratu know what Dengue hemorrhagic fever (DHF) is, the indications and symptoms of DHF, how to avoid mosquito larvae, how to wash hands in

seven stages, and how to carry out clean and healthy living behaviors in the school and home environment.

### **Unperceived Needs**

Some students in grades 4, 5, and 6 of SD Negeri 2 Cintaratu do not know what Dengue hemorrhagic fever (DHF) is, signs of DHF symptoms, how to prevent mosquito larvae, how to wash hands with seven steps, and how to carry out clean and healthy living behaviors, as shown in the Pre-test results. It is also visible that in the exercise, pupils do not know how to wash their hands using seven steps.

### **Misperceived Needs**

Some students in grades 4, 5, and 6 at SD Negeri 2 Cintaratu are aware of the dangers of Dengue hemorrhagic fever, but they have been unable to practice clean and healthy living habits in the classroom and at home.

The whole audience consisted of 48 students aged 9 to 12. This pre-test question consists of 5 multiple-choice questions, each with a score of 20 points, and it assesses students' cognitive dominance to determine the level of their knowledge about dengue hemorrhagic fever prior to being given the material. Based on the pretest and posttest scores, the average number of pretests was 58%, with 15 students scoring below average and 33 scoring above average. The average number of posttests was 72%, with 11 students scoring less than the norm, and 37 students scoring more. The number of respondents who have good knowledge with a score of 100 is only 12 responses, and the number of respondents with poor knowledge with a score of 15 is also 5 people, it can be concluded that there is a relationship between the knowledge of grade 4, 5, and 6 students of SD Negeri 02 Cintaratu, Pangandaran about Dengue Hemorrhagic Fever in general, and we think this figure is still lacking considering that students still need more complex knowledge.

## **DISCUSSION**

The Health Promotion activity that we carried out was a health-related socialization activity for grade 4, 5, and 6 students at SD Negeri 02 Cintaratu, Parigi District, with 53 students involved and 48 students attending the activity, which began at 08.00 WIB on October 4, 2023. After the preparatory step is over, the process begins with moving the table, arranging the chairs, testing the screen in the room, and installing the sound system. Students gathered in the room, and the activity began with the opening by the MC, namely Dian Novita and Cahya Adi Puspongoro to all students. Then the MC described the aim of hosting health promotion events.

The room was attended by the group supervisor and school representatives, including the Principal, who welcomed all kids and expressed his gratitude for our participation in this Health Promotion program. Then after giving a speech, namely the submission of a certificate to the principal from the school by the Supervisor and documented by PDD. Before entering the presentation session, all students must submit 5 Pre-Test questions about the topic that will be covered in 5 minutes. After all students had completed the Pre-Test, the activity resumed with a presentation of material on "Dengue Hemorrhagic Fever" by a speaker named Auliyah Zahra Azizatunnisa. The topic is provided by video presentation, followed by a lecture. Following the lecture, the speaker conducted a question-and-answer session and a post-test to determine the amount of students' understanding..

The action continued with Ice Breaking, conducted by the MC, with the goal of reducing boredom and raising student morale. PDD provides in-class documentation. After that, Dheva Nadia and Citra Vitri Syabilla demonstrated the preparation for the implementation of DHF prevention PHBS in schools, followed by student mobilization and distribution, and finally, students simulated four PHBS indicators. After simulating four PHBS indications, students returned to the room for a break, and we handed prizes

as a token of thanks to students who had answered questions successfully. After the sequence of exercises had been completed, the MC concluded the event with appreciation and hamdalah to all pupils who had come and followed the series of events through to completion. Next, photograph students with all students and teachers in one room in a nice arrangement. After all the students went to their homes, we straightened up the space to its original place and met with the school to thank them for making the school available so that we could carry out health promotion...

We carried out health promotion activities such as counseling or socialization activities for all grade 4, 5, and 6 elementary school students at SD 02 Cintaratu, Parigi District, with a total of 53 students involved, but only 48 students participated. The implementation time is November 4, 2023. We began the activity at 08:00 WIB. After all preparations were completed, such as hanging banners, arranging chairs, tables, and projectors, and installing the sound system, all students gathered in the room, and the MC began with greetings and introductions to all students, after which the MC mentioned the purpose of health promotion at the school, and all students were encouraged by channeling jargon and applause led directly by the MC.

The room was also attended by group supervisors and school representatives, including the principal, who expressed his appreciation for our group's arrival and stated that the theme to be delivered was excellent. Before discussing the first content, all students completed the Pre-Test questions, which included up to five questions connected to the information to be taught, namely about DHF and PHBS. After the answer paper is handed, the MC invites all students to complete the questions within their respective pre-test and post-test 5 minutes..

Some students struggle to answer the pre-test questions since they are unfamiliar with DHF and PHBS. Following the pre-test, the speaker, Auliyah, presented material and aired a film regarding DHF and PHBS. The speaker then led a question-and-answer session with the students to assess their comprehension of the content presented. After then, pupils take the post-test; they can already answer the questions, because they have began to understand the material that has been delivered by the speaker concerning DHF and PHBS.

The primary goal of administering pre- and post-tests is to monitor changes in student perception before and after learning and intervention in order to assess the effectiveness of the learning methods used. The kids then undertook ice breaking with the MC to break the ice and relax the body by performing gymnastics before a demonstration of how the PHBS simulation will be implemented. Following the MC's demonstration to all students, the students were mobilized to the schoolyard to execute a PHBS simulation by managing garbage in the school environment.

After finishing, the pupils proceeded to wash their hands seven times before entering the classroom. After all students have arrived in class, proceed with the reward, specifically offering rewards to certain students who were active and correct in answering some of the questions from the previous question and answer session. Then continue with the dokumntasi until the event is over and the students are free to leave.

## **CONCLUSIONS AND RECOMMENDATIONS**

Health promotion in schools is an effort to transform schools into communities capable of improving the health status of their members through three main activities: the creation of a healthy school environment, school maintenance and service, and continuous education efforts (Kholid, 2012). To complete the practical project for the health promotion course, our group organized socialization events for grade 4, 5, and 6 students at SD Negeri 02 Cintaratu in Parigi District. This exercise aims to raise understanding and awareness, particularly among elementary school children, regarding Dengue..

In achieving the objectives of health promotion, there are four indicators that will be achieved for students from eight PHBS indicators in the school environment, namely, washing hands with clean running water and soap, using clean and healthy toilets, eradicating mosquito larvae, and managing and disposing of garbage in its place.

Health promotion is carried out so that schools can participate in dengue prevention activities that can be done in everyday life. MCs Dian Novita and Cahya Adi Puspongoro described why they were holding health promotion activities. Group supervisors and school representatives gathered in the room. Auliyah Zahra Azizatunnisa then presented the material "Dengue Hemorrhagic Fever". The information is provided in video format and followed by a lecture. The exercise continued with Ice Breaking, led by MC, with the purpose of reducing boredom and raising student morale..

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## APPENDIX





FIGURE 2. Flayer supporting media promotion and health education



FIGURE 3. Activity documentation 1



FIGURE 4. Activity documentation 2



FIGURE 5. Activity documentation 3



FIGURE 6. Activity documentation 4



FIGURE 6. Activity documentation 5