

Counseling on Clean and Healthy Living Behavior Among Elementary School Children

Sri Hananto Ponco Nugroho^{1, a)}, Eka Sakti Wahyuningtyas¹⁾, Muhammad AINU Zaki²⁾, Surya Bagus Ardafa³⁾, Zahra Asyifa Dewi¹⁾, Martha Ayu Sabrina¹⁾, Retno Anggita Pratiwi¹⁾

¹Nursing Study Program, Bachelor of Nursing, Universitas Muhammadiyah Magelang, Central Java, Indonesia

²Management Study Program, Universitas Muhammadiyah Magelang, Central Java, Indonesia

³Informatic Study Program, Universitas Muhammadiyah Magelang, Central Java, Indonesia

^{a)}Corresponding author: hanantoponco@unimma.ac.id

ABSTRACT

School is a place for children to get formal education. In addition to a place of learning, schools are also a place that can be a threat to disease transmission. Deaths due to diarrhea are up to 65%, and other diseases are 26%. Clean and healthy living behavior is an effort to provide learning experiences or create a condition for individuals, families, groups, and communities by providing communication channels, delivering information, and conducting education to improve knowledge, attitudes, and behavior. This community service aimed to provide knowledge and understanding of clean and healthy living behavior to elementary school children so that they can practice it in their daily lives. This community service was conducted by providing counseling using lecture methods, question-and-answer discussions, and simulation using LCD media and props. The activity ran well, and all participants were enthusiastic about this service activity.

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INTRODUCTION

According to the World Health Organization (WHO), a healthy lifestyle is a way of living that minimizes the risk of serious illness or premature death. A healthy lifestyle is not only about eating nutritious food and exercising but encompasses all aspects of life-related to physical, mental, and social conditions. Kradenan Village is one of the villages within the Srumbung sub-district. It is located approximately 23 kilometers from Magelang city. Kradenan Village is one of the potential villages where agricultural products dominate the population's income. Kradenan village is one of the villages in the Srumbung sub-district that became a partner of Universitas Muhammadiyah Magelang as the location of an integrated community service program for students. We conducted health education about clean and healthy lifestyles because the level of awareness of students in MI Muhammadiyah Kradenan 2 is still low. This is evidenced by the less clean environmental conditions in the area and the personal hygiene of the students who are not optimal. Less than optimal personal hygiene conditions can be changed oneself so it is necessary to provide education and demonstrations related to small things that can be done such as how to wash hands properly and how to brush teeth properly. This activity is supported by the presence of several sink facilities in the MI. In addition to maintaining personal hygiene to achieve optimal health, consuming balanced nutrition is also an important indicator to pay attention to. Students need to understand about what are the components of nutritious and balanced food but still attractive to eat so it is necessary to provide education on this matter. The potential to maintain the cleanliness of the surrounding environment is possible to see from the availability of trash bins. However, the awareness of MI students is still lacking. Therefore, it is necessary to conduct education and counseling on the importance of environmental hygiene to achieve optimal health.

Integrated Community Service Activities (PPMT) in the form of Education on Clean and Healthy Living Behavior is an effort to transmit experiences about healthy lifestyles through individuals, groups, or the wider community with communication channels as a medium for sharing information. PHBS is a social engineering that aims to make as many community members as possible agents of change to improve the quality of daily behavior to live clean and healthy (Larira et al., 2021; Wati, 2011). It is carried out through an approach with the aim that children can recognize and know the health problems that exist around them, especially at the elementary school level as a start to improving patterns and lifestyles to be healthier. The benefit is the creation of health-conscious children with the knowledge and awareness to live a life behavior that maintains cleanliness and meets health standards (Sya'roni RS, 2007). PHBS education activities in schools are activities to empower students, teachers, and the school community to want to live a healthy lifestyle to create healthy schools. The benefits of PHBS education activities in this school are that all school residents can create a clean and healthy environment, improve the teaching and learning process and students, teachers, and the school community become healthy.

METHOD

The stages of activity implementation include:

- Planning (20-30 hours):

Consists of approaching community leaders, introducing members to the community, taking care of licenses, and conducting site surveys to explore existing problems and potentials, possibly followed by the preparation of proposals.

- Implementation (60-70 hours):

Consists of socializing a series of activities. Socialization and education to elementary school children about personal hygiene through demonstrations of how to wash hands and brush teeth properly, education and counseling about maintaining environmental hygiene, and education about nutritious and balanced food.

- Reporting and follow-up (30-55 hours):

Consists of preparing activity reports, preparing scientific articles, publishing in mass media, and making videos.

RESULTS AND DISCUSSION

This counseling activity was carried out on February 15, 2024, and consisted of 3 stages, namely the preparation, implementation, and evaluation stages.

- Preparation Stage: Submit a license to the public elementary school, and Conduct data collection and observation about clean and healthy living behavior in students at an elementary school. From these results, it was found that the majority of elementary school students did not know about clean and healthy living behavior, conducting counseling program preparation.
- Implementation Stage. At this stage in the form of implementing the planned activity program, where the activities carried out are: Providing counseling on clean and healthy living behavior to students, Demonstrating the correct hand-washing method, and Demonstrating the correct way to brush teeth.

After the semester vacation ended, on January 4, 2024 we carried out the first work program, namely providing education and counseling on the importance of cleanliness to achieve optimal health. The targets for this activity are grades 3 to 6. The media we use are Power Point (PPT) and animated videos. The cleanliness of the environment around the school is important to maintain because it will have an impact on the process of teaching and learning activities that take place. In the process of this activity, most of them understand some types of waste, the benefits of maintaining cleanliness, the negative impacts caused if they do not maintain environmental cleanliness.



FIGURE 1. Environmental Hygiene Education and Counseling

After our second activity related to environmental cleanliness, we continued the next activity which took place on January 6, 2024 where we conducted activities with students in grades 4 to 6 related to PHBS (Clean and Healthy Lifestyle). In this activity we used Power Point (PPT) media and animated videos. In this activity we conveyed that nowadays food has been widely processed with various flavors and types, where children prefer food that is bought outside rather than cooked at home. Nutritious food is one part of PHBS that needs to be considered well by students. Therefore, the purpose of this activity is to provide knowledge to students to pay more attention to personal hygiene and the environment that must be balanced with nutritious foods. From the activities we carried out, students were able to understand and explain the material we provided with enthusiasm. On the sidelines of the material we also provide ice breaking, after which we continue by giving door prizes.

The next activity on December 31, 2023 we participated in PKK with mothers in the *tosaren-turen* hamlet. The PKK was held at one of the residents' houses who had their turn. At this event we helped to prepare it starting from wrapping food to be distributed then we also prepared some material to be delivered to residents. In the PKK we provide counseling on PHBS in the household. This needs to be

emphasized with the aim of empowering household members to know, want, and be able to implement clean and healthy living behaviors and play an active role in the public health movement.



FIGURE 2. PHBS Counseling with PKK Women

On January 10, 2024 we attended an event held once a month in Tosaren Hamlet, namely Posyandu (Integrated Service Post) for toddlers and the elderly. The event took place at the house of the village head's mother. In this activity we also had a student from one of the universities who had the task of taking data related to food and so on for toddlers. Then we helped several parts starting from weighing, measuring head and arm circumference, measuring height, and after that the one who filled in the KMS book (Kartu Menuju Sehat) was a midwife from the village health center. After the toddler has completed the examination, then given PMT (Supplementary Feeding). In addition to toddlers, there were also elderly people who had their blood pressure checked.



FIGURE 3. Posyandu

After that, we were asked again to accompany the students of MI Muhammadiyah Kradenan 2 on January 12, 2024, to prepare for the standby party competition which will be held on January 27, 2024. However, before doing some exercises for the competition we did morning exercises and also brushed our teeth. Both of these things have been done routinely at the MI every Friday. In addition, we also helped to check the hygiene of the students' nails.

- Evaluation stage. This stage consisted of 3 steps, namely: observation, monitoring, and evaluation. Observation was carried out during the implementation of the community service. The instrument used for observation and monitoring was in the form of a checklist and filling in the columns based on the clean and healthy living behavior program indicator criteria.

TABEL 1 Activity Evaluation

No	Evaluation	Targets: Elementary School Students
1	Pretest	At the beginning of the program
2	Posttest	At the end of the program

* Pretest dan Posttest were conducted orally

Based on the results of the pre-test and post-test, this clean and healthy living behavior counseling activity can increase student's awareness and knowledge so that they can practice clean and healthy living behavior. Behavior is an action that can be changed. Behavior change can be carried out with various methods, one of which is providing education through extension activities (Rini et al., 2022). Education is an effort of persuasion or learning to the community so that people want to take practical actions to maintain and improve their health (Fitri et al., 2023; Hasibuan et al., 2023; Mustar et al., 2018). Changes or actions to maintain and improve health produced by health education are based on knowledge and awareness through the learning process (Nurmahmudah et al., 2018). Knowledge can be obtained from direct experience or through the experiences of others (Abriani et al., 2021; Cahyadi, 2022). Factors that influence knowledge according to Yuliana (2017) from personal or other people's experiences. This experience is a way to obtain the truth of knowledge. In this case, age is a form of experience that will add insight into more knowledge.

Knowledge is something that a person once knew that might add something. Knowledge is the result of knowing, and this happens after people perceive a certain object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste, and touch (Astuti et al., 2024; Herniyanti et al., 2023). Most humans are obtained through education, mass media exposure (access to information), economy (income), social relations (socio-cultural environment), and experience (Manyullei et al., 2022; Sanjaya et al., 2019). From the evaluation results, it was found that there was an increase in knowledge from the students so it could be said that the counseling provided to the students provided benefits for them. Through the support of the school, it is very instrumental so that this activity can be carried out very well. In addition, the active role of educators and students makes it easier to maximize knowledge and behavior change in students.

CONCLUSION

In conclusion, community service activities with the topic of clean and healthy living behavior counseling among elementary school children carried out at an elementary school ran smoothly. All students enthusiastically participated in this activity so this community service activity was able to increase students' awareness and knowledge so that they can practice clean and healthy living behavior in their daily lives. It is hoped that a similar activity could be carried out on an ongoing basis so that students can get used to living clean and healthily. The potential sustainability of this PPMT, especially in maintaining environmental cleanliness at school, is to help maintain activities that have been implemented at MI Muhammadiyah Kradenan 2 which are closely related to PHBS. With the good facilities that are already available and a little extra that we provide, it is hoped that MI residents will be able to maintain cleanliness in the school environment properly so that the environment is kept clean.

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