

Efforts to Increase Knowledge of Clean and Healthy Living

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Article Information

Received: May 20, 2024

Revised: May 21, 2024

Online: June 11, 2024

Keywords

Clean and Healthy Living Behavior,
Counseling, Knowledge

ABSTRACT

Clean and Healthy Living Behavior (PHBS) is an action taken to improve individual and community health through daily habits that support cleanliness and health. This empowerment aims to understanding of PHBS through educational programs involving lectures, discussions and questions and answers. This program was held on 23-24 September 2023 and was attended by 57 grade 7 students. The pre-test and post-test results showed an increase in students' knowledge from an average score of 6.49 to 8.91, indicating the effectiveness of the educational program in increasing awareness and knowledge about PHBS. The main emphasis in this program is the importance of washing hands properly to prevent disease, as well as the role of a clean school environment in supporting student health and learning achievement. The research conclusion shows that education about PHBS is effective in increasing students' knowledge, which in turn can contribute to creating a healthier school environment and supporting learning achievement. Support from families and schools, as well as the active role of the School Health Unit (UKS), is very important in maintaining and improving clean and healthy living behavior among students.

Keywords : Clean and Healthy Living Behavior, Counseling, Knowledge

INTRODUCTION

Clean and healthy living behavior (PHBS) is behavior carried out by following regulations relating to personal health. The main aim of a clean and healthy lifestyle is to improve health through a gradual process of understanding the process of clean living. This explanation describes the personal position in maintaining clean and healthy living behavior every day. (Indonesian Ministry of Social Affairs, 2020).

School PHBS describes a series of prevention efforts carried out by the school community against disease, producing a clean and healthy area, and improving health (Rozi et al., 2021). Clean and healthy living behavior is implemented with conscious education that allows individuals, groups and citizens to (independently) help themselves (Melva Diana et al., 2013). School-aged children are an age group vulnerable to health problems, so students are more susceptible to disease and this is detrimental for students because they are forced to be absent from school due to illness.

Clean and healthy living behavior (PBHS) in schools is a set of behaviors practiced by students, teachers and the school community based on awareness as a result of learning, so that they



are independently able to prevent disease, improve their health, and play an active role in creating a healthy environment. PBHS and plays an active role in creating healthy schools(Sari et al., 2023). WHO states that healthy living is one of the rights of individuals to be able to carry out all forms of daily activities or routines. In order for healthy living to be achieved, everyone must be able to have good behavior, namely Clean and Healthy Living Behavior.

Clean and Healthy Living Behavior (PHBS) is a set of behaviors that are practiced based on patience as a result of learning that creates and plays an active role in realizing the health of the community. Healthy conditions can be achieved by changing unhealthy behavior to healthy behavior. Therefore, health needs to be maintained, maintained and improved, whether for individuals, groups or the wider community(Yuliana and Olive, 2018).

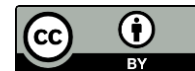
Health problems in schools are currently complex and varied in relation to students' health which is influenced by various factors including the condition of the school environment and clean and healthy living behavior. Some sufferers were infected in their living environment, one of which was at school. This proves that the cleanliness of the school environment is an important factor to pay attention to.

When PHBS is not implemented in the school environment, this will cause various impacts. From an educational perspective, a dirty school environment will affect the comfort of students and teachers during the teaching and learning process, a dirty environment can also trigger the emergence of various diseases such as dengue fever.(Valencia et al., 2021). Clean and healthy living behavior is a collection of behaviors carried out in daily life both for individuals and for the surrounding community, so that this process will create an increase in the level of health that is good for human survival.

The Clean and Healthy Living Behavior Program (PHBS) is a health promotion effort that aims to ensure that everyone can live a clean and healthy life by creating conducive conditions for individuals, families, groups and communities. This aims to increase knowledge, attitudes and behavior in order to implement a healthy lifestyle in order to maintain, maintain and improve health(Kusuma, 2022). One of the health promotion missions is to empower individuals, families and communities to live healthy lives through community empowerment programs.

Therefore, health promotion targets can be achieved through individual empowerment, family empowerment, and group or community empowerment. The targets are not only limited to hygiene but are more comprehensive and broad, including changes in the physical, biological, and socio-cultural environment of society to create a health-oriented environment and a shift towards clean and healthy living behaviors (Wahyuni, 2019; Notoatmodjo, 2012; Ministry of Health of the Republic of Indonesia, 2020). The low awareness of implementing Clean and Healthy Living Behavior (PHBS) among school children contributes to neglected school environmental conditions.

Based on the Riskesdas report (2013), data was obtained that 83% of children wash their hands incorrectly, food consumption behavior that poses a risk to the body is in the form of consuming food/drinks including sweet ones reaching 53.1%, fatty ones reaching 40.7% and flavorings reaching 77.3%, 32% of children defecate not in the toilet(Sigalingging et al., 2024). In general, information knowledge is sufficient to understand PHBS in schools, namely improving health, protecting the environment and creating a healthy environment. PHBS in schools is a set of behaviors practiced by students, teachers and the school community based on awareness as a result



of learning, so that they are independently able to prevent disease, improve their health, and play an active role in creating a healthy environment.(Wardan et al., 2023). It is necessary to make efforts to realize PHBS in the school setting, especially in increasing the self-awareness of its targets, namely students and school residents and supported by the existence of facilities and infrastructure.

This self-awareness arises from the knowledge gained through school health promotion in the form of UKS. The aim of UKS is to improve the quality of education and learning achievement of students through improving physical and spiritual clean living behavior so that students improve their physical and spiritual clean living behavior so that they become independent in their activities and ultimately become quality human beings.(Ningsih et al., 2023).

The benefits of PHBS in schools are the creation of clean and healthy schools so that students, teachers and the community in the school environment are protected from various disorders and threats of disease, increasing enthusiasm for the teaching and learning process which has an impact on student learning achievement, the image of the school as an educational institution is increasing so that it can attracting the interest of parents (community), improving the image of local government in the field of education and becoming a model for healthy schools for other regions(Septyasari et al., 2023). PHBS in schools is an effort to empower students, teachers and the school community to know, want and be able to practice PHBS and play an active role in creating healthy schools. PHBS must be instilled from an early age so that it can be carried over into adulthood.

School children are still relatively young, so they need help from people in their immediate environment, namely parents, teachers and friends. Therefore, it is necessary to implement PHBS to be able to create a healthier environment and improve the quality of life of the community.

METHODS

The implementation of this service uses lecture, discussion and question and answer methods with school students MTS Assa'adah. Implementation of this activity on date September 23-24, 2023 with the number of students in this activity being 57 people. The activity began with a pretest regarding PHBS and health, then continued with lectures and discussions and then closed with a posttest to find out the extent of MTS children's knowledge regarding PHBS after being given health education.

The instruments used are materials in the form of Power Point, material handouts, and writing tools. The pre-test and post-test results were then analyzed to determine the extent of differences in knowledge before and after the extension activities.

RESULTS

This activity is carried out in the form of direct explanations to MTS students using questionnaires in the form of electronic media with the aim of helping increase students' knowledge capacity. MTS Assa'adahto be able to implement clean and healthy living habits from an early age. Participants who participated were grade 7 students totaling 57 people. Students participated well from the start of the activity to the end. The results obtained can be seen in the following table.



Table 1. Pre-test and post-test results of student knowledge MTS Assa'adah

Pre-test	Post-test	Enhancement
6.49	8.91	2.42

Based on the table above shows Interactive outreach and question and answer activities to increase public knowledge about clean and healthy living behavior (PHBS) were carried out in accordance with the initial activity plan. Before being given the material, participants were given a pretest based on the results of the pretest regarding knowledge. The results of outreach activities regarding PHBS knowledge to the community show that counseling can be improved that the level of student knowledge MTS Assa'adah before and after the counseling there was an increase.

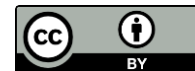
The difference in knowledge levels before and after being given counseling was 2.42. This is in line with the research conducted (Ningsih et al., 2023) that after the counseling was carried out there was an improvement in attitudes and actions even after the counseling was carried out. PHBS education materials in educational institutions and correct hand washing practices for students are intended, among other things, so that students can recognize diseases that can result from not washing their hands.

It was also explained that living a healthy life can improve learning achievement because students' growth and development conditions are also good so they are able to absorb the lessons given by teachers at school. The importance of emphasizing hand washing behavior to students from an early age is because research results show that there is a relationship between student hand washing behavior and the incidence of worms. (Suprpto and Arda, 2021). The habit of washing hands using water alone cannot protect every individual from bacteria and viruses found on the hands. Especially if you don't wash your hands under running water.

Moreover, the habit of using and sharing hand washing containers is the same as sharing germs with each other and still allowing germs to stick to your hands. This habit must be abandoned and changed to a better one with standard procedures for washing hands using soap (Ministry of Health of the Republic of Indonesia, 2014). The correct way to wash your hands with soap is to rub your palms together, rub the backs of both hands, put your palms together and rub them together, interlock the fingers of both palms in opposite directions, rub your thumbs in a circular motion followed by the area between your index fingers. and thumb alternately, rub both wrists in a circular direction, rinse with water and dry. The most important thing in CTPS is not how long to wash your hands, but how to wash your hands (Ministry of Health of the Republic of Indonesia, 2014).

Efforts made to make students aware are by making students understand things that can be a problem for them and the people around them. If students do not know and realize something is a problem, then they will not be willing to accept any information. The change from knowing to wanting must be by presenting and displaying the facts about the problem (Guidelines for PHBS Development of the Ministry of Health of the Republic of Indonesia, 2011).

School PHBS describes a series of preventive efforts carried out by the school community against disease, producing a clean and healthy area, and improving health. Clean and healthy living itself describes one of the tips that citizens must implement in their daily lives to protect their health. Remembering that health is valuable for everyone, it is necessary to have self-awareness in maintaining health.



Clean and healthy living behavior is implemented on the basis of education which enables individuals, groups and citizens to (independently) help themselves in their health and play a very valuable role in achieving the health of the community.(Rozi et al., 2021). The school's willingness to become a partner is an innovation from the school principal to increase students' knowledge about PHBS and health. Apart from that, to increase knowledge, the role of UKS is needed. Students who are not aware of the role of UKS and are less interested in the learning carried out by UKS have an impact on their low awareness regarding PHBS (Aminah et al., 2021). What is no less important is family support which can improve clean and healthy living behavior in elementary school children (Rexmawati & Santi, 2021).

DISCUSSION

The results of the outreach activity on Clean and Healthy Living Behavior (PHBS) among MTS Assa'adah students demonstrated a significant improvement in students' knowledge, with the average pre-test score increasing from 6.49 to 8.91 after the post-test. This improvement aligns with the findings of Ningsih et al. (2023), which stated that health education in schools significantly enhances students' knowledge and attitudes toward PHBS.

The score increase of 2.42 points indicates that the methods used – lectures, discussions, and Q&A sessions – were effective in helping students understand the importance of healthy behaviors. This improvement in knowledge not only increases awareness but also has the potential to shape new, healthier habits among students.

The handwashing with soap (CTPS) component was a central focus of the program, as improper handwashing habits remain prevalent among school-aged children (Riskseddas, 2013). Educating students on proper handwashing techniques is crucial since many communicable diseases, such as intestinal infections and worm infestations, can be prevented through proper hygiene (Suprpto & Arda, 2021). Introducing this behavior early on is essential because positive habits formed in childhood are likely to continue into adulthood.

Schools play a vital role as facilitators of health education. The School Health Unit (UKS) is essential for implementing PHBS programs effectively, yet previous studies such as Aminah et al. (2021) have shown that students' lack of interest in UKS activities may hinder long-term PHBS adoption. Therefore, innovative, interactive, and engaging approaches are necessary to ensure that students are not only informed but also motivated to practice PHBS in their daily lives.

Family support is also a critical factor in reinforcing healthy behavior among children. Parents serve as role models at home, and their habits significantly influence their children's health practices (Rexmawati & Santi, 2021). Collaboration between schools and families can create a more supportive environment that fosters consistent healthy behavior both at school and at home.

These findings are consistent with previous literature highlighting the importance of community empowerment through health education as part of both promotive and preventive health efforts (Kusuma, 2022; Melva Diana et al., 2013). Therefore, such outreach activities should be conducted regularly and involve all stakeholders within the school to establish a sustainable culture of clean and healthy living.

For future research, it is recommended to conduct long-term monitoring of students' behavior after receiving PHBS education to assess whether improvements in knowledge translate



into consistent healthy behavior. Regular evaluations can also help refine educational materials and methods to better suit students' needs and enhance program effectiveness.

CONCLUSIONS

Based on the implementation of the empowerment outreach program on Clean and Healthy Living Behavior (PHBS) which was implemented instudent MTS Assa'adah demonstrated a significant increase in student knowledge. The pre-test and post-test results show an increase in the average score from 6.49 to 8.91, with an increase difference of 2.42. This confirms that. counseling is effective in increasing students' knowledge and awareness about the importance of PHBS. Education regarding the correct way to wash hands is very important because washing hands with soap and running water can reduce the risk of disease.

Knowledge of proper hand washing procedures, as taught by the Indonesian Ministry of Health, must be taught from an early age to prevent the transmission of diseases such as worms. Successful implementation of PHBS requires support from various parties including schools, families and the School Health Unit (UKS). Students' awareness of the importance of PHBS can be increased through the active role of UKS and family support, which can help create a healthier environment and support student learning achievement.

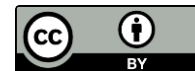
Students' awareness and active participation in implementing PHBS is very important. Through counseling, students can understand health problems that can arise from bad habits and are motivated to adopt healthy living habits. This includes changing behavior from unhealthy to healthy, which will ultimately improve the health of students and the school environment. Thus, PHBS outreach and promotion activities in schools are very important to be carried out on an ongoing basis to achieve long-term goals in improving the quality of life and public health.

ACKNOWLEDGMENT

Based on the research results that have been obtained, it is hoped that student MTS Assa'adah implements clean and healthy living behavior and can prevent yourself from environmentally based infectious diseases.

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- All appendix sections must be cited in the main text. In the appendices, Figures, Tables, etc. should be labeled starting with "A" – e.g., Figure A1, Figure A2, etc.
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