

Socialization of Clean and Healthy Living Behavior in Students of SMP Negeri 3 Katingan Tengah

Yudo Harvianto¹, Ujen Zainal Mikdar², Zuly Daima Ulfa³, Uket⁴, Cukei⁵, Yossita Wisman⁶, Garry William Dony⁷, Jeff Agung Perdana⁸, Uswatun Hasanah⁹, Siskaevia¹⁰, Fahrur Razzi¹¹, Bernisa¹², Iwan Nooralamsyah¹³, Abdullah¹⁴, Tiara Lestari¹⁵, Adi Syahrullah¹⁶

¹⁻¹⁶Fakultas Keguruan dan Ilmu Pendidikan, Universitas Palangka Raya

Email: yudo@fkip.upr.ac.id

Abstract

The Government of Indonesia through the Ministry of Health has implemented a work program called clean and healthy living behavior (PHBS). In practice, PHBS has five scopes including household arrangements, workplace arrangements, health facility arrangements, educational institution arrangements and public place arrangements. One of the socializations that can be done for the practice of clean and healthy living behavior is in the education unit or school. Based on the results of interviews with teachers, students still get very little education about clean and healthy behavior. In order to provide solutions to these problems, it is necessary to hold a socialization activity about clean and healthy living behavior. Activities carried out include joint gymnastics, material presentation, discussion, and nutritious feeding. The purpose of this activity is for students to get education and practice about the importance of clean and healthy living behavior. The conclusion of the service is that this activity has successfully provided education about students' understanding and practice of clean and healthy living behavior in daily life both at home and at school. Forms of practicing clean and healthy living behaviors include doing physical activity with sports, doing physical activities other than sports, consuming nutritious foods, and keeping the environment and yourself clean every day.

Keywords: Behavior, Clean Life, Healthy, Student.

Abstrak

Pemerintah Indonesia melalui Kementerian Kesehatan telah menjalankan program kerja yang dinamakan perilaku hidup bersih dan sehat (PHBS). Pada prakteknya PHBS telah mempunyai lima ruang lingkup diantaranya tatanan rumah tangga, tatanan tempat kerja, tatanan fasilitas kesehatan, tatanan institusi pendidikan dan tatanan tempat umum. Salah satu sosialisasi yang dapat dilakukan untuk pengamalan perilaku hidup bersih dan sehat yaitu di satuan pendidikan atau sekolah. Berdasarkan hasil wawancara kepada guru, bahwa siswa-siswi masih sangat minim mendapatkan edukasi tentang perilaku hidup bersih dan sehat. Guna memberikan solusi dari permasalahan tersebut, perlu diadakannya suatu kegiatan sosialisasi tentang perilaku hidup bersih dan sehat. Kegiatan yang dilakukan diantaranya senam bersama, pemaparan materi, diskusi, serta pemberian makanan bergizi. Tujuan dari kegiatan ini agar para siswa mendapatkan edukasi dan pengamalan perihal pentingnya perilaku hidup bersih dan sehat. Kesimpulan dari pengadain yaitu, kegiatan ini sukses memberikan edukasi perihal pemahaman dan pengamalan siswa terhadap perilaku hidup bersih dan sehat dalam kehidupan sehari-hari baik di rumah maupun di sekolah. Bentuk pengamalan perilaku hidup bersih dan sehat diantaranya melakukan aktivitas fisik dengan olahraga, melakukan aktivitas fisik selain olahraga, mengkonsumsi makanan bergizi, dan menjaga lingkungan serta diri agar tetap bersih setiap hari.

Kata Kunci : Perilaku, Hidup Bersih, Sehat, Siswa

INTRODUCTION

The Government of Indonesia through the Ministry of Health has run a work program to mobilize good living behavior, called clean and healthy living behavior (PHBS). In practice, PHBS has five scopes including household arrangements, workplace arrangements, health facility arrangements, educational institution arrangements and public place arrangements. According to clean and healthy living behavior is a practice of community behavior or an individual based on awareness which is the result

of the learning process so that a person, group, family or community can independently help themselves in the field of health and the degree of health in the community can be improved. (Nasution, 2020)

On the other hand, the President of the Republic of Indonesia Joko Widodo on the occasion of his official speech which took place at the Merdeka Palace stated that the Indonesian people today should consciously and consistently carry out clean and healthy living behaviors to overcome the spread of the virus in the

community. One of the socializations that can be done for the practice of clean and healthy living behavior is in the education unit or school. Clean and healthy living behavior in schools is the implementation of certain health procedures by empowering teachers, students, and the community in the school environment. They are expected to carry out clean and healthy living behaviors to create a healthy school and environment as well. (Zukmadini et al., 2020)

Meanwhile, according to the most effective way to prevent the virus and maintain health at this time, namely by carrying out clean and healthy living behaviors. Such as by doing exercise in a current and measured manner, and consuming nutritious foods. This is in line with what was said by the Ministry of Health of the Republic of Indonesia revealed that prevention efforts carried out to break the chain of spread of COVID-19 include socializing the Social Distancing Movement, requiring masks, diligently washing hands using soap or alcohol, and diligently exercising which are all part of clean and healthy living behavior. (Harvianto & Sakti, 2021) (Wismanadi et al., 2021)

Based on the results of interviews conducted with teachers, the students of SMP Negeri 3 Katingan Tengah are still very minimal in getting education about clean and healthy living behavior. In order to provide solutions to these existing problems, it is necessary to hold an educational activity in the form of socialization about clean and healthy living behavior in the school. By participating in this socialization activity, students will know how important it is to practice clean and healthy living behaviors in daily life, both at home and at school. In this socialization program, several activities will be carried out for students including joint gymnastics, material presentation on clean and healthy living behavior, and provision of nutritious and healthy foods.

The purpose of this activity is that students get education about the importance of clean and healthy living behavior, as well as direct practice for the practice of clean and healthy living behavior.

The implementation of this service was carried out at SMP Negeri 3 Katingan Tengah, which is located at Jl. Damang Djihin no. 11, Rantau Asem Village, Central Katingan District, Katingan Regency. From 06.30 – 11.00 WIB. With the number of students participating as many as 196 people.

The implementation of this activity:

Preparation: The initial activity of this service is to communicate with the school, in this case SMP Negeri 3 Katingan Tengah as the target partner.

Implementation: The implementation of this socialization is carried out for 1 (one) day. The first activity is for all students, teachers and all service members to do gymnastics together. After joint gymnastics is carried out, students are given material in the form of exposure that explains clean and healthy living behavior. After the presentation was held, a question and answer session was conducted. After the question and answer session is over, the students will be given healthy food and drinks. At the end of the activity, questionnaires will be distributed to students with the aim of knowing how influential this activity is for students. So that it can be known how much the achievement of the success indicators of this activity.

The material in this activity:



Figure 1 : Physical Activity Material

IMPLEMENTATION METHOD



Figure 2 : Non-Sports Activities Material



Figure 3 : Balanced Nutrition Material



Figure 4 : Group Photo

The following is the schedule of activities.

Hit	Activities
06.30 – 06.40	Briefing
06.41 – 06.45	Unveiling

06.46 – 06.50	Team leader's greeting
06.51 – 06.57	Greeting from the Head of SMPN 3 Katingan Tengah
06.58 – 08.00	Joint Gymnastics
08.01 – 08.45	Material 1 : Clean Living Behavior and Practice in everyday life. Presenters: Zuly Daima Ulfa, M.Kes
08.46 – 09.10	Q&A
09.11 – 09.55	Material 2 : Healthy Living Behavior and Practice in everyday life. Presenters: Uswatun Hasanah P.S, M.Kes/ Yudo Harvianto, M.Pd
09.56 – 10.15	Q&A
10.16 – 10.40	Provision of healthy food and drinking to students
10.41 – 10.55	Questionnaire Filling
10.56 – 11.00	Group Photo
11.01 – 11.10	Cover

RESULTS AND DISCUSSION

The central government through the Ministry of Health has issued Ministerial Regulation No. 39 of 2016 concerning the Healthy Indonesia program. One form of implementation of the

program is by socializing clean and healthy living behavior in the Education unit. The purpose of this program is to improve the nutritional status and health status of the community.

The implementation of the PHBS program is a form of activity in an effort to prevent the spread of diseases in the community, especially children as the age group most vulnerable to infectious diseases (education). This PHBS program should have been introduced to para. Because school is a time when children begin to build body health and recognize skills in physical activity.

According to several studies, it was found that the form of socialization and provision of medical equipment in schools to support the Healthy Indonesia program was still very lacking. As the results of the research described in , show that most adolescents, namely as many as 84% of adolescents never and rarely receive counseling or health education from the school or health workers, as well as the state of school sanitation is still inadequate such as trash cans, SPAL, toilets / toilets, clean water, sinks / hand washing stations, even only 19% in schools. (Tedju Hinga & Adu, 2021)

This activity began with joint gymnastics carried out by all students, teachers, education staff and service members. After its implementation, it was also explained about the benefits of morning exercise for students. The hope is that the implementation of regular morning exercises will have an impact on student health and increase student motivation in learning in class.

This is in line with what is said in stating that the implementation of morning exercise has a positive impact on students, namely the motor skills of students increase, and student motivation in learning also increases. (Abidah & Huda, 2018)



Figure 5. Joint Gymnastics

After doing gymnastics, material presentation was carried out about clean living behavior and practice in everyday life. The material presented is clean and healthy living behavior through physical activity, through sports, physical activity other than sports, and healthy with balanced nutrition. In addition, in his presentation, the speaker gave examples in everyday life in practicing clean and healthy living behavior for students. According to sports is an activity that can be done by a person to maintain health and certain other goals. (Harvianto, 2019)

When the speaker presented the socialization material, the students seemed enthusiastic about paying attention and listening to the material presented. This can be seen from the active communication between speakers and students when giving material explanations. At the end of the material, a question and answer session was held, the students submitted questions about the material presented. And some students also shared their experiences in practicing a clean and healthy lifestyle in everyday life.



Figure 6. Material Exposure 1



Figure 7. Material Presentation 2

The next activity is the provision of nutritious food to all students. As well as explained to students the content of the food given. Due to limited funds, the food given in this activity is a package of mung bean porridge and boiled quail eggs. During the distribution of the food, the students did it in an orderly and enthusiastic manner. According to green beans is a food source that contains a source of protein, rich in fiber, low in carbohydrates, contains healthy fats, rich in vitamins such as other B vitamins, such as riboflavin, B6, pantothenic acid, and niacin. the vitamins contained in it help increase energy and metabolism of the body and minerals rich in active enzymes. Meanwhile, according to quail eggs are foods rich in protein. (Amirul, 2016) (Satria et al., 2021)



Figure 8 : Nutritious Feeding

Filling out the questionnaire is the last activity in this activity. From the results of filling out questionnaires conducted by students, it was found that students felt very happy with this service activity. The results found that with this activity students know the benefits of clean and healthy living behavior, and what impacts will occur if they do not practice it. In addition, they also know how to practice clean and healthy living behavior in daily life. Even according to the data obtained, students feel happy because this is a new activity carried out at school about health counseling.



Figure 9 : Questionnaire Filling

CONCLUSION

Based on the community service activities that have been carried out, it can be concluded that the socialization of clean and healthy living behavior for students of SMP Negeri 3 Katingan Tengah has successfully provided education to participants regarding students' understanding and practice of clean and healthy living behavior in daily life at home and at school. Forms of practice carried out in clean and healthy living behaviors such as doing physical activity with sports, doing physical activities other than sports, consuming nutritious foods, and keeping the environment and yourself clean every day. The benchmark for achieving the objectives of this activity can be seen from how active students ask and answer during the discussion session, and the enthusiasm and positive questionnaire answers from the students.

SUGGESTION

Suggestions that can be given based on observations, interviews and findings during the activity are expected that the school will more often hold counseling activities on clean and healthy living behavior to students, so that students understand and practice more about PHBS. Because with the frequent holding of health counseling activities, schools participate in the success of the government's program, namely Healthy Indonesia.

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