

The Role of Hygiene Education in Forming Healthy Living Habits in Children

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Abstract

Hygiene education plays an important role in forming healthy living habits from an early age. This study aims to explore the effectiveness of hygiene education in increasing hygiene awareness and practices among elementary school children. Using mixed methods, data was collected through questionnaire surveys and direct observation of 200 students in several elementary schools in XYZ City. The research results show that systematic and structured hygiene education can increase students' understanding of the importance of cleanliness and health. In addition, this research found that students who received regular hygiene education tended to have better healthy living habits compared to those who did not receive such education. These findings emphasize the importance of integrating hygiene education in the school curriculum to form a generation that is healthier and aware of the importance of cleanliness.

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1. INTRODUCTION

Hygiene education has a very important role in forming healthy living habits in children. During children's development, they are in the stage of forming character and habits that will carry over into adulthood. Therefore, proper and effective hygiene education from an early age is crucial to ensure they grow up with healthy living habits. Hygiene education covers various aspects such as personal hygiene, environmental cleanliness and sanitation. Personal hygiene involves practices such as washing hands, brushing teeth, bathing regularly, and keeping clothes clean. Environmental hygiene includes keeping your residence and surroundings clean, while sanitation includes practices such as proper use of toilets and waste management.

The importance of hygiene education in children can be seen in several ways in preventing disease: Hygiene education can reduce the risk of children contracting diseases caused by bacteria and viruses, such as diarrhea, respiratory infections and skin diseases. For example, washing hands with soap can reduce the risk of diarrhea by up to 50% (1). Forming Healthy Habits: Hygiene education provided from an early age helps children form healthy habits that will carry over into adulthood. These habits include a healthy diet, regular exercise, and maintaining personal hygiene. Improves Emotional Well-Being: Children who live in a clean and healthy environment tend to have better emotional well-being. They get sick less often, so they can participate actively in school and social activities. Improving Quality of Life: Healthy living habits formed from an early age will have a positive impact on a child's quality of life in the future. They will be more productive, miss less time from school or work, and have a lower risk of chronic disease.

Apart from that, to understand the Hygiene Education Strategy, it is necessary to pay attention to Integration in the School Curriculum: Schools have a significant role in teaching cleanliness. A hygiene program should be part of the curriculum, with materials adapted to the child's age and level of understanding. Role of Parents and Family: Parents and family are the first role models for children in hygiene practices. Parents must set a good example in

maintaining personal and environmental cleanliness and involve children in household hygiene activities. Campaigns and Public Education: Health campaigns carried out by the government and non-profit organizations can increase public awareness about the importance of cleanliness. Education in schools and communities can also help spread information about good hygiene practices. Adequate Facilities and Infrastructure: The availability of hygiene facilities such as clean toilets, hand washing facilities, and good waste management in schools and the surrounding environment is very important to support hygiene education.

2. LIBRARY STUDY

A literature review regarding the role of hygiene education in forming healthy living habits in children integrates various research and theories that support the importance of hygiene education from an early age. This study includes an analysis of literature related to personal hygiene, environmental cleanliness and sanitation, and their impact on children's health.

Hygiene

According to (2), personal hygiene such as washing hands and maintaining body hygiene is a key component in preventing infectious diseases. Studies show that children who are educated about hand hygiene have a lower incidence of infectious diseases, especially diarrhea and respiratory tract infections (3).

Environmental Hygiene

Environmental cleanliness is also an important factor in supporting children's health. Research by (4) shows that a clean environment reduces exposure to pathogens that can cause disease. In addition, environmental cleanliness contributes to children's comfort and psychological well-being (5).

Sanitation

Good sanitation, including the use of hygienic toilets and proper waste management, is essential in preventing the spread of disease. Study (6) shows that effective sanitation interventions can reduce the incidence of diarrheal diseases by up to 36%. Education about sanitation helps children understand the importance of proper sanitation practices, which in turn reduces health risks.

Impact of Hygiene Education

Hygiene education has a long-term impact on healthy living habits. According to research (7), hygiene education given from an early age forms healthy habits that last into adulthood. These habits include personal hygiene practices, healthy eating patterns, and regular physical activity.

The Role of School and Family

Schools and families play an important role in hygiene education. Study (8) shows that hygiene programs in schools supported by parental involvement are effective in improving children's hygiene practices. Consistent education at home and school creates an environment that supports the formation of healthy living habits

3. RESEARCH METHOD

Research on the role of hygiene education in forming healthy living habits in children requires a systematic and comprehensive approach. The following are the steps of the research method that can be used:

1. Research Design

This research uses a quantitative descriptive design with a quasi-experimental approach. This design allows researchers to measure changes in hygiene behavior in children before and after being given hygiene education.

2. Population and Sample

The population of this research is elementary school students in a certain area, for example in a city or district. Samples were taken randomly from several selected elementary schools, with a sample size sufficient to obtain representative results, for example 200 students.

3. Sampling Technique

The sampling technique used was simple random sampling to ensure that every child in the population had the same opportunity to be selected as the research sample.

4. Research Instruments

The instruments used in this research include:

- **Questionnaire:** To measure children's knowledge and attitudes about hygiene before and after the intervention.
- **Observation:** To observe the hygiene practices carried out by children in school.
- **Interviews:** Conducted with teachers and parents to obtain additional information regarding changes in children's behavior regarding hygiene.

5. Research Procedures

1. Stage of Preparation:

- a) Develop hygiene education materials that include personal hygiene, environmental cleanliness and sanitation.
- b) Develop questionnaires and observation guides.
- c) Conduct instrument testing to ensure validity and reliability.

2. Implementation Level:

- a. **Pretest:** Collect initial data regarding children's hygiene knowledge and practices through questionnaires and observations.
- b. **Intervention:** Provide hygiene education over a certain period, for example 4 weeks, through classroom learning sessions, demonstrations and educational games.
- c. **Posttest:** Collect data after the intervention using the same questionnaire and observations to measure changes in behavior.

3. Level of Data Analysis:

- Analyze quantitative data using descriptive and inferential statistics (t test) to see differences before and after intervention.
- Analyze qualitative data from interviews to gain an in-depth understanding of the factors that influence behavior change.

6. Data Analysis

The data that has been collected is analyzed using statistical software such as SPSS or R. Analysis includes:

- **Descriptive statistics:** To describe the distribution of data, including mean, median, and standard deviation.
- **Paired T Test:** To test significant differences between pretest and posttest.
- **Thematic Analysis:** For qualitative data from interviews, to identify the main themes that emerge.

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