



The Influence of Knowledge and Attitudes on Clean and Healthy Living Behavior in Class V and VI Students at SD Negeri 8 Simpang Rimba South Bangka Regency in 2023

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ARTICLE INFORMATION

Received: January 17, 2024

Revised: February 16, 2024

Available online: February 2024

KEYWORDS

Knowledge, PHBS, Attitude

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A B S T R A C T

Students are the primary assets for future development, and their health must be prioritized and protected. A significant portion of children's health issues stem from unhealthy behaviors within the school environment. Promoting clean and healthy living behaviors in schools is an initiative aimed at enhancing the awareness of school residents to prevent diseases and create a hygienic environment. This initiative should be based on the knowledge and attitudes of each student. The objective of this research was to investigate the influence of knowledge and attitudes on clean and healthy living behaviors among class V and VI students at SD Negeri 8 Simpang Rimba, South Bangka district. The research design employed was cross-sectional. The population comprised 171 respondents, with a sample of 71 respondents, including 31 from class V and 40 from class VI. Univariate data analysis and multiple linear regression tests were conducted. The impact of student knowledge and attitude variables on clean and healthy living behavior was assessed through T-tests. The results indicated that the T-test values ($2.357 > 1.666$ and $2.044 > 1.066$) with corresponding p-values ($0.021 < 0.05$ and $0.045 < 0.05$) suggested a significant influence. The calculated F-test ($5.019 > 3.128$) further supported the significance of the overall influence, with an F significance value ($0.009 < 0.05$) below the alpha level. In conclusion, there is a positive combined influence of knowledge and attitudes on clean and healthy living behavior among class V and VI students at SD Negeri 8 Simpang Rimba, South Bangka district in 2023.

INTRODUCTION

Students are school age children at pre-school, elementary school, middle school and high school levels, especially elementary school children because the age of elementary school children is very different from that of adults. School is the right place for students to provide knowledge about the importance of having clean and healthy living behavior at school (Abidah & Huda, 2018). Clean and Healthy Living Behavior (PHBS in Indonesian) is a health behavior carried out with awareness by a person in order to be able to help themselves and play an active role in activities in the health sector (Indriastuti *et al.*, 2021).

According to the Ministry of Health of the Republic of Indonesia in 2017, the number of districts/cities that have a PHBS policy is 313 (60.89%). In 2018 there were 363 PHBS policies (70.62%). In 2019, 423 (82.30%) districts/cities had PHBS policies (Kemenkes RI, 2019). Berdasarkan data Riskesdas tahun 2013 menunjukkan bahwa pencapaian PHBS sebesar 32,3%, sedangkan pada Riskesdas tahun 2018 menunjukkan bahwa 68,74%. Based on Riskesdas data in 2013, it shows that PHBS achievement was 32.3%, while in Riskesdas in 2018 it showed that it was 68.74% (Riskesdas, 2013). According to Riskesdas, the clean and healthy living behavior development program designed by the government has been running for 15 years, but its success has not yet reached the targets set (Riskesdas, 2018).

Based on data obtained from the Kep provincial Health Service. Bangka Belitung shows that the percentage of households with PHBS from 7 districts/cities in 2022 is highest in Bangka district at 69.38% and the lowest in West Bangka district at 30.74% and South Bangka district is in the third lowest position for households with-PHBS of 57.97% (Dinkes Bangka Belitung, 2022).

Implementing PHBS in schools has a good influence on students because it can create a clean and healthy environment so that the teaching and learning process of students and teachers in the school environment runs smoothly, whereas PHBS can also have bad influences, such as decreasing achievement and enthusiasm for learning. The most important factor in forming healthy living behavior is based on a person's knowledge and attitudes. If someone has good knowledge and attitude, they will not be easily influenced by objects around them, and vice versa (Srisantyorini & Ernyasih, 2020). Healthy living leads to individual healthy behavior in the form of actions to improve and maintain optimal health for each individual (Nurmala *et al.*, 2020).

The results of the research show that in implementing the 8 PHBS indicators in schools, firstly, students have carried out the habit of washing their hands with soap and running water well. Second, most students have a bad attitude because they buy food outside the school canteen. Third, not all students have had their weight and height measured even though the use of UKS at the school is already available. Fourth, students already have a good attitude in using the toilets provided by the school, but there are also some students who rarely use the toilets at school. Fifth, most students already have a good attitude towards throwing away rubbish in the right place. Sixth, most students already have good attitudes because they have received information from physical education teachers through lessons scheduled once a week regarding the importance of regular and measurable exercise. Seventh, students still have a less caring attitude and lack knowledge about the dangers of mosquito larvae because students see puddles of water containing mosquito larvae that remain in place and leave them alone. Eighth, the school's teachers and students have very good behavior because they have complied with the issue of not smoking in the school environment. It is hoped that it can provide benefits for students so that they can improve their health, enthusiasm for learning and learning productivity (Taryatman, 2016). Therefore, it is necessary for each student to be aware of the importance of knowledge and attitudes in implementing PHBS at school.

METHOD

This research uses a cross-sectional research approach with a cross-sectional design which aims to determine whether there is an influence of knowledge and attitudes on clean and healthy living behavior in class V and VI students at SD Negeri 8 Simpang Rimba, South Bangka Regency. This research was conducted from September-October 2023. The population in this research was all students in grades V and

VI of SD Negeri 8 Simpang Rimba for the 2023/2024 academic year, totaling 171 respondents. The sample in this research was some of the students in grades V and VI of SD Negeri 8 Simpang Rimba for the 2023/2024 academic year, totaling 71 respondents. In collecting data using questionnaires and interviews. The questionnaire consists of four parts, namely part A contains the respondent's identity, part B consists of questions related to knowledge, part C consists of questions related to attitudes, part D consists of questions related to PHBS.

The data analysis used univariate analysis to describe the frequency distribution of each variable and the Multiple Linear Regression test to determine the influence of the independent and dependent variables. This research has been approval by the Health Research Ethics Committee University of Anak Bangsa Pangkalpinang with Number: 03/470/UNABA/VII/2023.

RESULT

Tabel 1 Frequency Distribution of Knowledge in Class V and VI Students

Knowledge	Amount	Percent (%)
Tall	5	7
Enough	5	7
Not Enough	61	85,9
Total	71	100

Source: Primary Data (2023)

Based on table 1, it shows that students' knowledge shows that 71 respondents have poor knowledge, namely 61 (85.9%) more, compared to high and sufficient knowledge with the same number, namely 5 (7%).

Tabel 2 Frequency Distribution of Attitude in Class V dan VI Students

Attitude	Amount	Percent (%)
Not Good	36	50,7
Good	35	49,3
Total	71	100

Source: Primary Data (2023)

Based on table 2, it shows that the attitudes of the 71 respondents who had less good attitudes were 36 (50.7%) more than those with good attitudes, namely 35 (49.3%).

Tabel 3 Frequency Distribution of PHBS in Class V dan VI Students

PHBS	Amount	Percent (%)
Not Good	36	50,7
Good	35	49,3
Total	71	100

Source: Primary Data (2023)

Based on table 3, it shows that there are 36 (50.7%) more PHBS in schools than 71 respondents who implemented PHBS poorly, compared to 35 (49.3%) students who implemented PHBS well.

Tabel 4 T Test of the Effect of Knowledge and Attitudes on Clean and Healthy Living Behavior in Students Classes V and VI at SD Negeri 8 Simpang Rimba, South Bangka Regency

Model		Unstandardized Coefficients		Standardized	t	Sig.
		B	Std. Error	Coefficients		
1	(Constant)	.473	.332		1.423	.159
	Knowledge	.241	.102	.267	2.357	.021
	Attitude	.231	.113	.231	2.044	.045

Source: Primary Data (2023)

Based on table 4, the T test results for the knowledge variable are 2.357, meaning T count > T table (2.357 > 1.666) and the p value is 0.021 < 0.05, stating that there is an influence of knowledge on clean and healthy living behavior in class V and VI students in SD Negeri 8 Simpang Rimba, South Bangka Regency. Meanwhile, the attitude variable, the results of the T test, show a value of 2.044, meaning T Count > T Table (2.044 > 1.066) and a p value of 0.045 < 0.05, indicating that there is an influence on attitudes towards students in grades V and VI at SD Negeri 8 Simpang Rimba, South Bangka Regency.

Tabel 5 F Test of the Effect of Knowledge and Attitudes on Clean and Healthy Living Behavior in Students Classes V dan VI at SD Negeri 8 Simpang Rimba, South Bangka Regency

Model		Sum of Squares	df	Mean Square	f	Sig.
1	Regression	2.283	2	1.141	5.019	.009
	Residual	15.464	68	.227		
	Total	17.746	70			

Source: Primary Data (2023)

Based on table 5, it can be seen from the F test results that the calculated F value > F table (5.019 > 3.128) is obtained, while the sig value of 0.009 < p value (0.05) means that together (simultaneously) all the independent variables consisting of knowledge and attitudes have a significant influence on clean and healthy living behavior at school.

DISCUSSION

Human knowledge is obtained through the sense of hearing and the sense of sight (Febrina *et al.*, 2022). This research shows that the frequency value of students' knowledge in the less category is 61 respondents. This is caused by internal factors in the form of physical and spiritual as well as external factors in the form of education (Muzdalia *et al.*, 2022). The results of the univariate analysis showed that 61 (85.9%) students' knowledge was in the low category, while 5 (7%) students were in the high and sufficient categories who received the same number. This means that students' knowledge of PHBS in the low category is more in the high and sufficient categories. The results of data analysis using multiple linear regression tests in the T test results for the knowledge variable show a value of 2.357, meaning T Count > T Table (2.357 > 1.666) with a p value of 0.021 < 0.05, which means knowledge has an influence on clean and healthy living behavior at school. with a constant value of 0.241, it states that the independent variable

is considered constant, so each student carries out PHBS 0.241 times. It can be concluded that H_0 is rejected, and H_a is accepted, which means that there is an influence of knowledge on class V and VI students at SD Negeri 8 Simpang Rimba, South Bangka Regency.

This research is supported by research conducted Dwiyanti (2023) with the title the influence of knowledge about clean and healthy living behavior in the workplace on attitudes towards using personal protective equipment for Bunda Hotel Group employees with the results showing that the p value is $0.000 < 0.05$ so it can be concluded that knowledge about PHBS at work has a significant effect on attitudes towards using PPE with a constant of 0.567 states that the independent variable is considered constant so each employee implements PHBS 0.567 times.

Attitude is a response from someone who is still close to a stimulus or object. Attitude is a person's assessment of objects in health matters, including disease (Siregar, 2020). Univariate analysis showed that attitudes were in the poor category for 36 (50.7%) and good for 35 (49.3%). This means that attitudes in the unfavorable category are more numerous in the good category. This is in line with research Chandra et al., (2017) which states that negative attitudes are more numerous than positive attitudes where PHBS students are in the poor category 82.4% and 17.6% good. Emotional attitudes towards social stimuli clearly show the appropriateness of reactions to certain stimuli or objects which in everyday life are influenced by factors of personal experience, mass media, the influence of other people and culture.

The results of data analysis using the multiple linear regression test in the T test results for the attitude variable show a value of 2.044, meaning $T \text{ Count} > T \text{ Table}$ ($2.044 > 1.066$) with a p value of $0.045 < 0.05$, which means attitude has an influence on clean and healthy living behavior at school. with a constant value of 0.231, it states that the independent variable is considered constant, so each student carries out PHBS 0.231 times.

It can be concluded that H_0 is rejected, and H_a is accepted, which means that there is an influence on attitudes towards class V and VI students at SD Negeri 8 Simpang Rimba, South Bangka Regency. The results of this study are in line with research Kusyanti & Yulita (2019) regarding the influence of providing knowledge and attitudes on the implementation of germas for healthy living, a p value of $0.034 < 0.05$ was obtained, so it was concluded that germas was influenced by attitudes where the constant was 1.352, indicating that the independent variable was considered constant so each family implemented germas 1.353 times.

Based on the table, the results of research using the Simultaneous test or F test obtained a calculated value $> F \text{ table}$ ($5.019 > 3.128$) with a p value of 0.009 because the p value is much smaller than 0.05, which means there is a positive influence of knowledge and attitude together. towards clean and healthy living behavior in class V and VI students at SD Negeri 8 Simpang Rimba. This is in line with the research

conducted Kusyanti & Yulita (2019) with the title the influence of knowledge and attitudes on the implementation of community movements for healthy living with research results showing that the calculated F value was 1.356 with a probability of 0.001 because the probability is much smaller than 0.05, so the regression model can be used to see the joint influence of knowledge and attitudes towards the healthy society movement.

This research explains that knowledge and attitudes can influence students to be aware of clean and healthy living behavior at school. Students who have broad knowledge and positive attitudes towards PHBS will have a high awareness of having clean and healthy lifestyle behavior because students know the importance of PHBS for everyday life to create healthier behavior.

CONCLUSION

Based on the research results, it can be concluded that the majority of 85.9% of respondents have insufficient knowledge regarding clean and healthy living behavior at school with a calculated T value $>$ T Table ($2.357 > 1.666$) and a p value of $0.021 < 0.05$ which means knowledge has influence on clean and healthy living behavior in class V and VI students at SD Negeri 8 Simpang Rimba. Respondents' attitudes towards PHBS were in the poor category as much as 50.7% with a value obtained T Count $>$ T Table ($2.044 > 1.066$) with a p value of $0.045 < 0.05$ which means attitude has an influence on clean and healthy living behavior in class students V and VI at SD Negeri 8 Simpang Rimba. Furthermore, the variables between knowledge and attitude together influence clean and healthy living behavior with the calculated F value $>$ F table ($5.019 > 3.128$) and the p value ($0.009 < 0.05$) which means there is a positive influence of knowledge and attitude together towards clean and healthy living behavior in class V and VI students at SD Negeri 8 Simpang Rimba.

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