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Efforts to Increase Knowledge of Clean and Healthy Living Behaviors (PHBS) Through Counseling and Making Hand Sanitizers at 152 Gresik State Elementary Schools

Okky Istiowati¹, Yunita Rizkia Pratiwi¹, Afdhol Mufassirin¹, Dina Anggraeni Susesti², Viera Nuriza Pratiwi³

¹Faculty of Nursing and Midwifery, Universitas Nahdlatul Ulama Surabaya, East Java, Indonesia

²Faculty of Business Economics and Technology, Universitas Nahdlatul Ulama Surabaya, East Java, Indonesia

³Faculty of Health, Universitas Nahdlatul Ulama Surabaya, East Java, Indonesia

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CORRESPONDENCE

E-mail:

okyistiowati038.ns19@student.unusa.ac.id

A B S T R A C T

PHBS in schools is the implementation of certain health procedures by empowering teachers, students, and the community in the school environment. Based on the results of the survey that has been conducted by the research team at the 152 Gresik State Elementary School, there are several students who are experiencing hygiene problems, namely 45 (73%) of the 69 students and almost all students experience it. The purpose of this activity is to reduce the incidence of hygiene problems with health counseling about PHBS and the manufacture of natural hand sanitizers in elementary schools, so as to reduce the number of hygiene problems. The method used in this activity was descriptive through a survey approach conducted on 69 students, the presentation of material about PHBS in reducing student hygiene problems. As a result of the activities that have been carried out by the research team after the presentation of the material and the making of hand sanitizers in the elementary school, the incidence of hygiene problems decreased to 25 students (36%) who experienced hygiene problems. The manufacture of hand sanitizers is very influential in carrying out the health program that has been prepared by the research team.

INTRODUCTION

PHBS in schools is the implementation of certain health procedures by empowering teachers, students, and the community in the school environment. Among adolescents, the implementation of PHBS is still felt to be lacking due to the lack of information they get (Indriani and Listyandini, 2020). They are expected to carry out a healthy lifestyle to create a healthy school and environment around the school. The benefit of PHBS in schools is to create a clean and healthy environment. That way, the teaching and learning process will run smoothly, while the health of teachers, students, and the surrounding community will not be disturbed.

State Elementary School 152 Gresik is an elementary school located in the Karangandong area, Gresik. State Elementary School 152 Gresik has 69 students from grades 4, 5 and 6. When the survey activity was carried out, it was found that the students of the 152 Gresik State Elementary School did not maintain cleanliness with the uniforms used there was a lot of dust attached, then in Find the location of the school building close to the highway as access to trucks and 8-wheeled cars that carry pollution so that it becomes a trigger factor for lack of cleanliness. The results of our group's observations on the

environmental conditions and residents within the scope of the school show that students do not apply for PHBS in schools. There were 45 (73%) of the 69 students who did not implement PHBS at the beginning of our group identification. Based on further interviews with all students, almost all students did not apply for PHBS.

The Department of National Education (2007) states that schools have a strategic role and position in education and health promotion efforts. This is because most children aged 5-19 years spend quite a long time in educational institutions every day. The number of people aged 7-12 is 25,409,200 and 25,267,914 children (99.4%) are active in the learning process. For the 13–15-year age group, there are 12,070,200 people and 10,438,667 children (86.5%) are active in school. Based on data from the World Health Organization (WHO, 2018), worm infections are the biggest cause of disease among children aged 5-14 years. Vitamin A deficiency is the biggest cause of preventable blindness in children. Iodine deficiency is the single most common cause of mental retardation and brain damage in children. Injuries are the leading cause of death and disability among school-age youth. One in two young people who start and continue smoking will be killed by a tobacco-related disease. All these health problems can be prevented or significantly reduced through effective school health and youth health programs.

Children of elementary school and pre-elementary school age are a period of childhood that is very different from the age of adults. At this age, there are many health problems that affect health in the future. These health problems include general health, disorders development, behavioral disorders and learning disorders. These health problems will generally hinder the achievement of achievement in students at school.

Efforts to reduce the incidence of health problems due to the lack of implementation of Clean and Healthy Living Behaviors. The researcher presented material on the implementation of PHBS to all students in grades 4, 5 and 6. Then the researcher applies PHBS with Indicators: 1) Wash your hands with running water and use soap; 2) Consume healthy snacks in the school canteen; 3) Use clean and healthy latrines; 4) Regular and measured exercise; 5) Eradicate mosquito larvae; 6) No smoking in school; 7) Weigh in and measure height every month; 8) Dispose of garbage in its place.

Researchers also conducted a demonstration of making Natural Hand Sanitizers. With the hope that problems related to PHBS will decrease, students will become healthy and comfortable while studying.

METHOD

The method of descriptive implementation is through a survey conducted on 69 students at State Elementary School 152 Gresik. Data collection was used to find out the problems that occurred in the school. After the data is taken, data processing is carried out. Based on the results of the assessment, the

group then provided counseling on the implementation of PHBS. Furthermore, the group conducted a demonstration of making Hand sanitizers as an effort to prevent the risk of health problems at the 152 Gresik State Elementary School.

This activity was carried out for 3 weeks. The description of the activity is that in the 1st week of data collection and data processing, the 2nd week is to conduct a pretest to find out students' understanding of PHBS, to expose material about PHBS, to conduct a post test, and making Natural Hand Sanitizers, the 3rd week of doing healthy gymnastics accompanied by evaluating activities and making a final report

RESULT AND DISCUSSION

From the results of observations made by students of SDN 152 Gresik, it was carried out on Sunday, August 7, 2022, by conducting counseling on the implementation of PHBS in the school environment and providing pretest and posttest to 69 students as respondents. The respondents here are students at State Elementary School 152 Gresik which totals 69. The results of this activity include an overview of the characteristics Respondents were based on the age level of 10-12 years in 40 students and 29 female students in the form of demographic data and analysis.

Table 1 Results of the distribution of respondents based on age characteristics in students at State Elementary School 152 Gresik in 2022

Variable (age)	Frequency	Percentage
9 - 10	18	26%
10 – 11	30	44%
11 - 12	21	30%
Total	69	100%

Based on the table above, it shows the age characteristics of the respondents at the 152 Gresik State Elementary School. Respondents aged 9-10 years amounted to 18 students (26%), aged 10-11 years amounted to 30 students (44%) and aged 11-12 years a total of 21 students (30%).



Figure 1 The results of the distribution of respondents based on the results of the pretest for students at State Elementary School 152 Gresik in 2022.

Based on the diagram above, the results of the pretest (before the presentation of material about PHBS). Pretest scores from 69 students showed that 24 students (29%) got good scores, 12 students (24%) got good pretest scores and 33 students (47%). Lack of pretest scores can be drawn conclusions Students at 152 Gresik State Elementary School still do not know about the implementation of Clean and Healthy Living Behavior.



Figure 2 Pretest filling activities by students in grades 4, 5 and 6 of State Elementary School 152 Gresik in 2022.



Figure 3 Health counseling activities with materials on the Implementation of PHBS to students in grades 4, 5 and 6 of State Elementary School 152 Gresik in 2022.



Figure 4 Posttest results for students at State Elementary School 152 Gresik in 2022.

From the posttest scores after the presentation of the material regarding the implementation of Clean and Healthy Living Behaviors, 45 students (71%) got good scores, 15 students (5%) were quite good, and 9

students (24%) the posttest scores were still lacking. So that the presentation of the material is also very useful and effective for students' knowledge.



Figure 5 Posttest filling activities by students in grades 4, 5 and 6 of State Elementary School 152 Gresik in 2022.



Figure 6 Results of the distribution of respondents based on the incidence of health and hygiene problems in students at State Elementary School 152 Gresik before counseling and demonstration on making hand sanitizers in 2022.



Figure 7 the process of making hand sanitizers at State Elementary School 152 Gresik

Figure 8 Healthy Gymnastics activities at 152 Gresik State Elementary School

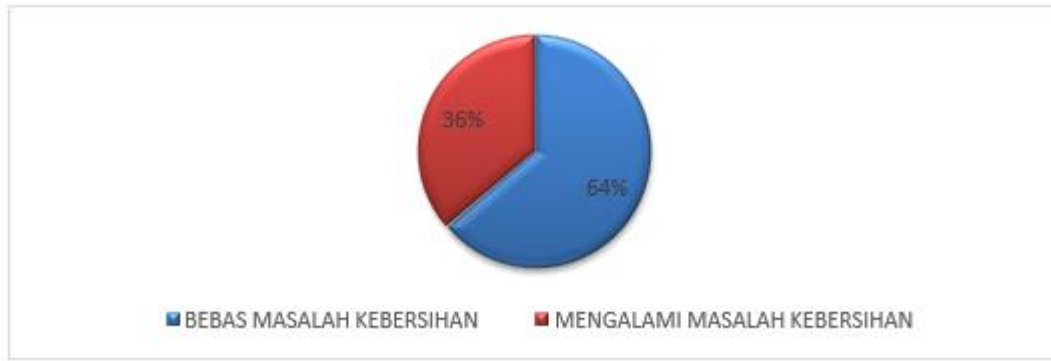


Figure 9 Results of the distribution of respondents based on the incidence of health and hygiene problems in students at State Elementary School 152 Gresik after counseling and demonstration on making hand sanitizers in 2022

From figure 6, data was obtained at the time of the survey and before the health counseling regarding PHBS, namely 45 students (73%) experienced hygiene problems and 25 students (36%) did not experience hygiene problems. From figure 9 After Health Counseling and the manufacture of Natural Hand Sanitizers. In carrying out the program that has been prepared by the researcher by educating and supervising student activities, the incidence of initial hygiene problems was 45 students (73%) to 25 students (36%). It can be concluded that after Health Counseling and the creation of Hand sanitizers, hygiene problems at SDN 152 Gresik decreased to 25 students (36%).

The activities carried out by the group, namely conducting health counseling regarding PHBS to students, have a great influence on the knowledge possessed by students. Then the hand sanitizer was made by 69 students in grades 4, 5 and 6. Then an evaluation was carried out on the activities that had been prepared by the researcher for 3 weeks, including Health counseling regarding PHBS in the 1st week, in the 2nd week the making of Hand sanitizer and Healthy Gymnastics in the 3rd week, namely with the results of hygiene problems with a percentage of 73% consisting of 45 respondents, after the activity decreased to 36% consisted of 25 respondents. The incidence of hygiene problems decreased by 37 %.

Supported by the research on the importance of integrating health education about PHBS in the school environment regardless of grade level to increase students' knowledge about PBHS, this is based on research conducted by Susanto (2016) there is no difference in student knowledge related to PHBS in terms of washing hands with running water and soap, throwing away waste properly , healthy snacks and eradicate mosquito larvae at the student grade level (Susanto, Sulistyorini, Wuryaningsih, & Bahtiar, 2016). In addition, PHBS also has an impact on student learning achievement. There was a significant influence between PHBS behavior and increased learning achievement (Butarbutar, 2019).

The better the Clean and Healthy Living Behavior (PHBS) of a student in elementary school, the more indirectly the number of hygiene problems and reduces the risk factors for health problems. This is because of PHBS, students will avoid hygiene problems that trigger health problems for students at State Elementary School 152 Gresik.

CONCLUSION

This counseling activity has been successfully carried out, where there is an increase in participants' knowledge related to reproductive health in mothers by 15% before and after counseling and education. Efforts to provide a positive attitude About the prevention of stunting in toddlers is carried out so that toddlers can avoid stunting. Proper information and education will help mothers make the right decision to distance themselves from risk factors that can affect toddlers to be stunted. It is hoped that through this counseling activity, it can increase the knowledge of mothers on the prevention of stunting for toddlers.

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