



The Influence of Clean and Healthy Living Behavior Education on Changes in Student Behavior

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Track Record Article	Abstract
<p>Accepted: 21 October 2023 Revised: 22 November 2023 Published: 11 December 2023</p> <p>How to cite : Syaputri, D., Marganda, S., Manalu, H., Apsari, D. A., & Suprawihadi, R. (2023). The Influence of Clean and Healthy Living Behavior Education on Changes in Student Behavior. Contagion :Scientific Periodical of Public Health and Coastal Health, 5(4), 1194–1205.</p>	<p><i>A Clean and Healthy Lifestyle is an action or behavior related to health that is carried out based on self-awareness so that the family and all its members are able to be independent in maintaining their own health and have a high desire to maintain their health. The aim of this research is to determine the effect of counseling about clean and healthy living behavior on changes in student behavior regarding knowledge, attitudes and actions in increasing awareness of the importance of health and clean and healthy lifestyles in the school and community environment. This type of research is quasi-experimental and the research design used is One-Group Pretest-Posttest. The sample selection was taken from grades 4 and 5, totaling 45 students attending the State Elementary School 104274 Pematang Kasih, Pantai Cermin District, Serdang Bedagai Regency. sampling using total sampling technique. The instrument used in this research was a questionnaire and the socialization process was carried out through lectures, presentation of power points and videos to attract children's attention. data analysis using paired t-test with the help of Statistical Program for Social Science (SPSS) software version 20. The research results show that there is an influence of providing counseling about clean and healthy living behavior on students' knowledge p-value=0.000, there is an influence of providing counseling about clean and healthy living behavior on students' attitudes p-value=0.000, and there is an influence of providing counseling about clean and healthy living behavior on students' actions p-value=0.000 at State Elementary School 104274 Pematang Kasih, Pantai Cermin District, Serdang Bedagai Regency.</i></p> <p>Keywords: Actions, Attitudes, Counseling, Clean and healthy living behavior, Knowledge</p>

INTRODUCTION

The preparation or goal of health development aims to promote or increase awareness, readiness and ability to live a healthy life for every person in order to realize the physical health of the community. One of the health ranges is determined by behavioral factors. To help develop strong and healthy behavior, a national vision for health promotion has been established, namely "Clean and Healthy Living Behavior" (Maulana, 2009).

School aged teenager are an age group that is easily affected by disease and is susceptible to health problems. This means that students are forced to miss classes or be absent due to stomach aches. Clean and healthy living behavior at school is a behavior that must be carried out and given an example by teachers, students, groups of people in the school environment due to the will or awareness of the results and learning processes that have been studied. So that you can prevent yourself from getting sick, help improve your own health, and play an active role in creating a clean and healthy area (Madanih et al., 2019). Clean and healthy living

behavior in schools can be a way to involve students, teachers and the school community to understand, be willing and able to implement clean and healthy living behavior and be serious about creating a healthy school (Margowati et al., 2017).

There are parameters for the degree of clean and healthy living behavior at school. Clean and healthy living behavior parameters are used as a basis for comparing and evaluating expected behavior. The creation of clean and healthy living behavior in the school structure requires efforts, first of all, to advance targets and self-awareness, namely the school community and students and assisted by the existence of facilities or facilities. This self-awareness arises due to knowledge gained through school health promotion programs in the form of school health units (Ibrahim et al., 2023)

Apart from self-awareness, support from the school can influence whether or not clean and healthy living behavior is implemented. For example, if you have self-awareness that before and after eating you have to wash your hands, supported by a place to wash your hands prepared with soap, then clean and healthy living behavior can be created well. The parameters for clean and healthy living behavior for health promotion programs in schools are as follows: cleaning hands with clean running water and using soap, using clean and healthy latrines, consuming healthy snacks in the school canteen, eradicating mosquito larvae, regular and measured exercise, weigh yourself and measure your height every six months, don't smoke at school, throw rubbish in the right place (Alamar, 2022).

Based on Basic Health Research from 2007, 2013 and 2018, it shows that in Indonesia the number of families using clean and healthy living behavior over the last ten years has increased by almost 28%. A depiction of the ins and outs of the level of clean and healthy living behavior over five years, namely in 2007 it was 11.2%, in 2013 it was 23.6% and in 2018 it was 39.1%. This increase has an impact on groups, nations or residents who lead clean and healthy lives, so that they can create a healthy and clean atmosphere or environment. People can avoid dealing with health problems independently, and know how to take advantage of ways to create a healthy life (Kemenkes RI, 2013; Kemenkes RI, 2018).

All of Indonesia's large number of clean and healthy living habits has not yet met half (41.3%). Based on the area of population with the highest clean and healthy living behavior in the broad category, Bali (59.2%), DKI Jakarta (55.9%), North Sulawesi (48.1%) and Riau Islands (47.5%). And the area that has decreased the most is Papua (21.7%), East Nusa Tenggara (24.4%), West Sumatra (26.1%), West Kalimantan (26.3%), and Aceh (26.9%) . Achievement of the highest indicators of defecation behavior, namely 88.2% of individuals. Apart from that, around 80% of individuals can access clean water sources, live in homes that

prevent larvae. 70% of individuals do not smoke and do physical activity every day, around 60% of individuals practice washing their hands with soap and running water. Not reaching half the proportion, toddlers who receive ideal monitoring and toddlers who receive exclusive breast milk have the lowest proportion, namely only 2% of individual behavior that regularly consumes 5 portions of fruit and vegetables every day (Kemenkes RI, 2021).

The estimated number of diarrhea cases in 2014 was 12,976 cases and the number of diarrhea cases being handled was 14,296 cases. This figure shows that the number of diarrhea cases discovered exceeded the estimated number by 110.2%. Of the 20 existing community health centers, the highest case detection and handling data was at the Bintang Bayu community health center and the lowest was at the Sipispis community health center (Dinas Kesehatan Kabupaten Serdang Bedagai, 2014). However, in 2020 in Serdang Bedagai Regency there were 5,584 cases of diarrhea found in all age groups or 33.5%, and 902 cases in toddlers or 11.0% (Dinas Kesehatan Kabupaten Serdang Bedagai, 2020).

Based on research conducted at the State elementary school 104274 Pematang Kasih, there has never been any counseling about Clean and Healthy Living Behavior, so students still have bad habits, such as students throwing rubbish carelessly, playing with dirt or other dirty objects and then not washing their hands after playing and consuming food or snacks with dirty hands, dirt is still found scattered in the bathroom and teachers or staff who still pay little attention or care about the cleanliness of the school environment, such as giving warnings or punishments to students who throw rubbish carelessly.

Based on the background of the problem above, the researcher is interested in conducting research with the title "The Effect of Counseling on Clean and Healthy Living Behavior on Changes in Student Behavior at State Elementary School 104274 Pematang Kasih, Pantai Cermin District, Serdang Bedagai Regency in 2022".

METHOD

The type and design of the research uses quasi-experimental research methods. The research design used was One-Group Pretest-Posttest. In this research design the group counseling method was used. First, measurements are taken, then they are subjected to treatment, then final measurements are taken 5 days later.

The population in this study were elementary school students in grade 4 and grade 5, totaling 45 students. The basis for the appointment of students in grades 4 and 5 is a combination of ages that are able to quickly absorb new education or learning and have a strong urge to convey the knowledge and explanations they receive to others (Prawirohardjo, 2013).

The sampling technique in this research used total sampling. In this study, the samples taken were the entire population, namely 45 students.

Data collection in this study used a questionnaire that had been designed by researchers in the form of questions about students' knowledge, attitudes and actions regarding clean and healthy living behavior. The independent research variables of this research are knowledge, attitudes and actions, while the dependent variables of this research are students' clean and healthy living behavior.

Data analysis using the paired t-test, a prerequisite in parametric statistics is that the data is normally distributed. The results of the data normality test before counseling for the knowledge variable using the Shapiro-Wilk Test were $p (0.154) > 0.05$, so it can be confirmed that the data is normally distributed. The results of the data normality test after counseling were carried out using the Shapiro-Wilk Test with $p (0.160) > 0.05$, it was concluded that the data was normally distributed.

Test the normality of data before counseling for attitude variables using the Shapiro-Wilk Test with p -value $(0.136) > 0.05$, so it is concluded that the data is normally distributed. The results of the data normality test after counseling were carried out using the Shapiro-Wilk Test with p -value $(0.137) > 0.05$ and the data normality test before counseling for the Action variable used the Shapiro-Wilk Test with $p (0.291) > 0.05$, it was concluded that the data were distributed normal. The results of the data normality test after counseling were carried out using the Shapiro-Wilk Test with $p(0.281) > 0.05$, it was concluded that the data was normally distributed.

The prerequisite in parametric statistics is that the data is normally distributed, the results of the data normality test for the initial test and the final test both show that the data is normally distributed, so it can be continued with the paired t-test. The software used to analyze this research data was the Statistical Program for Social Science (SPSS) version 20.

RESULTS

Table 1. Average score of students' pre-test and post-test knowledge about clean and healthy living behavior

Knowledge Variable	Mean	Standard deviation
Pretest Knowledge	8,33	2,121
Post test Knowledge	16,53	1,779

Based on Table 1. The percentage of pre-test knowledge has an average value of 8.33, while post-test knowledge has an average value of 16.53.

Table 2. Average score of students' pre-test and post-test attitudes regarding clean and healthy living behavior

Attitude Variables	Mean	Standard deviation
Pretest Attitude	26,69	3,469
Post test Attitude	31,82	2,114

Based on Table 2, the pre-test attitude percentage has an average value of 26.69, while the average value of the post-attitude test is 31.82.

Table 3. Average pre-test and post-test scores for students' actions regarding clean and healthy living behavior

Action Variables	Average	Standard deviation
Pretest Action	2,13	0,661
Post test Action	3,27	0,654

The pre-test action percentage has an average value of 2.13, while the average value for the post-action test is 3.27.

Table 4. Paired T-test results on students' knowledge, attitudes and actions

Variable	Mean	Standard deviation	<i>p</i> -value
Knowledge			
Pre test_ Knowledge	-8.200	3.159	0.000
Post test_ Knowledge			
Attitude			
Pre test_ Attitude	-5.133	2,997	0.000
Post test_ Attitude			
Action			
Pre test_ Action	1.133	0.994	0.000
Post test_ Action			

Based on the results of the paired T-test, the sig (2-tailed) test results were obtained at $0.001 < 0.05$, which means H_0 was rejected and H_a was accepted. So from the data above it can be concluded that there is an influence of providing counseling about Clean and Healthy Living Behavior on students' knowledge at state elementary school 104274 Pematang Kasih, Pantai Cermin District, Serdang Bedagai Regency in 2022.

Based on the results of the paired T-test, the sig (2-tailed) test results were obtained at $0.001 < 0.05$, which means H_0 was rejected and H_a was accepted. So from the data above it can be concluded that there is an influence of providing counseling about Clean and Healthy Living Behavior on the attitudes of students at state elementary school 104274 Pematang Kasih, Pantai Cermin District, Serdang Bedagai Regency in 2022.

Based on the results of the paired T-test, the sig (2-tailed) test results were obtained at $0.001 < 0.05$, which means H_0 was rejected and H_a was accepted. So from the data above it can be concluded that there is an influence of providing counseling about Clean and Healthy Living Behavior on the actions of students at the state elementary school 104274 Pematang Kasih, Pantai Cermin District, Serdang Bedagai Regency in 2022.

DISCUSSION

1. Respondent Characteristics

The results of research on the characteristics of student respondents in terms of age showed that there were 22 students aged 10 years (49%), 17 students aged 11 years (37.7%), and 12 years old as many as 6 students (13.3%). Results of research on the distribution of characteristics of respondents, the youngest respondents were 10 years old, 22 students (49%), and the oldest 12 years old, 6 students (13.3%). Age has an influence on a person's ability to understand and think. The older you get, the more your understanding and thinking patterns will develop.

According to Notoatmodjo (2012), Knowledge is also obtained from education, one's own experience and the experience of others, mass media and the environment. Knowledge or cognitive is an important domain for the formation of a person's actions. Knowledge is needed as a psychological boost in developing attitudes and behavior every day, so it can be said that knowledge is a stimulation of a person's actions (Bawole et al., 2018; Tambuwun et al., 2019).

Based on the data obtained above, the difference in age is not a factor or reference because the ages of the respondents are not too different, each student or respondent has almost the same mindset and ability to understand, so age does not really influence the students' knowledge, attitudes and actions. . The results of research on the characteristics of student respondents in terms of gender showed that 22 students (49%) were male and 23 students (51%) were female.

From the data above, it shows that the differences between male and female gender do not have a very big influence on knowledge, attitudes and actions after providing counseling even though most female students pay more attention in terms of wanting to practice directly. The results of this research show that differences in gender do not have a major influence on students' knowledge, attitudes and actions.

2. The effect of providing counseling on knowledge about clean and healthy living behavior

According to Notoatmodjo (2007) There are several factors that can influence a person's knowledge, namely: education, information, culture, experience, and socio-economics. Meanwhile, what really needs to be considered in extension is education, so that there is a reciprocal relationship between extension and knowledge.

Based on the pre-test knowledge before conducting counseling, the average value was 8.33, while the post-test knowledge after conducting counseling had an average value of 16.53. Based on the results of the paired T-test, the sig (2-tailed) test result was $0.001 < 0.05$ which means H_0 is rejected and H_a is accepted. So from the data above it can be concluded that there

is an influence of providing counseling on knowledge about Clean and Healthy Living Behavior using lecture methods and presentations made in the form of slide shows, video screenings.

The results of this study are in line with those stated Notoatmodjo (2007) One of the strategies for changing behavior is providing information to increase knowledge so that awareness arises and ultimately people will behave in accordance with their knowledge. One effort to provide information that can be done is counseling. Knowledge occurs after someone senses an object or stimulus (Lubis et al., 2013; Megawati et al., 2023).

Extension using the lecture method can increase knowledge. This agrees with Green's approach, that an educational approach can change a person's behavior, including knowledge, where the intervention provided is a health education process to change behavior (Lubis et al., 2013; Nurhidayah et al., 2023).

An education about health will be carried out by developing 3 components of education, namely disseminating health information, developing community potential, and developing health workers. Someone who looks for more sources of information will gain more insight and intelligence, especially regarding wider knowledge. And education can influence a person's perspective on new sources of information they receive.

The data above is in line with research Lubis et al., (2013) with the results of analysis using Paired sample t-test, it was obtained that the average knowledge of respondents before being given counseling using the lecture method was 12.89 and after being given counseling using the lecture method was 21.74. and the probability value (p) was 0.0001 and this probability $P < 0.05$.

This research is also in line with research conducted Sembiring (2021) The results of bivariate statistical tests using paired t-test prove the influence of providing counseling on student and teacher knowledge. This is indicated by the p-value for knowledge of $0.001 < 0.05$. So in this case, there is an influence of providing education about clean and healthy living behavior on knowledge about clean and healthy living behavior among students and teachers at State Elementary School 105306.

In this study, researchers tried to measure the level of knowledge of students at state elementary school 104274 Pematang Kasih, Pantai Cermin District, Serdang Bedagai Regency, which was carried out using a questionnaire media about Clean and Healthy Living Behavior. The knowledge that is measured is very impactful in its application to students, so that students are able to understand what has been explained and learned from the clean and healthy living

behavior counseling process that has been presented and are willing and even able to apply it in their daily lives.

3. The effect of providing counseling on attitudes regarding clean and healthy living behavior

Attitude is a reaction or response that is still closed from a person to a stimulus or object. Attitudes actually show the suitability of reactions to certain stimuli, which in everyday life are emotional reactions to social stimuli Notoatmodjo (2010), The formation of a person's attitude cannot be separated from knowledge, information and experiences that have been carried out both at school and outside. Clean and healthy living behavior is a manifestation of school teenager's complex interactions with matters related to clean and healthy living behavior. As attitude is something that regulates experiences, students will be more willing to act to implement the personal health behavior of school students themselves (Edza Aria, 2018).

Based on the results of the pre-test, the attitude before conducting counseling has an average value of 26.69, while the post-test attitude after conducting counseling has an average value of 31.82. Based on the results of the paired T-test, the sig (2-tailed) test result is 0.001. < 0.05 which means H_0 is rejected and H_a is accepted. So from the data above it can be concluded that there is an influence of providing counseling on attitudes about Clean and Healthy Living Behavior using lecture methods and presentations made in the form of slide shows, video screenings in elementary schools Negeri 104274 Pematang Kasih Pantai Cermin District Serdang Bedagai Regency 2022.

The data above is in line with research Lubis et al., (2013) with the results of analysis using Paired sample t-test, the average attitude of respondents before being given counseling using the lecture method was 9.21 and after being given counseling using the lecture method was 13.47. as well as a probability value (p) of 0.0001 and this probability $P < 0.05$.

This is supported by research Edza Aria (2018) which explains that there is an influence of providing counseling on changing attitudes, this change in attitude is because the students want to pay attention to the messages conveyed through counseling. It is hoped that the counseling given to respondents can increase their readiness or willingness to act and not implement certain motives. Attitude is not yet an action or activity but is a predisposition to the action of a behavior. Providing counseling on clean and healthy living behavior regarding washing hands has meaning and a positive influence on respondents. Counseling cannot be ignored for respondents to change their lifestyle by not only being aware, knowing and understanding, but also willing and able to carry out clean and healthy living behavior.

It is hoped that the counseling given to students can increase readiness and willingness to act. With the help of teachers, it will be easier for students to implement clean and healthy living behavior at school. Attitude is an action or activity that predisposes to the action of a behavior. Providing education about clean and healthy living behavior regarding washing hands with soap, using clean and healthy latrines, throwing rubbish in the right place, and consuming healthy snacks in the school canteen is something that has meaning and has a positive influence on students. Counseling and the role of teachers is very meaningful for students in changing their lifestyle, not only being aware, knowing and understanding but also willing and able to do it (Edza Aria, 2018).

4. Effect of Providing Counseling on Action

Action can be translated into action if there are supporting factors or something that makes it possible for the action to be carried out, such as the availability of facilities and infrastructure or health facilities for students such as the provision of clean water, rubbish disposal sites, the availability of latrines and nutritious food. The availability of these facilities essentially supports or enables the realization of Clean and Healthy Living Behavior in the school setting. Clean and Healthy Living Behavior in schools is an effort to empower students, teachers and the school community on the basis of health as a learning outcome, so that they are independently able to prevent disease, improve their health, and play an active role in creating a healthy environment. (Sembiring, 2021).

Based on the pre-test, actions before providing counseling have an average value of 2.13, while post-test actions after providing counseling have an average value of 3.27. Based on the results of the paired T-test, the sig (2-tailed) test result is $0.001 < 0.05$ which means H_0 is rejected and H_a is accepted. So from the data above it can be concluded that there is an influence of providing counseling on actions regarding Clean and Healthy Living Behavior using lecture methods and presentations made in the form of slide shows, video screenings at State Elementary School 104274 Pematang Kasih, Pantai Cermin District, Serdang Bedagai Regency in 2022.

This is supported by research Zuliyanti et al., (2020), who explained that most students were not able to wash their hands until they were given hand washing counseling and demonstrations. Most students wash their hands only sparingly and do not use the 6 step method, this is due to their lack of knowledge regarding hand washing techniques. After being given education regarding hand washing, the results of the posttest showed that students' hand washing actions became better after being given the education. After being given counseling, students become more aware of good hand washing techniques. The change in attitudes and

actions that occurred after being given counseling on clean and healthy living behavior was because students had received information regarding clean and healthy living behavior and washing hands with the 6 correct steps and there had been an increase in knowledge. Knowledge is a very important domain for the formation of a person's actions, while attitudes and actions are the application of that knowledge (Notoatmodjo, 2010). As a person's level of knowledge increases, that person's attitudes and actions will also increase.

The data above is based on research conducted by Sembiring (2021), The results of bivariate statistical tests using paired t-test showed that the p value for practice was $0.001 < 0.05$, which means that there was an influence of providing counseling on the practice of clean and healthy living behavior.

From the results above, it is in accordance with Sembiring (2021) that health education is a process of changing behavior among the community so that they know, are willing to be able to make changes in order to achieve increased improvement and prosperity. After the counseling was carried out, it was found that students' actions or practices towards clean and healthy living behavior increased by implementing clean and healthy living in the school environment. It is hoped that the counseling given to respondents can increase their readiness or willingness to act. With the help of teachers, it is easier for students to implement clean and healthy living behavior at school.

CONCLUSION

The research results show that there is an influence of providing counseling about clean and healthy living behavior on students' knowledge $p\text{-value}=0.000$, there is an influence of providing counseling about clean and healthy living behavior on students' attitudes $p\text{-value}=0.000$, and there is an influence of providing counseling about clean and healthy living behavior on students' actions $p\text{-value}=0.000$ at State Elementary School 104274 Pematang Kasih, Pantai Cermin District, Serdang Bedagai Regency.

It is recommended for health workers and teachers to provide education on clean and healthy living behavior to students to increase students' knowledge, attitudes and actions that can be applied in everyday life until adulthood.

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