

IMPLEMENTATION CLEAN AND HEALTHY LIVING BEHAVIOR AT ELEMENTARY SCHOOL LEVEL IN MEDAN CITY

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Abstrak

Program Perilaku Hidup Bersih dan Sehat di sekolah mendorong siswa, guru, dan masyarakat lingkungan sekolah untuk melakukan pola hidup sehat sehingga tercipta sekolah yang sehat. Program ini bertujuan untuk memberikan pengalaman belajar atau menciptakan kondisi bagi individu, keluarga, kelompok dan masyarakat dengan cara membuka jalur komunikasi, memberikan informasi, dan melakukan edukasi untuk meningkatkan pengetahuan, sikap dan perilaku. Banyak penyakit yang disebabkan karena perilaku hidup bersih dan sehat masih kurang diterapkan di sekolah-sekolah seperti diare, cacangan, filariasis, demam berdarah dan muntaber. Hasil penelitian menunjukkan bahwa penerapan Perilaku Hidup Bersih dan Sehat pada tingkat sekolah dasar di wilayah kerja Puskesmas Kota Medan pada bulan Oktober-Desember 2023 mengalami fluktuasi (naik turun) atau nilainya tidak konstan. Indikator yang mempengaruhi Perilaku Hidup Bersih dan Sehat di sekolah Sudah tepat ditingkatkan lagi Agar anak sekolah sadar akan pentingnya melakukan Perilaku Hidup Bersih dan Sehat di sekolah. Berdasarkan penelitian menggunakan analisis *Time Series* dengan menggunakan *metode Sequence Charts* dapat disimpulkan bahwa kegiatan Perilaku Hidup Bersih dan Sehat tingkat sekolah dasar di wilayah kerja Puskesmas Kota Medan pada bulan Oktober-Desember 2023 mengalami fluktuasi (naik turun) atau nilainya tidak konstan. Indikator yang mempengaruhi perilaku hidup bersih dan sehat di sekolah Sudah tepat ditingkatkan lagi Agar anak sekolah sadar akan pentingnya melakukan perilaku hidup bersih dan sehat di sekolah.

Kata kunci : Perilaku Hidup Bersih dan Sehat, Sekolah Dasar, dan Indikator.

Abstract

Clean and Healthy Living Behavior Program in schools push students, teachers, and society environment school For do pattern life Healthy For create healthy school. This program reach objective For give experience Study or create condition for individual, family, group and society with open track communication, giving information, and doing improving education knowledge , attitudes , and behavior. Many diseases are caused Because behavior life clean and healthy still not enough implemented in schools like Diarrhea , worms , filariasis, dengue fever and vomiting. Research result show that application Clean and Healthy Living Behavior at the elementary school level in the Medan City Health Center working area in October-December 2023 experienced fluctuations (fluctuating) or the value was not constant. Indicators that influence Clean and Healthy Living Behavior in schools Already appropriately improved Again For child conscious school will importance doing Clean and Healthy Living Behavior at school. Based on research use Time Series analysis using the Sequence Charts method can be concluded that elementary school level Clean and Healthy Living Behavior activities in the Medan City Health Center work area in October-December 2023 experienced fluctuations (up and down) or their values were not constant. Indicators that influence clean and healthy living behavior in schools Already appropriately improved Again For child conscious school will importance doing clean and healthy living behavior at school.

Keywords : *Clean and Healthy Living Behavior, Elementary Schools , and Indicators*

Introduction

Clean and Healthy Living Behavior (PHBS) is effort For create experience Study or create condition for individual , family , group and society with possible communication, giving information, and doing improving education knowledge, attitudes, and behavior. Method used For promoting the Clean and Healthy Living Behavior program is advocacy leader , support social, and empowerment public. This method used For help public recognize and overcome the problem myself, so they become aware yourself and can apply style life Healthy For maintain, maintain and improve health.

Health education in schools is matter important that it consists of from combination experience designed learning For help individual and society increase health, with increase knowledge or influence the attitude of each individual in carry out pattern life healthy (WHO, 2018).

Based on the Indonesian Health Profile in 2016 the number of diarrhea cases recorded was 6,879,463 cases, which were found and treated as many as 2,544,084 cases (36.9%). For the Central Java region in 2016 the number of diarrhea cases recorded was 911,901 cases, which were found and treated as many as 95,635 cases (10.5%) (Kemenkes RI, 2018).

School children is generation successor necessary nation maintained, enhanced and protected his health. Amount age enough school. 30% of amount Indonesia's population is a golden age For instill Clean and Healthy Living Behavior, children school considered potential become agent change in promote Clean and Healthy Living Behavior in the environment school, family, etc public (Buchanan & Rotkirch, 2018).

One of objective from the pilot program integration promotion health in the Regency/City is For develop promotional programs more health and Clean and Healthy Living Behavior directed, planned, integrated and sustainable (Messakh et al., 2019). Target main from this program are Clean and Healthy Living Behavior Household Orders (individuals, families, and communities) and Educational Institutions, especially at the level school elementary (Maillard et al., 2020). Clean and Healthy Living Behavior in schools is bunch behavior practiced by students, teachers, and society environment school on base needs and requirements public (Abma et al., 2020).

In order school there are 8 indicators For behavior life clean and healthy that is snacks in the canteen school, washing hand with clean running water and soap, use toilet healthy, following activity

sports and activities physical at school, eradicate flick mosquitoes, no smoking at school, weighing in weight and measure each height month, as well throw away add it in its place (Rachmadewi et al., 2021). Many diseases are caused Because behavior life clean and healthy still not enough implemented in schools like Diarrhea, worms, filariasis, dengue fever and vomiting (WHO, 2019).

From existence problem health as it has been mentioned above, then implementation of Clean and Healthy Living Behavior in the setting school very much important as education health care provided and practiced in a way direct to students/students so that they can apply it to life everyday and can become provisions knowledge For applied in the environment his house (Alsoufi et al., 2020). Because child age school especially school base is child with very good age For accept most important information can implement Clean and Healthy Living Behavior as reference For do change style life clean and healthy and also as generation successor a nation that is a role model for health for environment surroundings (Domitrovich et al., 2017).

Based on background back above researcher interested For do study about Implementation Clean and Healthy Living Behavior at Elementary School Level in

Medan City for see is school base in the city of Medan already implement Clean and Healthy Living Behavior in the setting school with good and right or No apply The same very.

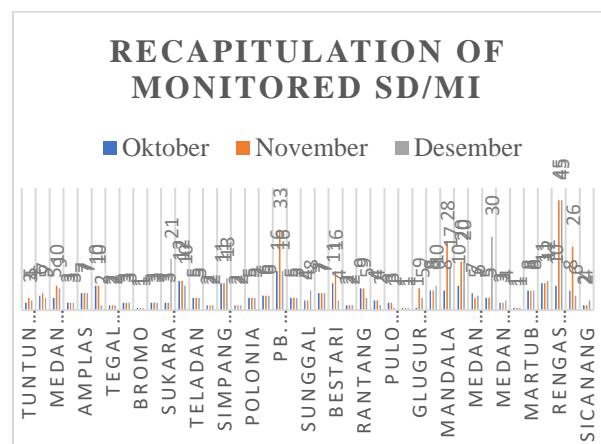
Method

Research design This is cross-sectional with Time Series approach, which aims For know school the existing base in the city of Medan already implement Clean and Healthy Living Behavior in the setting school or No apply The same very. Data used is secondary data that comes from from the Medan City Health Service 2023. Data used is Clean and Healthy Living Behavior Elementary School data for 3 years, latest (Quarterly) in 2023. The data has been collected analyzed and presented in diagram form.

Results

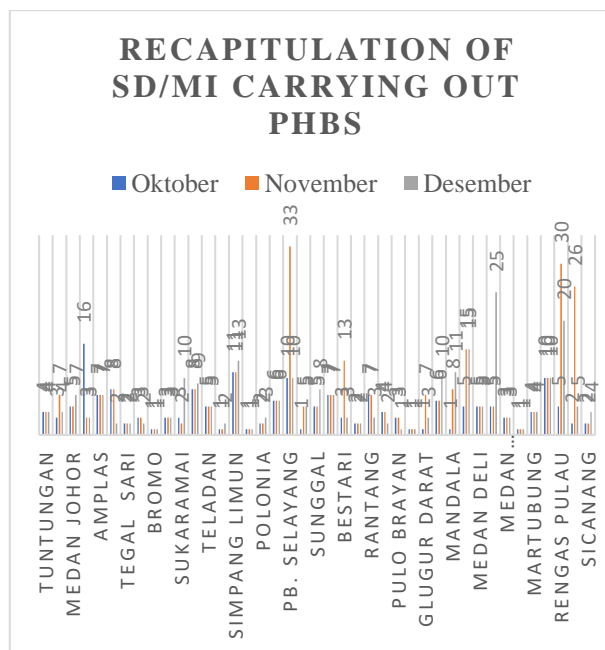
Distribution Diagram Frequency

Diagram 1. Monitored Elementary School Frequency Distribution



Based on the bar diagram above, it can be concluded that the Elementary School that is most monitored is in the work area of the Rengas Island Community Health Center, while the ones that are least monitored are in the work area of the Bromo, Sei Agul and Pekan Labuhan Community Health Centers. This is because there are more Elementary School at the Rengas Island Community Health Center compared to the three Community Health Centers.

Diagram 2. Frequency Distribution Diagram of Elementary School Carrying out Clean and Healthy Living Behavior



Based on the bar diagram above, it can be concluded that the Elementary School that carry out the most Clean and Healthy Living Behavior activities are in the PB work area. Selayang, while those carrying out the fewest Clean and Healthy Living Behavior activities are in the work

areas of the Bromo Community Health Center, Kampung Baru, Sei Agul, and Pekan Labuhan.

Diagram of Clean and Healthy Living Behavior Elementary School Achievement Results at Medan City Health Centers

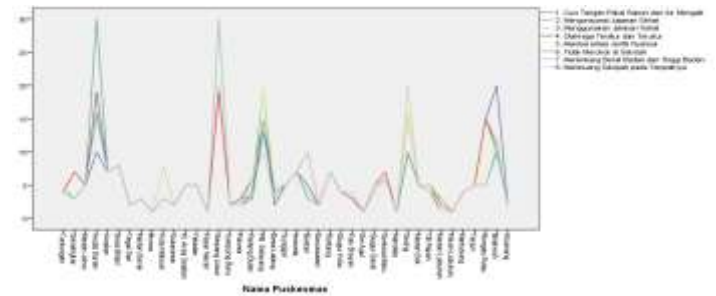


Figure 1. SD PHBS achievements at Medan City Health Centers October 2023

The total number of Elementary School in the work area of the Medan City Health Center as of October where the research was carried out was 623 schools, with 233 Elementary School monitored and only 171 schools carrying out Clean and Healthy Living Behavior activities at school.

Time Series analysis using the Sequence Charts method, the following data was obtained.

- For the indicator of washing hands with soap and running water, the Simpang Limun and Belawan Community Health Centers received the highest achievement, namely 20 points.
- For the indicator of consuming healthy snacks, Simpang Limun

Community Health Center received the highest achievement, namely 30 points.

3. For the indicator of using healthy latrines, the Kedai Durian Community Health Center received the highest achievement, namely 30 points.

4. For regular and measurable exercise indicators, the Simpang Limun Community Health Center received the highest achievement, namely 30 points.

5. For the indicator of eradicating mosquito larvae, the Kedai Durian and Simpang Limun Community Health Centers received the highest achievement, namely 30 points.

6. For the indicator of not smoking at school, the Kedai Durian Community Health Center received the highest achievement, namely 30 points.

7. For indicators measuring body weight and height, Kedai Durian and Simpang Limun Health Centers obtained the highest achievement, namely 30 points.

8. For the indicator of disposing of waste in its place, Simpang Limun Community Health Center received the highest achievement, namely 30 points.

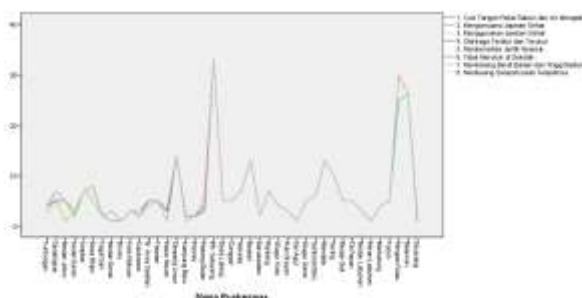


Figure 2. SD PHBS achievements at Medan City Health Centers November 2023

The total number of SD/MI in the work area of the Medan City Health Center as of November where the research was carried out was 786 schools with 352 SD/MI monitored and only 288 schools carrying out PHBS activities at school.

Time Series analysis using the *Sequence Charts method*, the following data was obtained.

1. For the indicator of washing hands with soap and running water, the PB Selayang Community Health Center received the highest achievement, namely 33 points.

2. For the indicator of consuming healthy snacks, the PB Selayang Community Health Center obtained the highest achievement, namely 33 points.

3. For the indicator of using healthy latrines, the PB Selayang Community Health Center obtained the highest achievement, namely 33 points.

4. For regular and measurable exercise indicators, the PB Selayang Community Health Center obtained the highest achievement, namely 33 points.

5. For the indicator of eradicating mosquito larvae, the PB Selayang Community Health Center received the highest achievement, namely 33 points.

6. For the indicator of no smoking at school, the PB Selayang Community

Health Center obtained the highest achievement, namely 33 points.

7. For indicators measuring body weight and height, the PB Selayang Community Health Center obtained the highest achievement, namely 33 points.

8. For the indicator of disposing of waste in its place, the PB Selayang Community Health Center received the highest achievement, namely 33 points.

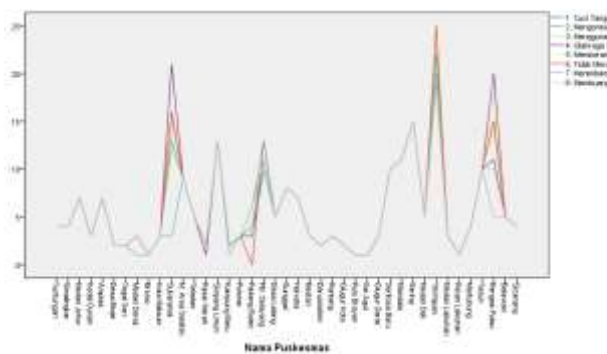


Figure 3. SD PHBS achievements at Medan City Health Center December 2023

The total number of SD/MI in the work area of the Medan City Health Center as of December where the research was carried out was 764 schools with 322 SD/MI monitored and only 259 schools carrying out PHBS activities at school.

Time Series analysis using the *Sequence Charts method*, the following data was obtained.

1. For the indicator of washing hands with soap and running water, the Titi Papan Community Health Center received the highest achievement, namely 20 points.
2. For the indicator of consuming healthy snacks, the Titi Papan Health Center

obtained the highest achievement, namely 23 points.

3. For the indicator of using healthy latrines, Titi Papan Community Health Center received the highest achievement, namely 25 points.

4. For regular and measurable exercise indicators, the Rengas Island, Sukaramai and Titi Papan Community Health Centers obtained the highest achievement, namely 23 points.

5. For the indicator of eradicating mosquito larvae, Titi Papan Community Health Center received the highest achievement, namely 25 points.

6. For the indicator of no smoking at school, the Titi Papan Community Health Center received the highest achievement, namely 25 points.

7. For indicators measuring body weight and height, the Titi Papan Community Health Center obtained the highest achievement, namely 23 points.

8. For the indicator of disposing of waste in its place, the Titi Papan Community Health Center received the highest achievement, namely 20 points.

Month	Number of Achievements Per Indicator							
	Indicator 1	Indicator 2	Indicator 3	Indicator 4	Indicator 5	Indicator 6	Indicator 7	Indicator 8
October	220	229	244	225	250	239	228	234
November	266	267	266	272	270	271	265	273
December	232	238	240	250	249	241	217	226

Based on the table above, it can be concluded that elementary school level PHBS activities in the Medan City Health Center work area in October-December 2023 experienced fluctuations (up and down) or their values were not constant. If depicted in diagram form, it would look like this.

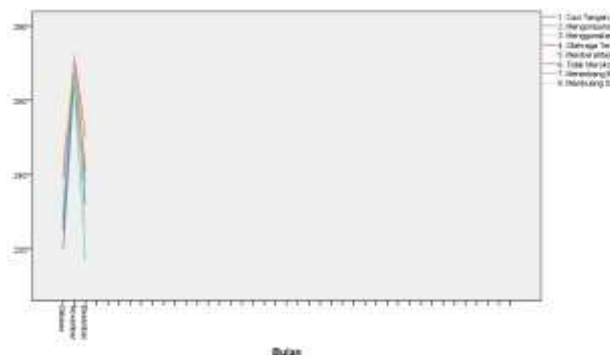


Figure 4. Graph of PHBS for Elementary School Level October-December 2023 which experiences fluctuations

Discussion

Clean and Healthy Living Behavior in Schools is groups from implemented behavior for participant students , teachers and the community in the environment school based on exists awareness from Study For capable in prevent disease ,

together increase health and have role active For realize environment healthy school . On research monitoring the school did Clean and Healthy Living Behavior activities in schools are known that part big Elementary School in Medan already willing and able demonstrate direct a number of Clean and Healthy Living Behavior indicators.

Indicator I

Difference mark indicator for hand washing with soap and running water from October, November and December in *Time Series* analysis using the *Sequence Charts method*, shows that There is significant difference to CTPS indicator and running water. This matter can seen from achievement highest in the quarter final that is Simpang Limun and Belawan Community Health Centers, PB Selayang Community Health Center, Titi Papan Community Health Center.

The research results Biezen et al., (2019) show that wash hand is action cleanliness includes wash hands and fingers with soap and water for look after it so clean and blocking it happened disease. Wash hand with use soap that doesn't adequate Still often occurs in children under 10 years old. Children aged it is very active and vulnerable experience disease so that must aware will importance habit wash hand in life every the day (Ravsanjanie et al., 2021). Researcher give counseling to students

student at SDS Galelia Hosana PB Selayang for increase awareness that CTPS with running water for elementary school children is very important as indicator First from Clean and Healthy Living Behavior at school.

Indicator II

On indicators consume Healthy Snacks, PB Selayang Health Center has position best from Public health center Intersection Lemonade and Titi Papan Health Center. School children basics in general Not yet too competent in choose and sort snack snacking healthy school _ whereas matter these are very related with level intelligence until level concentrate on children.

Results of research Rizky Oktaviani, (2023) conducted on children new entered elementary school in Medan Selayang, shows that in general consumption energy food a day child new enter school base Still less, this Can caused Because circumstances child eating No regular, start choose food and likes snacks you haven't had yet Of course with food his choice contain adequate nutrition.

Based on theory expressed by Spengler et al., (2018) that nutritional status will influence level intelligence person and ability somebody in catch lessons at school, so someone who has nutritional status Good will own Power catch more good and can obtain he also performed well at school. On

the contrary If somebody have poor nutritional status or more impact on intelligence so that less than optimal in catch lesson at school so that performance Study not enough Good. Lack or excess substances nutrition Can influence happen disturbance learning, performance lacking and vulnerable to various disease.

Indicator III

Indicator use Healthy Latrines in Clean and Healthy Living Behavior in Elementary Schools coverage best is at an elementary school in the work area PB Selayang Health Center in November, Kedai Durian Health Center in October and Titi Papan Health Center in December. Toilet Healthy is latrine that has place shelter dirt special feces naturally No pollute land around him, no smell and dirt the No can touchable insect nor mouse. Every school Already appropriately own toilet Healthy For inhabitant school to get it spared from various type disease spread _ through bacteria.

According to study Arliza (2023) in Environment According to Kuta Medan Selayang, the habit of defecating (latrine healthy) can reduce risk infected with these intestinal protozoa, on the contrary when bad defecation habits can defiling environment around for example pollute land. Activity play child often carried out on the ground, where at the time play child

can contaminated with intestinal protozoa in a way No on purpose.

This matter in line with research by Bachtiar (2018) in Surabaya states There is connection between habit defecate with incidence of giardiasis. This matter can caused by factors knowledge about cleanliness defecation, habit defecate as well as facility latrine.

Indicator IV

Sport regular and measurable until moment This Already echoed throughout Indonesia especially again to the child school every basis Morning day do gymnastics, however If seen mark the third Clean and Healthy Living Behavior indicator four, coverage good at school implementation basis _ sport regular and measurable is in the elementary school in the work area PB Selayang Community Health Center.

Activity the sport being played participant educate through learning exercise and morning exercises are very beneficial for children in realizing Clean and Healthy Living Behavior. Seen participant students are very enthusiastic in do morning exercises guided by the teacher. Gymnastics movements are very influential movements muscles body participant educate so that become flexible and healthy (Tarigan & Bukit, 2022).

Indicator V

Efforts to eradicate flick mosquito No only carried out in the environment House only, but also try eradicate flick mosquitoes in the environment schools so that people who are in schools especially vulnerable children _ affected by dengue fever. Quarterly data work area is found PB Selayang Community Health Center which has mark Good in Clean and Healthy Living Behavior indicators eradicate flick Mosquitoes in Elementary School.

Melva Sagala (2021) based on Chi square statistical test results with p value $0.028 \leq p (0.05)$ then H_a is accepted. It means There is connection meaningful between condition place water reservoir with BDB incidents in the work area PB Selayang II Community Health Center, Medan Selayang District .

Study similar to Fransiska (2018) in his research say that There is significant relationship between place water reservoir with incident dengue fever with p- value = 0.001 ($p < 0.05$). Place no water reservoir fulfil condition have 10.71 times chance of getting dengue fever compared with place adequate water reservoir conditions (Fransiska, 2018).

Based on the data above, conditions stagnant water reservoir can potential give rise to incidence of dengue fever in the environment school not seldom found exists puddle then _ from That effort

eradicate flick mosquito especially No exists puddles of water at school so important for health children .

Indicator VI

No smoking at school is one of indicator from Clean and Healthy Living Behavior in Schools . Remember importance behavior life Clean and Healthy Living Behavior as form promotion health in effort invite and encourage child school the basis for living clean and healthy so need done maintenance health in a way sustainable to achieve degrees more health Good. A healthy school is very conducive For his community behave Healthy . So that the Clean and Healthy Living Behavior indicators are met condition as well as need done effort promotion health more carry on so that can increase amount school healthy in Indonesia (Ismoyowati, 2007).

Elementary schools in the work area PB Selayang Community Health Center implements Clean and Healthy Living Behavior values especially indicator No smoking at school . This matter in line with opinion Notoadmodjo stated factor affecting action that is through behavior than one individual. Good action because own level good knowledge and attitude Action is something deed real which is results from embodiment attitude. Often action somebody No can materialized Because action supported by factors

supporter or possible conditions , including facilities (Notoadmodjo, 2007).

Indicator VII

Measuring your weight and height need noticed For can see growth children at school still basic in stage development . Not many consistent school For weigh children's weight and height education , one of the areas of consistent work weigh participant's weight and height educate at the elementary school level, namely at PB Selayang Health Center, Kedai Durian Health Center, Simpang Limun and Titi Papan Health Center .

According to results research (Ernawati) in the city of Medan, there are also existing school apparently has a UKS No do monitoring nutritional status , even though UKS already has it provide scales body weight and microtoisefor measure height and nutritional status data child school No available. Based on measurement of nutritional status carried out by researchers show that There is significant relationship between pattern Eat child seen from amount Eat based on adequacy energy , protein and fat with nutritional status children ($p < 0.05$). It is deeply regretted very If school Already own facility But No role in weigh your weight and height .

Indicator VIII

Measurement indicator final that is throw away trash in its place. Is known that

the region with indicator school throwaway basis rubbish on site with mark Good that is in the work area PB Selayang Community Health Center, research This in line with research (Fadilah et al., 2022) which examined one of the elementary schools in Selayang, in terms of This is SDS Nurcahaya has capable finish problem waste in the environment his school. Success This considered has in accordance with objective that is For reduce rubbish . other than rubbish, purpose implementation of the Adiwiyata program is For form character participating students For protect environment . Manage and recycle repeat trash , taking care of at a time water plants , following activity ecobricks if There is instructions from head school . Make work or product from goods used in 3R activities (Reduce, Reuse, Recycle). Example from work from product This form tea from skin dragon fruit and lemongrass, jam from kedondong, place pencil knit, piggy bank flannel , and still Lots Again.

Conclusions

Based on research use *Time Series* analysis using the *Sequence Charts method* can be concluded that elementary school level Clean and Healthy Living Behavior activities in the Medan City Health Center work area in October-December 2023 experienced fluctuations (up and down) or

their values were not constant. Indicators that influence clean and healthy living behavior in schools Already appropriately improved Again For child conscious school _ will importance doing clean and healthy living behavior at school.

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