

The Influence Phbs Counseling To Fulfillment Attitude Behavior Life Clean And Helathy SDN 1 Curug Student Regency Karawang In 2023

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ABSTRAK

Perilaku Hidup Bersih dan Sehat (PHBS) adalah perilaku yang dipraktikkan oleh setiap individu di rumah tangga/keluarga dengan kesadaran sendiri sebagai hasil belajar untuk meningkatkan kesehatan. Disamping itu, PHBS juga berperan aktif dalam mewujudkan lingkungan sehat. PHBS di sekolah merupakan kegiatan pemberdayaan siswa, guru dan masyarakat di lingkungan sekolah agar mau melakukan pola hidup sehat guna mewujudkan sekolah sehat. Untuk mengetahui pengaruh penyuluhan PHBS dalam pemenuhan sikap dan perilaku siswa siswi SDN 1 Curug Tahun 2023 pada siswa kelas 3 Sekolah Dasar. Penelitian ini merupakan penelitian kuantitatif dengan menggunakan desain quasi experiment dan pendekatan one group pre-post test design. Dalam desain ini sebelum diberikan perlakuan, terlebih dahulu sampel diberikan pretest (tes awal) dan setelah perlakuan sampel diberikan posttest (tes akhir). Desain ini digunakan sesuai dengan tujuan yang akan dicapai yaitu untuk mengetahui pengaruh penyuluhan PHBS terhadap sikap siswa. Analisis menggunakan uji Wilcoxon diperoleh nilai $P = < 0,001 < 0,005$ sehingga dapat disimpulkan ada pengaruh penyuluhan PHBS terhadap pemenuhan sikap perilaku hidup bersih dan sehat siswa SDN 1 Curug Kabupaten Karawang. Ada pengaruh penyuluhan PHBS terhadap pemenuhan sikap perilaku hidup bersih dan sehat siswa SDN 1 Curug Kabupaten Karawang dan diharapkan dapat digunakan sebagai bahan acuan bagi siswi dalam melakukan perilaku hidup bersih dan sehat di lingkungan sekolahnya dan kehidupan sehari-hari.

Kata Kunci: PHBS. Siswa, sikap

ABSTRACT

*Behavior Life Clean And Healthy (PHBS) is practiced behavior by every individual at home household / family with awareness Alone as results learning For increase health . Besides that , PHBS too role active in realize healthy environment . PHBS in schools is activity empowering students , teachers and public environment school For Want to do pattern life Healthy For create school Healthy . To know influence PHBS counseling in Fulfillment attitude And behavior student schoolgirl SDN 1 C urug In 2023 on 3rd grade elementary school . Study This is study quantitative with use design quasi experiment And approach one group pre- post test design . In design This before treatment given , moreover formerly sample given pretest (test beginning) and after treatment sample given posttest (test end). Design This used in accordance with the goal will be achieved that is For know influence PHBS counseling on student attitudes . analysis use Wilcoxon test was obtained mark $P = < .001 < 0.005$ so can concluded there is influence PHBS counseling towards fulfillment attitude behavior life clean And Healthy students of SDN 1 Curug Regency Karawang . **There is** influence PHBS counseling towards fulfillment attitude behavior life clean And Healthy students of SDN 1 Curug Regency Karawang and Expected can used as material reference For student schoolgirl in do behavior clean life And healthy in the environment his school And life daily*

Keywords : PHBS. Students, attitude

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INTRODUCTION

According to WHO and UNICEF, there are around 2 billion cases of diarrhea and 1.9 million children under five die from diarrhea worldwide every year. Of all these deaths, 78% occur in developing countries, especially in Africa and Southeast Asia (Ministry of Health of the Republic of Indonesia,

2021c). Based on the 2020 Indonesian Health Profile data, infectious diseases, especially diarrhea, are a contributor to death in the group of children aged 29 days-11 months. Similar to the previous year, in 2020, diarrhea was still a major problem causing 14.5% of deaths. In the toddler group (12 – 59 toddlers), deaths due to diarrhea were 4.55% (Indonesian Ministry of Health, 2022).

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The prevalence of diarrhea in West Java province according to characteristics based on the 2018 Riskesdas was recorded at 1,287 (10.40%) children with diarrhea in the age group <1 year, 5,312 (13.43%) children with diarrhea in the age group 1-4 years, 12,806 (6.98%) children with diarrhea in the age group 5-14 years, and 12,409 (7.24%) children with diarrhea in the age group 15-24 years (Ministry of Health of the Republic of Indonesia, 2021a).

Based on the 2022 Karawang Regency Health Profile, it was recorded that out of a population of 29,080, there were 785 cases of diarrhea in all ages and around 376 cases for toddlers (Karawang Regency Health Office, 2020). School health efforts (health promoting school) are a system where education and health programs are combined to foster health behavior as the main factor for a health-oriented school life, where health is not only a place for learning activities, but also as a means to form healthy living behavior. School health promotion is a strategic step in efforts to improve public health (Ministry of Health of the Republic of Indonesia, 2021b)

RESEARCH METHODS

This study is a quantitative study using a quasi-experimental design and a one group pre-post test design approach. In this design, before the treatment is given, the sample is first given a pretest (initial test) and after the treatment the sample is given a posttest (final test). This design is used in accordance with the objectives to be achieved, namely to determine the effect of PHBS counseling on student attitudes.

RESEARCH RESULTS AND DISCUSSION

Univariate Analysis

Univariate analysis aims to explain the characteristics of the respondents studied. The characteristics of the respondents studied were the characteristics of grade III students at SDN 1 Curug Village, namely age and gender.

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Respondent Characteristics Based on Age and Gender

Table 1. Characteristics of Respondents Based on Students' Age at SDN 1 Curug Village

Student Data	Category	Amount	F (%)
Age	8 th	36	60
	9 th	22	37
	10 th	2	3

Based on table 5.1, it can be seen that of the 60 respondents, the majority were 8 years old, namely 36 (60%) respondents, 9 year old students were 22 (37%) respondents and there were 2 (3%) respondents who were 10 years old.

Table 2. Characteristics of Respondents Based on Gender at SDN 1 Curug Village

Student Data	Category	Amount	F (%)
Gender	Man	24	40
	Woman	36	60

Based on table 5.2, it can be seen that out of 60 respondents, for the gender category, the number of female respondents was greater, namely 36 (60%) respondents, and male respondents were 24 (40%) respondents.

Frequency Distribution Before PHBS Counseling was Given

Table 3. Frequency Distribution Before PHBS Counseling was Given to Grade III Students at SDN 1 CURUG, Karawang Regency

Category	Amount	F (%)
Good	0	0
Enough	5	8
Not enough	55	92

Based on table 5.3 of 60 respondents before being given PHBS counseling, the results showed that the majority of class III students were in the less category, namely 55 (92%) respondents and in the sufficient category, there were 5 (8%) respondents.

Frequency Distribution After PHBS Counseling

Table 4. Frequency Distribution After PHBS Counseling was Given to Grade III Students at SDN 1 CURUG, CURUG Regency Karawang

Category	Amount	F (%)
Good	57	95
Enough	3	5
Not enough	0	0

Based on table 5.4 from 60 respondents after being given PHBS counseling, the results showed that the majority of class III students were in the good category, namely 57 (95%) respondents and in the sufficient category, there were 3 (5%) respondents.

Bivariate Analysis

1. Normality Test

Table 5. Normality Test

Before and After PHBS Counseling	Df	Syg
	60	<.001

Based on table 5.5, the *Asymsig value (2 tailed) <0.001 (<0.005) was obtained, which means that the data is not normally distributed, so in this study a non-parametric test was carried out using the Wilcoxon range list test.*

2. The Influence of PHBS Counseling on the Fulfillment of Clean and Healthy Living Behavior Attitudes of Students of SDN 1 Curug, Karawang Regency

Table 6. Wilcoxon Test Results

Before and after PHBS counseling was given		N	Mean Rank	Sum Rank	P Value
	Negative rank	0	00	00	<.001
	Positif Rank	57 ^b	29.00	1653.00	
	Ties	3 ^c			

Based on table 5.6, the results of the analysis using the Wilcoxon test obtained a P value = <.001 <0.005 so that it can be concluded that there is an influence of PHBS counseling on the fulfillment of clean and healthy living behavior attitudes of students at SDN 1 Curug, Karawang Regency.

Discussion

Frequency Distribution Before and After PHBS Counseling was Given to Grade III Students at SDN 1 Curug Village, Karawang Regency

Based on table 5.3, it is known that from 60 respondents before being given PHBS counseling, the majority of students in grade III were in the less category, namely 55 (92%) respondents and for the sufficient category, there were 5 (8%) respondents. Meanwhile, based on table 5.4, it is known that from 60 respondents after being given PHBS counseling, the majority of students in grade III were in the good category, namely 57 (95%) respondents and for the sufficient category, there were 3 (5%) respondents.

Based on the journal (Bukit et al., 2022) In clean and healthy living behavior in the school environment, there are several indicators, namely washing hands with running water and using soap, consuming healthy snacks in the school canteen, disposing of garbage in its place. Washing hands, clean and healthy living behavior is one of the preventive efforts to prevent a disease and promotive in a person, for example, clean and healthy living behavior in washing hands properly and correctly is a clean and healthy living behavior that is carried out in the school environment to get students used to doing it.

Eating healthy snacks in the school canteen, healthy food is very important for children during their development. The intake that is eaten will greatly affect the child's enthusiasm in the learning

process. If children do not consume healthy food, it will have a negative impact on the child's enthusiasm. Throwing garbage in its place. Garbage can be divided into: wet garbage, dry garbage, and hazardous waste. Separate the waste according to its type and dispose of it in its respective places. Garbage can still be used as fertilizer or compost and recycled (Manyullei et al., 2022).

The Influence of PHBS Counseling on the Fulfillment of Clean and Healthy Living Behavior Attitudes of Students of SDN 1 Curug, Karawang Regency

Based on table 5.5, the results of the analysis using the Wilcoxon test obtained a P value = $<.001$ <0.005 so that it can be concluded that there is an influence of PHBS counseling on the fulfillment of clean and healthy living behavior attitudes of students at SDN 1 Curug, Karawang Regency.

According to the journal (Salim et al., 2022) the current level of children's health cannot be said to be good because there are still many health problems, especially in school children. Health behavior problems in elementary school-aged children are usually related to personal hygiene, the environment and the emergence of various diseases that often attack school-aged children, further clarifying that PHBS values in schools are still minimal and have not reached the expected level. Therefore, an intervention activity is needed that can improve knowledge, attitudes and actions regarding PHBS in school children.

Based on the Karawang Regency Health Profile in 2022, it was recorded that diarrhea cases from a population of 29,080 were found in 785 cases of diarrhea in the all-age category and around 376 cases for toddlers (Karawang Regency Health Office, 2020). School health efforts (health promoting school) are a system where education and health programs are combined to foster health behavior as the main factor for a health-oriented school life, where health is not only a place for learning activities, but also as a means of forming healthy living behavior. School health promotion is a strategic step in efforts to improve public health (Mawarni, 2018).

According to (Manyullei et al., 2022) Clean and Healthy Living Behavior in Schools is a collection of behaviors practiced by students, teachers, and the school community based on awareness, so that they are able to prevent disease, improve their health, and play an active role in creating a healthy environment. There is no continuity of knowledge, attitudes, and actions to form good behavior. The level of knowledge and attitudes is very good but the actions to form good behavior. The level of knowledge and attitudes is very good but the actions of students are in the good category. Clean and Healthy Living Behavior (PHBS) is a collection of behaviors practiced on the basis of awareness as a result of learning that makes a person or family able to help themselves in the health sector and play an active role in realizing public health (Kusumawardani & Saputri, 2020).

In addition, PHBS is one of the main pillars in a healthy Indonesia and is one of the strategies to reduce the burden on the state and society on health financing (Hartaty & Menga, 2022). For this reason, the implementation of clean and healthy living behaviors in schools needs to be instilled by teachers so

that students become accustomed to implementing them, health education in schools is very effective because most of the time children are at school (Sari & Mulyadi, 2021).

Some efforts to instill PHBS behavior that can be taught to students such as washing hands with soap and running water, consuming healthy snacks in the school canteen, and disposing of trash in its place. These examples are simple steps for students, but have a big impact on maintaining body health. This is because elementary school age is susceptible to disease attacks caused by lack of maintaining cleanliness and health. Health problems that commonly occur in schools are diarrhea (Nasution, 2020).

Researcher Limitations

This study has several weaknesses and deficiencies that are stated, including: It is difficult to know the seriousness of respondents in filling out the questionnaire. Efforts made to minimize errors are by accompanying respondents in filling out the questionnaire. Data collection in this study is only based on the results of filling out the questionnaire so that it is possible that there is a mutual coincidence in filling out the questionnaire. In addition, in filling out the questionnaire there are the characteristics of the respondents themselves such as honesty and fear in answering the questions correctly. This study was only conducted on students in grade III at SDN 1 Curug, Karawang Regency.

CONCLUSION

1. It is known that out of 60 respondents, grade III students, the majority are 8 years old, namely 36 (60%) respondents. For the gender category, the majority are female, namely 36 (60%) respondents.

2. It is known that from 60 respondents of grade III students before being given PHBS counseling, the majority were in the less category, namely 55 (92%) respondents and for the sufficient category as many as 5 (8%) respondents. While after being given PHBS counseling, the results obtained were the majority of grade III students in the good category, namely 57 (95%) respondents and for the sufficient category as many as 3 (5%) respondents.

3. The results of the Wilcoxon test analysis obtained a P value = $<.001 < 0.005$ so that it can be concluded that there is an influence of PHBS counseling on the fulfillment of clean and healthy living behavior attitudes of students at SDN 1 Curug, Karawang Regency.

SUGGESTIONS

It is expected to be used as a reference material for students in implementing clean and healthy living behavior in their school environment and daily life.

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