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EFFORTS TO IMPROVE KNOWLEDGE IN IMPLEMENTING CLEAN AND HEALTHY LIVING AMONG ELEMENTARY SCHOOL CHILDREN

Yusiana Vidhiastutik¹, Asri Kusyani^{2*}

¹ Bachelor of nursing science. College Of Health Sciences of Husada Jombang

² Nursing Professional Study Program , College Of Health Sciences of Husada Jombang

*Correspondence

Asri Kusyani

Affiliation

Nursing Professional Study Program , College Of Health Sciences of Husada Jombang

Email: asrikusyani84@gmail.com

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ABSTRACT

Clean and Healthy Living Behavior (PHBS) is a reflection of a family lifestyle that always pays attention to and maintains the health of all family members, including elementary schools . Effort promotional And preventive through giving education health expected able to increase the understanding of elementary school children to behave in a clean and healthy way. Improving Understanding in Elementary School Children Elementary school students' knowledge related to behaving in a clean and healthy way The method of increasing knowledge in preventing diseases in children such as diarrhea is carried out by providing health education through Power media. Point And leaflet to 40 student class V SDN in Peterongan. Implementation All over student given questionnaire *pre-test* and *post-test* for evaluate effectiveness education health to knowledge. Counseling health conducted on October 25, 2025. The results of the *Wilcoxon Signed Rank Test* showed a significant value ($p < 0,000$) which indicates that health education has a significant effect on increasing knowledge clean and healthy living behavior. Education health proven effective in increase and equalize the level of knowledge of school children in behaving in a clean and healthy way, providing education can provide understanding to elementary school children. Good understanding has an impact on clean and healthy behavior to improve the health level of students.

Keywords: Clean And Healthy Living Behavior, Elementary School Children, Knowledge

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INTRODUCTION

School-aged children often enjoy activities outside the home or while at school. A major challenge currently facing Indonesia is the triple burden of health, caused by the persistence of various infectious diseases and high rates of non-communicable diseases (NCDs). Some diseases that were previously manageable are now resurfacing (Proverawati, 2016). Children are at greater risk of health problems, such as infectious diseases, when they engage in frequent activities outside the home. Diarrhea is one of the infectious diseases that frequently affects school-aged children. However, one of the causes of this shift in disease patterns, or epidemiological transition, is changing lifestyles (Ministry of Health, 2016). Implementing Clean and Healthy Living Behaviors (PHBS) is an example of a lifestyle that prioritizes and protects the health of all family members. Awareness of health-promoting behaviors enables family members to play an active role in health activities within the community (Proverawati, 2016).

Diarrhea is a public health problem in Indonesia, with a high prevalence of diarrhea. In 2018, according to data from the Indonesian Ministry of Health, the prevalence of diarrhea was approximately 37,88%. Meanwhile, diarrhea cases in toddlers were recorded at 57,150% in 2018. Furthermore, diarrhea cases were recorded at 56,592% in 2019 and 44,839% in 2020. However, in 2020, these cases decreased due to the COVID-19 pandemic. The target for diarrhea service coverage for toddlers is $\geq 55\%$ (East Java Provincial Health Office, 2021).

Efforts to empower students, teachers, and all school residents include

implementing clean and healthy living behaviors at school, ensuring that they are willing, knowledgeable, and able to implement these behaviors in their lives and have an active role in supporting healthy schools (Muhani *et al.*, 2022).

Students and educators, as well as health professionals, will strive diligently to instill clean and healthy living habits. Schoolchildren require guidance and support to improve their daily behavior. Through this, school-age children need to be instilled with these values.

Feeling aware of clean and healthy living behaviors. The response that arises from students' poor knowledge and attitudes, and some individuals, can also be a factor influencing clean and healthy living behaviors (Chrisnawati, 2020).

This lack of knowledge has an impact on the decline in clean and healthy behavior in elementary school children. Therefore, comprehensive and sustainable intervention is needed, one of which is by providing health education in school as effort promotional and preventive for improve clean and healthy behavior.

The aim of this health education activity is to increase the knowledge of elementary school students to behave in a clean and healthy way so that participants can avoid behavior that has the potential to cause disease and improve the health of children.

OBJECTIVES

General Purpose

After conducting counseling on clean and healthy living, expected elementary school children can understand and improve clean and healthy living behavior.

Special Purpose

After conducting counseling on clean and healthy living behavior, Students are expected to be able to providing knowledge about clean and healthy living behavior, increasing disease prevention efforts in children, improving health levels in children.

PLAN OF ACTION

Strategy Plan

It contains things that are planned by the authors before the implementation of the activity, so that the activity can be carried out properly.

The strategy for preparing this health counseling includes coordinating with the school principal to obtain approval and support for the activity, determining the implementation time through an agreement with the students, and carrying out the health counseling activities according to the established plan.

Implementation

Counseling carried out after obtaining a permit to carry out community service and obtaining a letter issued by the Research and Community Service Institute Public Husada Health College Jombang with Number: 1 0 3-SK / STIKES / HSD / X / 202 5

The implementation in strategic planning includes contacting the school principal to request permission to conduct counseling on clean and healthy living behavior, preparing the venue and equipment for the outreach activities, and carrying out educational sessions on clean and healthy living behaviors.

Setting

The extension activity was carried out at one of the Peterongan Elementary Schools on October 25th, 2025. Health education activities about clean and healthy living behavior were given to 40 elementary school students.

Target

Target activity outreach This is Student elementary school.

RESULTS AND DISCUSSION

Table 1 Respondent characteristics based on gender

No	Gender	Frequency	Percentage (%)
1	Man	18	45
2	Woman	22	55
Total		40	100

Table 2 Respondent characteristics based on age

No	Age	Frequency	Percentage (%)
1	10 yearsold	5	12,5
2	11 yearsold	27	67,5
3	12 yearsold	8	20,0
Total		40	100

Based on the table above, it shows that the majority of respondents were female, 22 people (55%), and the majority of respondents were 11 years old, 27 people (67,5%).

Table 3 Characteristics of knowledge of clean and healthy living behavior in elementary school students before counseling

No	Knowledge	Frequency	Percentage (%)
1	Good	5	12.5
2	Enough	34	85.0
3	Poor	1	2.5
Total		40	100.0

Based on the table presented, it states that Sanya Almost all respondents' knowledge of clean and healthy living

behavior was sufficient, amounting to 34 people (85,0 %).

The results of the study before being given health education showed that almost all respondents' knowledge of clean and healthy living behavior was sufficient, amounting to 34 respondents (85,0%). Clean and Healthy Living Behavior (PHBS) is a reflection of a family lifestyle that always monitors and protects the health of all family members. Awareness of healthy behavior enables family members to play a role active in health activities in society (Proverawati, 2016).

Age is a factor that influences Clean and Healthy Living Behavior because school-age children are quite young and require guidance from those around them, especially in their immediate environment or school environment through teachers or educators. A nation needs educators or teachers who are the smallest units that can provide positive opportunities to become the beginning of the educational process and cultural socialization, one of which is PHBS. School communities really need to instill PHBS lifestyle patterns in the school environment for children, including for their educators (Anggraeni, 2019). Meanwhile, research activities conducted by Utami (2018) stated that women and men have equal roles in efforts to improve health, where various healthy behaviors can be implemented in everyday life through clean and healthy living behaviors.

Table 4 Characteristics of attitudes towards clean and healthy living behavior in elementary school students after being given counseling

No	Knowledge	Frequency	Percentage (%)
1	Good	37	92,5
2	Enogh	3	7,5

3	Poor	0	0
Total		40	100

Based on the table above, it shows that almost all respondents' knowledge of clean and healthy living behavior is good, amounting to 37 people (92,5 %).

From the research, it was found that almost all respondents, 37 people (92,5 %) had good knowledge of clean and healthy living behavior. Health education is the application or implementation of education in the health sector. All activities aimed at providing and improving attitudes, knowledge, and practices, both in groups and individually, constitute operational health education, which is useful for improving and maintaining one's own health (Indriani, 2020). Education means a process of changing the behavior and attitudes of an individual or group in order to strive to mature themselves through training, teaching, processes, and methods of education (Department of Education and Culture, City Education Jambi, 2020). The Basic Idea of Health Promotion is essentially an activity aimed at conveying health messages to the general public, specific groups, or individuals. Behavioral changes are influenced by various factors, one of which is the method or technique. This is a health advertising process aimed at achieving health education goals. Methods must not be the same for each target community, specific group, or individual (Susilowati, 2016).

Clean and Healthy Living Behavior is an effort to strengthen the culture of an individual, a particular group, or the general public so that they have concern and prioritize their own health in order to achieve a better quality of life (Ministry of Social Affairs of the Republic of Indonesia, 2019).

According to researchers, all respondents showed improvement after receiving health education, significantly influencing the questionnaire results. Health education is very helpful in fostering an understanding of clean and healthy living behaviors (PHBS) among children/respondents. Children's health begins with cleanliness at home and even at school. After the treatment, the number of respondents with good criteria increased significantly compared to before the treatment. Therefore, the researchers concluded that there was an increase in the number of respondents after the health education. Children began to understand the importance of clean and healthy living behaviors. By explaining clean and healthy living behaviors to children, respondents' attention during health education fostered motivation to change their attitudes and enable them to digest the information effectively. The explanations were easy to understand and combined with games, which made the children very enthusiastic.

Table 5 SPSS Test Results

Pre attitude – post attitude	
Asymp. Sig. (2-tailed)	,000

Wilcoxon statistical test, a significant number or *probability value* (0,000) was obtained which was much lower than the significant standard of 0,05 or ($p < \alpha$), so the H_0 data was rejected and H_1 was accepted, which means that there is an influence of health education on knowledge of clean and healthy living behavior (PHBS) in students.

The results obtained a significant number or probability value (0,000) which is much lower than the standard significance of 0.05 or ($p < \alpha$) from the

results of the Wilcoxon statistical test, for that reason It can be stated that the H_0 data is rejected and H_1 is accepted, which means that there is an influence of counseling on healthy living behavior on increasing knowledge.

With the dynamic interaction process, the knowledge gained by a person can become something that will be integrated with that person and more or less can influence the attitudes of students. This is because when students understand the importance of clean and healthy living behavior for themselves, their thoughts will indirectly respond to carry out behaviors that are appropriate to what they already know. Providing sufficient insight into health will be very important because they at least know what actions will be carried out in the future. They can quickly solve health problems with their own actions according to their insight if they encounter conditions where they already know about health knowledge. Changes in cognitive component knowledge experience changes, therefore it can be concluded that knowledge and attitudes have a consistent relationship (Nototmodjo, 2018).

This research is also in line with Nurma's (2020) research results stated that the implementation of the 6-step handwashing practice by students increased after being given health education, this was proven by the difference in the average value obtained which increased by 4,28.

This research aligns with the results of research conducted by Fitri in 2021. The results showed that before receiving health education, respondents' knowledge levels in certain categories were higher than those observed before receiving health

education, with low scores. After receiving health education, knowledge increased. And observation respond with good score results.

This research aligns with Yetty's 2018 study, which found that schools play a crucial role in health education efforts. The results showed an increase in knowledge, attitudes, and behaviors toward PHBS before and after health education was provided to respondents.

Health education significantly influences children's knowledge of clean and healthy living behaviors. Therefore, teaching children to understand personal hygiene is crucial. If education is provided regularly, it will significantly contribute to understanding and habituating to clean and healthy living behaviors.

CONCLUSION

Before the provision of health education, most students demonstrated a sufficient level of knowledge and attitudes toward clean and healthy living behaviors, with 34 respondents (85.0%). After receiving health education, the majority of students showed good knowledge and attitudes toward clean and healthy living behaviors, totaling 37 respondents (92.5%). The Wilcoxon statistical test results indicated a probability value of 0.000, which is significantly lower than the standard significance level of 0.05 ($p < \alpha$). Therefore, the null hypothesis (H_0) was rejected and the alternative hypothesis (H_1) was accepted, indicating that health education had a significant effect on increasing knowledge of clean and healthy living behaviors. The results of this community service activity can be used as a reference for providing education related to knowledge, attitudes, and behaviors of

clean and healthy living among children, enabling elementary school students to better understand and apply proper clean and healthy living behaviors (PHBS).

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