



*Assistance in The Clean And Healthy Living Behavior Program (Phbs)
For Vocational High School Students Ma'arif Walisongo Kajoran
Magelang*

**Pendampingan Perilaku Hidup Bersih Dan Sehat (Phbs) Pada Siswa
Sekolah Menengah Kejuruan Ma'arif Walisongo Kajoran Magelang**

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Abstract

Schools are a form of educational institution that can be spearheads in improving the community's and students' health status by prioritizing preventive and promotive efforts. Diseases commonly occurring in notable settlements can be prevented and screened from the start so they can be prevented and receive early treatment. Ma'arif Walisongo Kajoran Vocational School emphasizes its students to always behave healthily and cleanly through various methods, one of which is washing their hands. This service aims to assist students in implementing PHBS as an early prevention effort for various diseases. The method used in this service activity is participatory action research or PAR. Based on the results of the activities that have been carried out, all students at Ma'arif Walisongo Kajoran Vocational School are very enthusiastic about implementing PBHS as an effort to prevent various diseases by washing their hands with soap, always wearing masks, keeping the environment clean, exercising regularly, eating nutritious food and other.

Keywords: Participatory action research; healthy living; public health

1. Introduction

Behavior is an activity carried out by a person, whether it can be observed directly or indirectly. Meanwhile, health is a good condition, including physical, mental, and social, free from disease and disability. Meanwhile, healthy behavior is a person's actions or activities carried out by a person, either directly or indirectly, to maintain and improve their health and prevent the risk of disease [1]. One example of improving healthy behavior in children is getting used to living a clean and healthy life.[2]

Personal hygiene and healthy lifestyle practices program (PHBS) include all health-related behaviours that individuals adopt based on their awareness and acquired knowledge. These practices enable individuals and their families to take charge of their health and actively participate in community initiatives[1]. Healthy, clean living behaviour involves intentionally disseminating knowledge about healthy lifestyles to people, groups, or the broader community through various communication channels. Sharing educational material can enhance understanding and foster positive attitudes and behaviours towards maintaining a clean and healthy lifestyle. In the educational context, clean and healthy living behaviour refers to students' consistent adoption of hygienic practices both within and outside of class. These practices include diligently washing hands with soap, consistently wearing masks, and ensuring a clean environment[3]. HBS in schools refers to the application of targeted health protocols that empower teachers, students, and the school environment within the educational setting. They are expected to embrace a wholesome way of life to establish a healthful school environment near the school. The advantage of implementing Public Health and Sanitation (PHBS) programs in schools is to establish a hygienic and disease-free setting. By ensuring a smooth teaching and learning process, we can minimize any disruptions to the health of teachers, students, and the surrounding community [4].

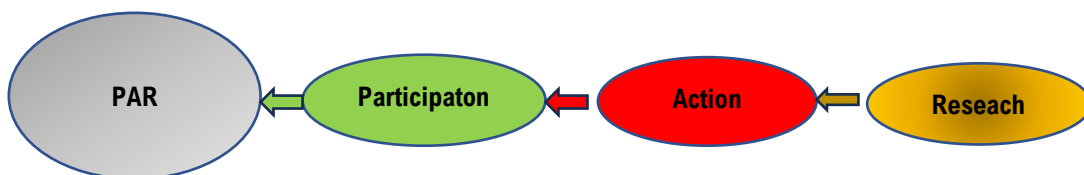
Despite the apparent conclusion of the COVID-19 outbreak, it is still advisable to prioritize prevention over treatment. This adage may be suitable for school-age children[5]. Without any exceptions, every student actively promotes Public Health and Behavioral Sciences (PHBS) by practising proper hand hygiene with soap, consuming nourishing food to sustain a robust immune system, engaging in regular physical exercise, and responsibly preserving the environment. These proactive measures serve as initial steps to mitigate the transmission of viruses. [5] Continued implementation of virus prevention measures is necessary, as the government advises. One such measure is frequent handwashing with soap and running water until hands are thoroughly cleansed [6]. Moreover, it is advisable to avoid touching the face, including the nose, eyes, and mouth, with unclean hands. When soap and water are unavailable, it is advisable to cleanse one's hands with a hand sanitiser.[4], [7]

Children with robust health will experience optimal growth, per the established benchmarks for child health. It encompasses physical and psychological development, ensuring they progress appropriately for their age. Children in good health typically exhibit a cheerful and energetic demeanour, engaging in activities such as playing, shouting, running, and leaping. They tend to have a natural inclination towards exploration and are often reluctant to remain sedentary[8]. Implementing the clean and healthy living behaviour (PHBS) habit in educational institutions, particularly at Ma'arif Walisongo Vocational School, undoubtedly serves a significant purpose for the future. It is anticipated that in the future, they will acclimate to new behaviours, specifically adopting a hygienic and wholesome way of living. Encouraging PHBS learning at Ma'arif Walisongo Vocational School is necessary to instil in pupils an awareness of the significance of health.[9]

According to the observations conducted by the Ma'arif Walisongo Kajoran Vocational School service team, they have already established a program for promoting personal hygiene and health (PHBS). However, the implementation of this program has yet to be fully optimized [10]. Therefore, the service team must assist in ensuring the successful implementation of the PHBS program at Ma'arif Walisongo Kajoran Vocational School. Adopting a lifestyle characterized by cleanliness can enhance the well-being of children and other individuals involved in the school community.

2. Methode

The PKM strategy, in conjunction with Participatory Action Research (PAR), is deemed appropriate for addressing issues Ma'arif Walisongo Vocatonal School, which engages various stakeholders such as teachers, students and assistants. This approach facilitates the identification of problems and the development of plans to resolve them effectively. The Participatory Action Research (PAR) strategy entails the active collaboration of all stakeholders who seek to undergo transformation or improvement as they collectively engage in an activity aimed at altering or enhancing a certain state [11]. Participatory Action Research (PAR) is characterized by the interconnectedness of three fundamental components: participation, research, and action, as depicted in the accompanying flowchart.



Picture 1. Method

3. Results And Discussion

Ma'arif Walisongo Vocational School is one of the schools that has been implementing health education for a long time. Health education is implementing hygiene, such as washing hands before and after eating and throwing rubbish in the right place. The implementation of clean and healthy living behavior (PHBS) implemented at Ma'arif Walisongo Vocational School includes:

3.1 Wash hands using soap

At Ma'arif Walisongo Kajoran Vocational School, all students must practice hand hygiene daily, particularly within the school premises. It entails thoroughly washing their hands with soap and running water, ensuring that all areas of their hands, including the spaces between their fingers, are cleaned. The government is promoting hand hygiene as a sensible measure to mitigate the spread of the COVID-19 virus. In continuation of this matter, Ma'arif Walisongo Vocational School strongly advocates for all

students to adopt new habits and maintain a lifestyle that promotes good health and cleanliness. An effective approach is to thoroughly cleanse one's hands, taking into account the global outbreak known as COVID-19. Although the absence of COVID-19 does not guarantee that children will not practice healthy behaviours, there is already a widespread effort to teach and enforce this new habit (Maksum: 2020).



Picture 2. Wash hands using soap

3.2 Wear a mask and keep a distance.

I consistently wear a mask and maintain a distance, both within and outside my home. It is particularly important in the school setting, where all students must always wear masks. Additionally, group interactions are strictly prohibited during in-person learning to ensure proper distancing measures are upheld. All students must continue wearing masks while maintaining a distance from their seats. At a specific distance. distance.



Picture 3: Wear a mask and keep a distance

3.3 Checking body temperature

Before accessing the classes, the body temperature of all students will be assessed; admission will be granted exclusively to those whose body temperatures remain below 38 degrees Celsius. If any students have a body temperature exceeding 38⁰c, Student will be escorted to the community health facility for a health assessment and then instructed to return home.



Picture 3. Checking body temperature

3.4 Eat nutritious food

Teachers must provide guidance and motivation to children regarding the consumption of nutritious food. Nutritious food is food that contains essential nutrients required by the body. A nutrient-rich diet benefits the body and can enhance pupils' immune system. Nutrition is the fundamental fuel for the body to perform many functions. Nutritious food is clean and free from harmful microorganisms that pose a health risk. The nutritional composition comprises carbohydrates, lipids, proteins, vitamins, minerals, and water. This nutritious cuisine will enhance the immune system of students and has significant implications for their optimal development

3.5 Maintain health by exercising.

Regular physical exercise is crucial for maintaining optimal physical well-being. Engaging in exercise enhances the body's immune system and overall health. It is recommended that all Ma'arif Walisongo Vocational School students engage in regular morning exercise before commencing their daily duties at home. Merely engaging in warm-up exercises induces relaxation in the muscles of the body. Nevertheless, this sport contributes to the preservation of physical well-being. Additionally, while engaging in physical activity, granting children permission to congregate in groups or maintain appropriate social distancing is imperative. Exercising is essential for maintaining body health; by exercising, the body's immune system and body



Picture 4. Maintain health by exercising.

According to the assistance programs, they all have operated efficiently and without issues. Fortunately, all children, teachers, and personnel have successfully adapted to new practices, including consistently wearing masks indoors and outside, washing hands with soap, and maintaining physical distance. This service will ensure that all students, teachers, and personnel of Ma'arif Walisongo Vocational School Kajoran will adapt to new habits. In order to ensure the smooth operation of learning activities and minimize the transmission of different diseases.

4. CONCLUSION

Based on the service that has been carried out, clean and healthy living behavior (PHBS) at Ma'arif Walisongo Vocational School continues even though the pandemic has ended. Some PHBS activities that are still ongoing include washing hands, using soap in running water or using hand sanitizer, always wearing a mask, keeping their distance, throwing rubbish in the right place, encouraging eating nutritious food, regular health checks, maintaining health, and exercising. This service will ensure that all students, teachers, and personnel of Ma'arif Walisongo Vocational School Kajoran will adapt to new habits. In the future It is crucial to apply education related to health and new living habits to students, in order to ensure the smooth operation of learning activities and minimize the transmission of different diseases.

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