



## **SOCIALIZATION OF CLEAN AND HEALTHY LIVING BEHAVIOR (PHBS) EFFORTS TO INCREASE LEARNING ENTHUSIASM IN ELEMENTARY SCHOOL STUDENTS**

### **SOSIALISASI PERILAKU HIDUP BERSIH DAN SEHAT (PHBS) UPAYA MENINGKATKAN SEMANGAT BELAJAR PADA SISWA SEKOLAH DASAR**

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#### **Abstrack**

Clean and healthy community that must be practiced continuously so that it becomes a habitual pattern. Living a clean and healthy lifestyle must be done wherever we are. Moreover, nowadays, children living behavior (PHBS) is an action or activity carried out by a person or are lazy about maintaining cleanliness, for example washing their hands before eating, brushing their teeth before sleeping and so on. Children have more potential to imitate adult behavior, rather than carrying out commands (voices) or instructions from adults. Adults must practice clean and healthy living behavior continuously (consistent) and correctly, both at home and outside the home. That way, children will have a pattern of clean and healthy living behavior that will be practiced throughout their lives. The problem with students at SDN 106168 is that there are still students who snack randomly, throw rubbish out of place, during breaks students play under the hot sun so they sweat and smell like sweat, and they don't wash their hands after playing or doing activities outside the classroom. Thus, we as proponents want to provide socialization activities on the benefits and disadvantages of clean and healthy living behavior efforts. It is hoped that this activity can provide benefits for students in increasing their enthusiasm for learning.



**Keywords:** Clean, Healthy Living Behavior, Passion for Learning

### Abstrak

Perilaku hidup bersih dan sehat (PHBS) merupakan suatu tindakan atau kegiatan yang dilakukan seseorang atau masyarakat yang harus dipraktikkan secara terus menerus agar menjadi suatu polakebiasaan. Berperilaku hidup bersih dan sehat harus dilakukan dimana pun kita berada. Apalagi zaman sekarang ini anak-anak malas untuk menjaga kebersihan misalnya dalam mencuci tangan sebelum makan, menyikat gigi sebelum tidur dan lain sebagainya. Anak-anak lebih berpotensi meniru perilaku orang dewasa, daripada melakukan perintah (suara) ataupun instruksi dari orang dewasa. Orang dewasa harus mempraktikkan perilaku hidup bersih dan sehat secara terus-menerus(konsisten) dan benar, baik saat di rumah maupun di luar rumah. Dengan begitu, maka anak-anakan mempunyai pola perilaku hidup bersih dan sehat yang akan dipraktikkan sepanjang hidupnya. Permasalahan siswa di sekolah SDN 106168 yaitu masih terdapat siswa yang berjajan sembarangan, membuang sampah tidak pada tempatnya, saat istirahat siswa bermain di bawah terik matahari sehingga berkeringat dan menimbulkan bau keringat, dan tidak mencuci tangan setelah bermain atau melakukan aktifitas diluar kelas. Dengan demikian kami selaku pengusul ingin memberikan kegiatan sosialisasi manfaat dan kerugian dari upaya perilaku hidup bersih dan sehat. Kegiatan ini diharapkan dapat memberikan manfaat bagi siswa dalam meningkatkan semngat belajar.

**Kata kunci:** Perilaku Hidup Bersih, Sehat, Semangat Belajar

## 1. INTRODUCTION

Clean and healthy living behavior (PHBS) is a movement carried out by maintaining cleanliness and health of the body and the surrounding environment. PHBS is a social engineering effort that aims to turn as many community members as possible into agents of change to improve the quality of daily behavior towards clean and healthy living (Latifah & Brantasari, 2024). The formation of healthy and positive behavior involves many factors, so it is important to start early in a person's life (Sadriani et al., n.d.). This healthy living behavior can be applied anywhere, from home, school, work environment, to public places.

In schools, a clean and healthy environment will create a sense of comfort in students so that these conditions can make the body healthy and can increase the spirit of learning. A comfortable and conducive learning environment can also improve students' learning concentration, can build learning motivation, learn more effectively and efficiently, and can help optimize learning outcomes. In addition, a healthy school with members of the school-level community who have a clean and healthy lifestyle can prevent schools from becoming a point of transmission or source of various diseases (Kurnia et al., n.d.). Healthy lifestyle assistance can adapt children to protect personal hygiene (Hayati et al., 2023).

Based on initial observations made at SDN 106168, the application of clean and healthy living behaviors has been implemented. However, it has not been implemented properly and maximally. This is because there are still students who snack carelessly, throw garbage out of place, during breaks students play in the hot sun so that they sweat and cause sweat odor, and do not wash their hands after playing or doing activities outside the classroom. There are several factors that cause students not to practice healthy living behavior (PHBS). These factors include students having low knowledge about PHBS, indicators of PHBS, benefits of PHBS,



and disadvantages of not practicing PHBS. The impact of not implementing clean and healthy living behavior (PHBS) will cause several diseases including worms, diarrhea, toothaches, skin diseases, malnutrition and other diseases. This community service activity is how to increase students' knowledge in creating clean and healthy conditions.

### PARTNER PROBLEMS

Based on the situation analysis above, several partner problems were found, namely:

1. Lack of student understanding of clean and healthy living behavior
2. There are students who throw garbage out of place
3. There are students who snack carelessly
4. Students do not wash their hands after playing and doing activities outside the classroom
5. Students lack enthusiasm in learning.

### SOLUTIONS AND OUTPUT TARGETS

#### a. Solutions offered

In dealing with every problem faced by partner teachers of SDN 106168 Desa Deli Tua, the proposer provides relevant solutions based on several previous research results related to the PKM title, namely the first research by Kurnia et al., n.d. entitled "Socialization of Clean and Healthy Living Behavior (PHBS) at State Elementary School 38 Nusa Indah Bengkulu City". The purpose of this service is of course there are many benefits that can be achieved by students, teachers, and residents around the school, namely: Increase public awareness to actively practice clean and healthy living, prevent and overcome health problems in the community. Creating a healthy environment and improving the quality of life of the community, familiarizing students and school parties to live a healthy lifestyle in the learning environment and creating a clean and healthy school environment so that the learning and teaching process runs smoothly, and maintaining the health of students and school residents.

Second, Supardi (2023) entitled "Socialization of the Application of Living and Clean Behavior, Clean Life Aware Movement, Waste Free at SD Negeri 306 Maluku Tengah". The purpose of this service is to convey material about proper hand washing and tooth brushing techniques. The material also explains the impact or diseases that children may experience if they do not clean their hands and brush their teeth properly. During the socialization process, children are encouraged to directly participate in the practice of proper hand washing and tooth brushing. Thus, hand washing and tooth brushing should always be applied in daily life both at school and at home.

Third, Sukimin et al. (2024) entitled "Socialization of Clean and Healthy Living Behavior to Elementary School Students" which aims to increase knowledge and awareness about the importance of a clean and healthy living culture for students at SDN 106168 Deli Tua Village. The methods used in this activity are counseling and interactive actions involving students. The results of this work program activity increase students' understanding of clean and healthy living behavior through the role of parents and teachers who guide at home and at school. Students can also develop this culture of clean and healthy living in various situations and wherever they are which will have a big influence on the environment around us. Therefore, it is necessary to have control by the parents of students.

### TARGET OUTPUTS



From this community service activity, outputs can be produced in the form of:

- 1.The creation of a clean and healthy school environment, so that teachers and students and the surrounding community are protected from various diseases.
- 2.Increase enthusiasm in the teaching and learning process so as to improve student learning achievement
- 3.Become an example of a clean and healthy school for other schools
- 4.The creation of concern for oneself, the environment and the creation of mutual cooperation
- 5.A report on the implementation of community service activities made by the proposer based on the predetermined format will be sent via email [lppm.universitasquality@gmail.com](mailto:lppm.universitasquality@gmail.com),
- 6.Video of community service implementation activities made by the proposer will be sent via email [lppm.universitasquality@gmail.com](mailto:lppm.universitasquality@gmail.com)

## **2. RESEARCH METHOD**

### **1.Initial Preparation Stage**

#### **a.Observation**

Observation is carried out by conducting a survey at the location that will be used as a community service program UPT SPF SDN 106168 Deli Tua Village which was carried out 1 (one) time.

#### **b. Administration**

Administrative Process In this stage of preparation, licensing and coordination with UPT SPF SDN 106168 is carried out. The parties are the head of the school, staff and teachers of UPT SPF SDN 106168 Deli Tua Village

#### **c. Provision of Tools and Materials**

The provision of tools and materials is carried out by making learning videos and PPTs that will be used in socialization. The equipment used in socialization at this stage includes a classroom for socialization, a laptop, and a mobile phone for documentation.

### **2.Implementation stage**

#### **a.Socialization**

Based on agreements with partners to solve existing problems, the PKM Team uses an approach method with socialization activities in this community service. Socialization will be carried out by delivering material about clean and healthy living behavior, and reminding students of the importance of maintaining personal health and environmental hygiene. Material socialization is carried out using various methods, one of which is by showing short videos about clean and healthy living behaviors such as how to wash hands, dispose of garbage in the space provided, consume healthy and nutritious food, and do mutual cooperation. This socialization will be supported by several resource persons who will deliver the material.

#### **b.Classroom Application Practice**

At this stage, students are invited to do direct practice of the application of clean and healthy living behavior. Students are given instructions and demonstrations on washing hands properly, cleaning the environment such as throwing garbage in the space provided, and playing games to determine healthy and unhealthy foods. This participation provides benefits and helps students to better understand the practice of clean and healthy living behaviors and feel direct experience in doing so as well as to improve and develop a culture of cooperation and mutual cooperation among students and all school residents.

#### **c. Documentation**



Documentation carried out in the socialization of PKM implementation activities is in the form of photos of activities

3. Partner Participation in the Implementation of Activities In this case, partners have a role in the implementation of activities, among others:

- a. Providing a place for the implementation of socialization activities, namely in class IV
- b. Coordinating teachers and students of class IV
- c. Provide and prepare the tools needed during the activity
- d. Being a success team during the activity both technically and systematically.

4. Evaluation of Program Implementation and Program Sustainability in the Field After PKM Activities Have Been Completed

After the implementation of this PKM activity is carried out to partners, it is hoped that students will have an awareness of clean and healthy living. Students do not snack carelessly, eat healthy and nutritious foods such as vegetables and fruit. Students are accustomed to washing their hands after doing activities, and students are accustomed to throwing garbage in the space provided. This socialization activity can have a positive effect and can raise students' enthusiasm and motivation to learn. Many positive values and characters can be developed including cooperation, mutual cooperation and environmental care. And can provide good habits to continue to apply healthy and clean living behavior wherever, and whenever both in the present and in the future.

### 3. RESULTS AND DISCUSSION

Clean and healthy living behavior is an activity that must be carried out in every school. There are still students at SDN 106168 who have not practiced healthy and clean living behaviors, which makes students' learning spirit decrease. In knowing the behavior of healthy and clean living (PHBS) found at 106168 State Elementary School, the researcher gave a closed questionnaire in the form of a statement about the behavior of clean and healthy living behavior distributed to students. The statements given amounted to 5 complete questions with answer choices given to 32 students of SDN 106168. The measurements used in this study used a likert scale with the provisions (4) always, (3) often, (2) sometimes, (1) never.

Based on the research data from the distribution of questionnaires about clean and healthy living behavior, the score of each score on the statement can be seen in Table 3.

**Tabel 3. Questionnaire Results Clean and healthy living behavior**

No.	Questions	Questions Total Score	Percentage
1	wash my hands with clean running water and use soap. 18 12%	18	12%
2	I like to consume unhealthy snacks in the school canteen	45	31%



3	I often throw garbage in its place	20	14%
4	I do not like to eat vegetables and fruit	28	19%
5	I always brush my teeth after eating and before going to bed	34	23%
<b>Score</b>		<b>145</b>	<b>100%</b>

Based on the table above, it can be seen that the lowest clean and healthy living behavior score is in number 1 with the question "I wash my hands with clean running water and use soap" by 18 or 12%. While the highest score of clean and healthy living behavior is in number 2 with the question "I like to consume unhealthy snacks in the school canteen of 45 or 31%". So from these data, it can be stated that clean and healthy living behavior is still a lot of students who are less concerned about personal and environmental hygiene and there are still no students who practice habits for healthy living so that students do not have the goals they want to achieve. The impact of not implementing clean and healthy living behavior will cause several diseases including worms, diarrhea, toothache, skin pain, malnutrition and other diseases.

With this data, we researchers are increasingly convinced to provide socialization of clean and healthy living behavior. So, we as researchers provide education or socialization by delivering material about clean and healthy living behavior, where researchers invite and give directions to students to practice how to behave clean and healthy living at school. Not only that, researchers also provide some tips or activities that students can do at school such as washing hands with running water using soap, brushing teeth before going to bed and throwing garbage in its place.

#### 4. CONCLUSION

The results of the socialization carried out at SDN 106168 can be concluded that clean and healthy living behavior can increase enthusiasm in the learning process by maintaining personal hygiene, and avoiding various kinds of diseases. This is able to create awareness and knowledge of students so that they can practice clean and healthy living behavior in everyday life.

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