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Children Education and Empowerment in an Effort to Improve Healthy Habits in Titi Payung

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ABSTRACT

Titi Payung Village is one of the villages in Air Putih District, Batu Bara Regency, North Sumatra Province. Titi Payung has an area of 165 hectares. There are a total of 2,551 people there, divided into 6 hamlets. Some of the health problems that often occur in school-age children are diseases related to children's personal hygiene and the environment like not brushing their teeth properly and correctly, the habit of washing hands with soap, and so on. Diseases that often arise due to lack of personal hygiene are diarrhea, helminthiasis (stomach worms), toothache, etc. (Saputra, 2013). For this reason, there are several activities that should be encouraged to be able to increase knowledge and health quality for students, starting from Kindergarten/Taman Kanak-Kanak (TK) students to Elementary School/Sekolah Dasar (SD) students in Titi Payung Village as a form of prevention of diseases from an early age. The Implementation methods used are lectures and demonstrations. The set of activities carried out are the socialization of the importance of handwashing with soap (Cuci Tangan Pakai Sabun- CTPS) and socialization of maintaining dental and oral health. The results of the implementation of the socializations were the improvements of students' knowledge regarding the correct way to wash hands with soap and the correct way to brush the teeth. As conclusions, the Thematic Students' Study Service/ Kuliah Kerja Nyata Tematik (KKNT) of Universitas Sumatera Utara 2022 helped to increase the knowledge of students in Titi Payung Village and inspire to put more efforts to prevent disease from an early age.

Keyword: Titi Payung Village, Washing Hands with Soap, Maintenance of Dental and Oral Health

1 Introduction

Titi Payung Village is one of the villages in Air Putih District, Batu Bara Regency, North Sumatra Province. The Titi Payung area has an area of 165 hectares. 100 hectares of which include residential areas and 59 hectares of productive agricultural land. The total population there is 2,551 people divided into 6 hamlets. According to local residents, Titi Payung Village has been an expansion of the Sipare-pare area since 2017. The illustration of an umbrella in the village gate which is covered in yellow and blue has become the identity of Titi Payung Village.

Health is an important thing in human life. Optimal health can be achieved by implementing PHBS (Clean and Healthy Living Behavior). The implementation of the PHBS program is grouped into 5 settings, one of which is in educational institutions, namely in schools [1]. Entering school age is a very important time for the continued development of children and the support of parents, teachers and the community is very necessary [2]. Some health problems that often occur in school-aged children are diseases related to children's personal

hygiene and the environment, such as brushing their teeth properly and correctly, the habit of washing their hands with soap, and so on. Diseases that often arise due to lack of maintaining personal hygiene are diarrhea, worms, toothache and so on [3].

Based on the introduction above, the University of North Sumatra Thematic Real Work Lecture activities are directed towards activities that can increase the knowledge and health status of students, starting from Kindergarten (TK) students to Elementary School (SD) students in the Village [4]. Titi Payung as a form of early disease prevention.

2 Implementation Method

The activity of implementing Thematic Real Work Lectures (KKNT) in Titi Payung Village aims to increase the knowledge and understanding of school age children regarding the importance of maintaining health from an early age by implementing PHBS.

1. Activity Participants

Various work programs implemented in Real Work Lectures (KKNT) were carried out for kindergarten and elementary school students in Titi Payung Village, Air Putih District, Batu Bara Regency.

2. Activity Method

Various work programs implemented for students are carried out using various methods, including:

a. Lecture

The lecture method is used to provide material related to work programs, such as socialization. The importance of washing hands with soap (CTPS) and socializing the maintenance of oral health. The lecture method is carried out using poster media to provide information.

b. Demonstration

The demonstration method aims to carry out direct practice in implementing work programs such as socializing good and correct hand washing with soap, good and correct brushing of teeth using singing methods and direct practice.

3 Result and Discussion

This service activity was carried out for students in Titi Payung Village with a total of 78 participants. Details of participants include 38 participants socializing the importance of washing hands with soap properly and correctly at UPTD SDN 17 Titi Payung and 40 participants socializing about maintaining oral health in TKIT Daarul Qur'an.



Figure 1. Implementation of Hand Washing with Soap (CTPS) Socialization at UPTD SDN 17 Titi Payung.

Based on Figure 1, the socialization of the importance of CTPS at UPTD SDN 17 Titi Payung was carried out using lecture and demonstration methods. All participants took part in a series of activities such as completing

the pre-test, lecture, singing a song on the steps to do CTPS, questions and answers, CTPS practice, post-test, distribution of snacks, and group photos.



Figure 2. Demonstration of CTPS activities with UPTD students at SDN 17 Titi Payung

This CTPS practical activity is carried out in the sink at the school. KKNT participants provided soap and tissue to support CTPS practice activities. In an effort to increase children's knowledge regarding the importance of maintaining health, USU KKNT participants conducted outreach using lecture and demonstration methods regarding the importance of CTPS at UPTD SDN 17 Titi Payung. The series of activities started from the opening by the presenter, filling in the pre-test, delivering material, singing a song about the steps to do the CTPS, questions and answers, practice doing the CTPS, filling in the post-test, distributing snacks, and group photos.

The material presented is the meaning of washing hands with soap, the benefits of washing hands with soap, when you should wash your hands with soap, and 7 steps to wash your hands with soap. The students at the elementary school were very enthusiastic in carrying out CTPS practice and sang the song on the steps to carry out CTPS.



Figure 3. Implementation of socialization on dental and oral health maintenance in TKIT Daarul Qur'an

Based on figure 3, the implementation of socialization on dental and oral health care at TKIT Daarul Qur'an is carried out using lecture and demonstration methods. All participants took part in a series of activities such as opening by the speaker, lecture, singing a song about the steps to brushing your teeth, questions and answers, distribution of toothbrushes and toothpaste, toothbrushing practice, and group photos.



Figure 4. Demonstration of toothbrushing activities in TKIT Daarul Qur'an

This toothbrush practice activity was carried out in the kindergarten yard. KKNT participants provided toothbrushes and toothpaste which were each given to students in the kindergarten. In an effort to increase children's knowledge regarding the importance of maintaining healthy teeth and mouth, USU KKNT participants conducted outreach using lecture and demonstration methods regarding the importance of maintaining healthy teeth and mouth at TKIT Daarul Qur'an. The material presented is the meaning of dental and oral care, reasons why you should maintain healthy teeth and mouth, and how to brush your teeth properly. The students at the Kindergarten were very enthusiastic in practicing brushing their teeth and singing a song about the steps to brushing their teeth correctly.

4 Conclusion

It can be concluded that USU's Real Work Lecture activities in Titi Payung Village, Air Putih District, Batu Bara Regency are very useful in increasing knowledge and health status as well as preventing diseases that start at an early age.

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