

Awareness of clean and healthy lifestyles among Amanah Kahmi Playground students' parents

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ABSTRACT

This activity provides education about clean and healthy living behavior to parents of students at the Amanah Kahmi Playground is one of the Community Service activities facilitated by the Universitas Sumatera Utara Community Service Institute unit, where this activity also wants to know the level of knowledge of parents of students in implementing healthy and clean living starting from home so that at school and also in the environment outside the home the child can apply clean and healthy living behavior. A clean and healthy lifestyle is the best solution as an early anticipation of prevention of various transmissions of various diseases both from bacteria and viral transmission. The method used is a descriptive qualitative approach with techniques for providing counseling by giving questioners before counseling takes place. The results of the questionnaires collected were tabulated and then data were collected by scoring the questionnaires given. The results of the questionnaires collected showed that the parents of students who filled out the questionnaire with a score of 9-8 were 4 people, with 7-6 were 14 people, filling out the questionnaire with a score of 5-4 were 8 people, so we can conclude that the level of knowledge of parents of students at Amanah Kahmi Playground is a moderate level of knowledge and with the education that has been provided should be able to increase knowledge and understanding of the function of clean and healthy living so that the application of these behaviors has been based from home

Keyword: knowledge level, healthy and clean living behavior, education.

ABSTRAK

Kegiatan ini melakukan pemberian edukasi mengenai perilaku hidup bersih dan sehat kepada orang tua murid di Taman Bermain Amanah Kahmi, kegiatan ini merupakan salah satu kegiatan Pengabdian Masyarakat yang difasilitasi oleh unit Lembaga Pengabdian Masyarakat Universitas Sumatera Utara, di mana kegiatan ini juga ingin mengetahui tingkat pengetahuan orang tua murid dalam menerapkan hidup sehat dan bersih dimulai dari rumah, sehingga di sekolah dan juga di lingkungan di luar rumah anak tersebut berada dapat menerapkan perilaku hidup bersih dan sehat. Pola hidup bersih dan sehat merupakan solusi terbaik sebagai antisipasi dini pencegahan dari berbagai penularan berbagai penyakit baik itu berasal dari bakteri maupun penularan virus. Metode yang digunakan adalah pendekatan kualitatif deskriptif dengan tehnik pemberian penyuluhan dengan memberikan questioner sebelum penyuluhan berlangsung. Hasil questioner yang dikumpulkan ditabulasi kemudian di data dengan penilaian pengisian questioner yang diberikan Hasil questioner yang dikumpulkan menunjukkan bahwa orang tua siswa yang mengisi questioner dengan skor 9-8 sebanyak 4 orang, dengan 7-



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6 sebanyak 14 orang, mengisi questioner dengan skor 5-4 sebanyak 8 orang, sehingga dapat kami simpulkan bahwa tingkat pengetahuan orangtua siswa di Taman Bermain Amanah Kahmi adalah tingkat pengetahuan yang sedang dan dengan edukasi yang telah diberikan hendaknya dapat meningkatkan pengetahuan dan pemahaman fungsi hidup bersih dan sehat sehingga penerapan perilaku tersebut sudah didasari dari rumah.

Keyword: tingkat pengetahuan, perilaku hidup sehat dan bersih, edukasi.

1. Introduction

Clean and healthy living behavior (CHLB) is one way to achieve a good degree of health. The success of health development is also determined by continuity between program and sector efforts, as well as continuity with efforts that have been implemented by the previous period. Providing education about understanding healthy and clean living is very important to implement healthy and clean living every day. Providing education can be in the form of lectures, questionnaires or also with various media such as posters, pocket books, video methods, games which are very effective [1]. A person's health-related behavior is influenced by three factors, namely predisposing factors of knowledge, attitudes, beliefs, beliefs and motivation, supporting factors, namely health regulations, health facilities and facilities and driving factors, namely the attitudes and behavior of health workers [2]. Knowledge and attitudes are very important factors for the formation of a person's actions, knowledge and attitudes of mothers based on proper understanding can foster good new behavior about something, especially regarding nutrition awareness behavior in their families [3] The activity of providing education on understanding healthy and clean living behavior is an activity that can improve the quality of children's health from an early age, where similar activities have also been carried out on various early age children [4]

Early childhood is key to fostering healthy habits in children. Early childhood is the reason; it's the Golden Age. During the Golden Age, early childhood brain development is crucial, accounting for 80% of its total growth. Early childhood is when the brain's memory is at its best. Children aged 0-6 who receive intensive health messaging expect healthier behaviors from themselves in the future. Conversely, a lack of strong health messages makes it hard for children to adopt healthy behaviors. Health education at this age forms the basis for future health education [5].

The way parents understand health impacts how their children behave health-wise. Health behavior is an action as an effort to play an active role in protecting oneself from disease by maintaining and improving health [6].

The importance of understanding the application of clean and healthy living behavior starts from the home environment in order to avoid various diseases, it is very necessary to have knowledge and understanding of how clean and healthy living behavior is applied in early childhood, for this reason, a mother's knowledge is very important because the presence of a mother with a child is very decisive towards attitudes and behavior, for this reason it is very necessary to provide education to increase understanding of knowledge about clean and healthy living behavior [7].

2. Methods

This study is descriptive with a cross sectional design, with a total of 26 people, conducted through filling out questionnaires to determine the level of knowledge of parents of Amanah Kahmi Playground students on clean and healthy living behavior in Medan Marelan at one meeting. Processing of data results was done manually and then processed using the SPSS (Statistical Package for Social Science) program, then continued with data processing through the stages of editing, coding, entry and tabulation. This activity can be seen in the Figure 1 and Figure 2.

3. Results and Discussion

Among the 26 parents of students who received education and completed questionnaires at Amanah Kahmi Playground, 4 individuals achieved high scores (9-8), 14 individuals attained medium scores (7-6), and 8 individuals received low scores (5-4). Respondents are classified as possessing a good level of knowledge if they score between 7 and 10, adequate with a score of 5 to 7, and deficient with a score of 0 to 5, as illustrated in the table below. It can be concluded that the knowledge level of parents of students at Amanah Kahmi Playground in Marelan is adequate; however, it is essential to implement this knowledge in practicing clean and healthy living behaviors in daily life and to foster greater curiosity regarding such practices. We can see

on the table below Table 1.

Table 1. The distribution of the frequency of the results of the level of knowledge of respondent's knowledge level.

Knowledge Level	Frequency	Percentage (%)
Good	4	15.38
Enough	14	53.85
Less	8	30.77
Total	26	100

Table 2. Frequency distribution of respondent characteristics based on attitudes toward clean and healthy living behavior.

Behavior	Accepted	No accepted	Total
Hand washing with running water and using soap	26	0	26
Cleaning the toilet regularly	20	6	26
Controlling mosquitoes with appropriate methods	20	6	26
Using clean and healthy latrines	19	7	26
Eradicating mosquito larvae	20	6	26
Disposing of garbage in its place	18	8	26

This study has many limitations because this research design is only descriptive so that it can only describe the level of knowledge, this study also cannot explain the relationship between the level of parental knowledge of clean and healthy living behaviors with children's habits and children's behavior at home and at school but because this study uses interview techniques based on questionnaires so that when being implemented respondents can understand each question item and answer according to their respective.



Figure 1. The role of medical faculty students in community service activities by providing education and providing questionnaire sheets.



Figure 2. Provision of education by resource persons.

Based on research that has been done before, it still shows that the frequency distribution of the implementation of CHLB is mostly poorly related to the frequency distribution of poor knowledge as well [8] other studies also state the same thing that there is a relationship between the level of knowledge and clean and healthy living behavior (CHLB) in the household [9] so that by providing education about healthy living behavior from an early age, in addition to increasing understanding in the application of clean and healthy living, it also shows a positive attitude because there are still even though most students, have good knowledge about CHLB, but still have a negative attitude and almost all students have poor behavior in CHLB actions [10].

In providing education on clean and healthy living behavior, we use videos or props in practicing how to wash hands properly, this is in accordance with Nursetyo's research (2011) in [11] using media in the learning process such as posters and demonstrations. In addition, the link with a good understanding of clean and healthy living behavior also has an impact on nutritional status where stated by other researchers that the better the knowledge of nutrition education and healthy living behavior in mothers, the better the nutritional status of toddlers [12].

Other studies explain that there are still many children who have not implemented clean and healthy living behaviors, this can be shown by the results of research conducted on students in a school carrying out snacks that students still do not want to accept and do not carry out healthy snacks in the school canteen. So based on these studies, it is important to understand the knowledge of clean and healthy living behavior so that it is hoped that the provision of education will have an impact on improving the way of thinking and attitudes of parents in implementing clean and healthy living behaviors early on in their children.

4. Conclusions

Parental comprehension of instilling clean and healthy living practices from an early age at home serves as a preventive measure against potential diseases in children. The education provided enhances this understanding, thereby influencing the adoption of clean and healthy behaviors in children both at home and in their external environments. By carrying out this educational activity, it is also possible that similar activities will be carried out in other schools to increase knowledge about living a clean and healthy lifestyle to ensure that all students can implement healthy and clean behavior.

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