

CLEAN AND HEALTHY LIVING BEHAVIOR (CHLB) THROUGH WASHING HANDS WITH SOAP (WHWS) AT SDN 10 WATANG BENGO, CENRANA DISTRICT, MAROS REGENCY

Yusma Indah Jayadi, Tri Wulandari, Dian Rezki Wijaya

Public Health Departement, Faculty Of Medicine and Health Science, Universitas Islam Negeri
Alauddin Makassar

Geliş Tarihi / Received: 25.03.2022
Kabul Tarihi / Accepted: 11.05.2022

Araştırma Makalesi/Research Article
DOI: 10.38065/euroasiaorg.951

ABSTRACT

In the midst of the spread of Covid-19 which has not stopped until now, the virus can be easily transmitted through direct contact with infected people or with fluids released when coughing and sneezing. This virus moves to our bodies, even through objects we accidentally touch. For that it is necessary to wash hands as often as possible with soap. Washing hands with soap can prevent us from infection with germs, bacteria and viruses. The purpose of this study was to determine the knowledge and attitudes of clean and healthy living behavior, namely hand washing with soap (CHLB) in students of SDN 10 Watang Bengo.

This research is a quantitative research with purposive sampling technique. This study uses a quasi-experimental design with a one group pretest-post test design. The population in this study were students in grades III, IV, and V from SDN 10 Watang Bengo. This sample was taken from a total population of 35 students. This data was collected on December 14, 2021. This study uses descriptive analytic type with paired sample t test

The results of research conducted related to PBHS education about hand washing with soap (WHWS) at SDN 10 Watang Bengo, which were categorized as good before the intervention was 27 respondents (77%) and after the intervention increased to 33 respondents (94%). On the other hand, the level of knowledge has decreased from 8 respondents (23%) to 2 respondents (6%). Furthermore, the distribution of student attitudes after the intervention increased to 29 respondents (83%). Based on the results of the study, the results of the pretest and posttest showed a significant level value, namely $p = 0.000 < 0.05$

It is hoped that students will have good awareness in carrying out the habit of Washing Hands with Soap (WHWS) in order to avoid various diseases that can attack children. In addition, the school is expected to provide support for students to get used to washing hands with soap (WHWS) in the school environment by providing hand washing facilities. This is because to implement the habit of washing hands with soap (WHWS) must be supported by good facilities or infrastructure

Keywords: Washing Hands with Soap (WHWS), CHLB, Covid 19, Knowledge, Attitude

PRELIMINARY

In the midst of the spread of Covid-19 which has not stopped until now, the virus can be easily transmitted through direct contact with infected people or with fluids released when coughing and sneezing. This virus moves to our bodies, even through objects we accidentally touch. For that it is necessary to wash hands as often as possible by washing hands with soap. Washing hands with soap can prevent us from infection with germs, bacteria and viruses (Ministry of Health, 2020)

Schools have an important role in educating their students in implementing health behaviors. For this reason, during this pandemic, it is very important to implement hand washing with soap (CTPS) in the school environment to prevent the transmission of Covid 19. (Ministry of Health, 2020).

According to the World Health Organization (WHO), every year 100 thousand Indonesian children die due to diarrhea, worms and influenza. Washing hands with soap can reduce the incidence of

disease by up to 47%, but the level of awareness of school children to wash their hands with soap has only reached an average of 12% (Ministry of Health, 2014).

Health is a human right as for elements that must be realized one of which is contained in the Pancasila and the 1945 Constitution of the Republic of Indonesia. As the highest degree of public health is successful through health development. Clean and Healthy Living Behavior (PHBS) is behavior that is carried out based on awareness for learning that makes a person, family, group or community able to help themselves in other words to be independent in the health sector and play an active role in realizing public health. In the field of disease prevention and control, it is necessary to practice the behavior of washing hands with soap.(Ministry of Health RI, 2011).

The form of health behavior that a person can do to maintain or maintain health so as not to get sick and seek help for health recovery if suffering from an illness. One form of health maintenance is to carry out a Clean and Healthy Lifestyle (PHBS) (Notoatmodjo, 2012)

The degree of health can be realized by achieving one of the clean and healthy living behavior programs or known as PHBS. This program is an effort to provide learning experiences or create conditions for individuals, families, groups and communities by opening lines of communication, providing information and conducting education to improve knowledge, attitudes and behavior, through a leadership approach (Advocacy), fostering an atmosphere (Social Support).) and community empowerment (empowerment). The implementation of healthy living behavior is grouped into 5 orders, namely: PHBS in schools, PHBS in households, PHBS in health institutions, PHBS in public places and PHBS in the workplace (Notoatmojo, 2010).

The Ministry of Education and Culture has issued Circular No. 3 of 2020 as part of efforts to prevent the transmission of Covid-19 in schools as follows:

1. Optimizing the role of the school/madrasah health unit (UKS/m)
2. Ensure the availability of CTPS facilities in various strategic areas in the school
3. Ensure the practice of washing hands with soap (minimum 40 seconds), including drying hands (with or without a disposable hand dryer) and other relevant clean and healthy living behaviors.(Kemendikbud, 2020)

Based on research(Smith et al., 2021)the prevalence of correct hand washing practices is very low. Therefore interventions promoting effective hand washing are needed worldwide to reduce risks. Study(Yuliani et al., nd)mentioned the influence of the intervention promotion program for hand washing with soap on students' knowledge in elementary schools in Jakarta.

Health promotion media is used for learning in order to form a real experience on the target. Media that influence learning are as follows: print media, audio, visual, and direct practice. Audio-visual media are moving images accompanied by sound, one of which is video. This video media can be used as an educational medium(Hardianti & Yulianti, 2021).

Based on research(Simatupang & Simatupang, 2019)There is an effect of providing health education on washing hands with soap and water on knowledge, attitudes and actions of students. Further research(Elidahanum Husni, 2019)that outreach activities in the form of education and demonstration of CTPS increase knowledge about the importance of washing hands with soap. Correspondingly research(Fadiyah & Tirtayanti, 2020)there was an average difference in the control group and the intervention group. Where the results were significant in the intervention group after being given hand washing training with soap. Hand washing training using the audiovisual method has an influence on knowledge and ability to wash hands.

The habit of washing hands with soap needs to be taught from an early age. It is hoped that this will set an example for the environment. The purpose of this study was to determine the knowledge and attitudes of clean and healthy living behavior, namely hand washing with soap (PHBS) in students of SDN 10 Watang Bengo.

METHOD

This research is a quantitative research with purposive sampling technique. This study uses a quasi-experimental design with a one group pretest-post test design. The research was conducted with the aim of knowing the knowledge and behavior in washing hands with soap (CTPS) in elementary schools located in Samata Hamlet, Cenrana District, Maros Regency. The population in this study were students in grades III, IV, and V from SDN 10 Watang Bengo. This sample was taken from a total population of 35 students. This data was collected on December 14, 2021. This data was processed and analyzed and the results obtained were presented in the form of tables, narratives and frequency distributions. Data processing was carried out by descriptive analytic with paired sample t test

RESULTS

The results of the research conducted with a total of respondents from 3 classes at SDN 10 Watang Bengo to determine the level of knowledge and behavior of washing hands with soap (CTPS) in grade III, IV and V students. Below is a table of distribution of respondents (Table 1).

Table 1. Distribution of Respondents Based on Age in CTPS (Handwashing with Soap) Counseling at SDN 10 Watang Bengo in 2021

Age	Total (n)	Percent
9	3	8%
10	8	23%
11	24	69%
Total	35	100%

Source: Primary Data 2021

Based on table 1, most respondents were at the age of 11 years, namely as many as 24 respondents (69%).

Table 2. Distribution of Respondents by Gender in CTPS (Handwashing with Soap) Counseling at SDN 10 Watang Bengo in 2021

Gender	Total (n)	Percent
Woman	8	23%
Man	27	77%
Total	35	100%

Source: Primary Data 2021

Based on table 2, the distribution of respondents in CTPS (Washing Hands with Soap) counseling was 27 respondents (77%) male and 8 respondents (23%) female.

Table 3. Distribution of Respondents Based on Knowledge Level on CTPS (Handwashing with Soap) Counseling at SDN 10 Watang Bengo in 2021

Knowledge	Pre-test		Post-test		p Nilai value
	N	%	N	%	
Not enough	8	23%	2	6%	0.000
Well	27	77%	33	94%	
Total	35	100%	35	100%	

Source: Primary Data 2021

Based on table 3, the level of student knowledge regarding the importance of CTPS (Washing Hands with Soap) was categorized as good before the intervention was carried out as many as 27 respondents (77%) and after the intervention increased to 33 respondents (94%). On the other hand, the level of knowledge has decreased from 8 respondents (23%) to 2 respondents (6%). The results of statistical test analysis showed a significance value of $0.000 < 0.05$ so it can be concluded that there is a significant difference between students' knowledge regarding the importance of Handwashing with Soap (CTPS). so it can be concluded that there is a significant difference between students' knowledge regarding the importance of handwashing with soap (CTPS). This means that there is an increase in student knowledge after the CTPS (Handwashing with Soap) counseling was carried out.

Table 4. Distribution of Respondents Based on Attitudes in CTPS (Handwashing with Soap) Counseling at SDN 10 Watang Bengo in 2021

Attitude	Pre-test		Post-test		p Nilai value
	N	%	N	%	
Not enough	20	57%	6	17%	0.000
Well	15	43%	29	83%	
Total	35	100%	35	100%	

Source: Primary Data 2021

Based on table 6.4 students' attitudes regarding the importance of CTPS (Washing Hands with Soap) were categorized as good before the intervention was carried out as many as 15 respondents (43%) and after the intervention increased to 29 respondents (83%). On the other hand, the attitude category has decreased from 20 respondents (57%) to 6 respondents (17%). The results of the statistical test analysis showed a significance value of $0.000 < 0.05$ so it can be concluded that there is a significant difference between students' attitudes regarding the importance of Handwashing with Soap (CTPS). so it can be concluded that there is a significant difference between students' attitudes regarding the importance of handwashing with soap (CTPS). This means that there is an increase in student attitudes after the CTPS (Handwashing with Soap) counseling is carried out.

DISCUSSION

The results of the study on the age distribution of respondents were dominated by the age of 11 years. With the number of respondents aged 11 years as much as 69%. The difference in age does not affect the difference in the level of knowledge about CTPS after counseling is carried out. However, the counseling was mostly followed by fifth grade students because the number of third and fourth grade students was very less. Respondents by gender were dominated by men as much as 77%. However, during the extension, all students, both male and female, were active in counseling activities.

To measure the results of the evaluation of handwashing with soap (CTPS) counseling, it was carried out by giving a questionnaire in the form of a post-test to determine the increase in knowledge and attitudes of students who participated in counseling activities. This activity went well because the school provided free time to carry out activities and evaluations.

From the results of the post test that has been filled in by the participants. Almost all the questions given have increased. This happened because all students knew the correct and appropriate steps for washing hands with soap. Knowledge and attitudes of respondents regarding hand washing with soap (CTPS) have increased because they have been given interventions using both visual and audiovisual methods. Their knowledge and attitudes were measured directly from the questionnaire that had been prepared by the researcher. As many as 94% of students have a good level of knowledge after the intervention so that there is a significant difference between students' knowledge regarding the importance of Handwashing with Soap (CTPS). This means that there is an increase in student knowledge after the CTPS (Handwashing with Soap) counseling was carried out.

On research (Setiawan et al., 2017) there are differences in health education using video and singing media on hand washing skills with soap. Correspondingly, research (Triana et al., nd) demonstration method and video media showed statistically significant results (<0.05).

This research is in line with Natsir. The results of the study showed that the pretest and post-test results showed a significant level value of $p = 0.000 < 0.05$, this means that there is a difference between the knowledge of PHBS counseling respondents about CTPS before counseling and respondents' knowledge about PHBS cultivators about CTPS after counseling. (Natsir, 2018).

Having a good level of knowledge on the behavior of washing hands with soap is very important at elementary school age. This is because there are many interactions in everyday life that can cause environmental-based diseases. By providing knowledge about hand washing with soap, it can have a broad positive impact on the community. (Merlina, 2018).

From the results of research that has been conducted on 35 respondents at SDN 10 Watang Bengo regarding Hand Washing with Soap (CTPS) it is known that 29 respondents (83%) have a good attitude. Respondents who have a good attitude occur because most of them increase after the intervention. However, respondents who still have a bad attitude need guidance from family, parents, teachers, health workers and the community in order to motivate students to apply handwashing with soap (CTPS) from an early age.

Study (Eshetu et al., 2020) in Aderash elementary school children in Yirgalem City, Southern Ethiopia more than 60% of children have adequate knowledge and show a positive attitude towards hand washing. However, the correct hand washing practice is less than 40%. In line with research (Rashed, 2019) only 12.3% of children were able to wash their hands properly. After being given interactive education, it increased to 44.3%. For that we need an understanding of proper hand washing at school

CONCLUSIONS AND RECOMMENDATIONS

Health education needs to be instilled in elementary school students from an early age, especially regarding PHBS which focuses on Washing Hands with Soap (CTPS). This is necessary in order to form good behavior in their environment in preventing disease. Based on the results of the study, the results of the pretest and posttest showed a significant level value, namely $p = 0.000 < 0.05$, this indicated a significant difference in the knowledge and attitudes of respondents in PHBS counseling related to Hand Washing with Soap (CTPS) after being given the intervention.

It is expected that students have a good awareness in carrying out the habit of Washing Hands with Soap (CTPS) in order to avoid various diseases that can attack children. In addition, the school is expected to provide support for students to get used to washing hands with soap (CTPS) in the school environment by providing hand washing facilities. This is because to implement the habit of washing hands with soap (CTPS) must be supported by good facilities or infrastructure.

REFERENCES

- Elidahanum Husni, SR (2019). Handwashing Practice with Soap for Elementary School Students 05 Nagari Mungka Regency Fifty Cities Processing Of Washing Use Soap Wash In Basic School Students 05 Nagari Mungka , Twenty Cities Lima District Introduction Handwashing with Soap (Ctps) Merup. 2(4), 443–449.
- Eshetu, D., Kifle, T., & Hirigo, AT (2020). Knowledge, Attitudes, And Practices Of Hand Washing Among Aderash Primary Schoolchildren In Yirgalem Town, Southern Ethiopia. *Journal Of Multidisciplinary Healthcare*, 13, 759–768. <https://doi.org/10.2147/Jmdh.S257034>
- Fadiyah, T., & Tirtayanti, S. (2020). With the Audio Visual Method of Knowledge and Hand Washing Ability in Sd Negri 95 Palembang The Influence Of Soap Use Of Hand Wash Training (Ctps) With Audiovisual Method. *Aceh Journal of Public Health*, 6(1), 49–53.

- Hardianti, DP, & Yulianti, F. (2021). The Effect of Video Media on Students' Knowledge and Attitude About Hand Washing With Soap In Elementary School. 44–51.
- Ministry of Education and Culture. (2020). Circular Letter Number 3 of 2020 concerning Prevention of Corona Virus Disease (Covid-19) in Education Units. Circular Letter Number 3 of 2020 concerning Prevention of Corona Virus Disease (Covid-19) in Education Units, 33, 1–5. <https://www.kemdikbud.go.id/main/blog/2020/03/surat-edaran-pentahanan-covid19-on-unit-pendidikan>
- Ministry of Health. (2020). Hand Washing Guide with Soap. In Environmental Health. <https://kesmas.kemkes.go.id>
- Ministry of Health RI. (2011). Regulation of the Minister of Health of the Republic of Indonesia Number: 2269/Menkes/Per/Xi/2011 Guidelines for the Guidance of Clean and Healthy Life Behavior (Phbs). In Ministry of Health RI.
- Merlina, B. (2018). Description of Knowledge and Behavior of Handwashing Using Sabi]N (Ctps) in Elementary School Students in the Working Area of the Gedong Tataan Health Center. Ruwa Jurai, 12.
- Natsir, MF (2018). The Effect of Ctps Counseling on Increasing Students' Knowledge of Sdn 169 Bonto Parang, Jeneponto Regency. National Journal of Health Sciences (Jnik), 1(2), 1–9.
- Rashed, A. (2019). The Impact Of An Interactive Educational Program To Improve Hand-Washing Compliance Among Preschoolers In A Hungarian Kindergarten. International Journal Of Medical Research & Health Sciences, 8(6), 70–74.
- Setiawan, DI, Asmarani, FL, & Sari, DR (2017). The Effect of Health Counseling Using Video and Singing Media on Handwashing Skills with Soap (Ctps) in Indriarini Kindergarten Students Yogyakarta. Journal of Nursing Respati Yogyakarta, 4(3), 232–237.
- Simatupang, R., & Simatupang, M. (2019). The Effect of Health Education on Handwashing Behavior with Soap with Running Water in Elementary School Children at 157019 Pinangsori State Elementary School 12 Central Tapanuli Regency in 2018. Journal of Nursing and Physiotherapy (Jkf), 2(1), 67–73. <https://doi.org/10.35451/jkf.v2i1.295>
- Smith, L., Butler, L., Tully, MA, Jacob, L., Barnett, Y., López-Sánchez, GF, López-Bueno, R., Shin, J. Il, Mcdermott, D., Pfeifer, BA, Pizzol, D., & Koyanagi, A. (2021). Hand-Washing Practices Among Adolescents Aged 12–15 Years From 80 Countries. International Journal Of Environmental Research And Public Health, 18(1), 1–15. <https://doi.org/10.3390/ijerph18010138>
- Triana, W., Verza, E., & Razi, P. (ND). The Effect Of Emotional Demonstration Methods And Video Learning On Hand Washing On Knowledge And Skills Of Housewives.
- Yuliani, LE, Kusumaningtiar, DA, & Wekadigunawan, CSP (ND). The Effect of Handwashing with Soap Intervention Promotion Program on Students' Knowledge in Jakarta Elementary Schools.