



Implemented Clean and Healthy Behavior Activities in the Aftermath of the COVID-19 Pandemic, Cerukcuk Village, Tanara District

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Abstrak

Perilaku Hidup Bersih dan Sehat (PHBS) merupakan langkah yang perlu dilakukan dalam rangka menciptakan kesehatan yang baik di masyarakat dan di lingkungan sekolah. Tujuan dari kegiatan PHBS ini adalah untuk meningkatkan kesadaran masyarakat agar lebih memahami kondisi kehidupannya untuk menjaga kesehatan. Dengan sosialisasi ini, masyarakat dapat menerapkan gaya hidup bersih dalam kehidupan sehari-hari. Sebagai mahasiswa yang terdidik, dengan menerapkan poin ketiga tri dharma perguruan tinggi yaitu pengabdian kepada masyarakat harus mampu mencerminkan pola hidup bersih dan sehat agar masyarakat lebih sadar dan peka terhadapnya. Kegiatan pengabdian kepada masyarakat ini dilaksanakan pada hari Sabtu dan Senin, 22-24 Januari 2022 di SDN Cerukcuk dan SDN Cikeli dengan melakukan sosialisasi tentang Perilaku Hidup Bersih dan Sehat (PHBS) dan mempraktekkan tata cara cuci tangan dan sikat gigi yang benar bagi anak sekolah dasar menjadi program yang dapat meningkatkan kesehatan masyarakat..

Kata kunci: *Perilaku Hidup Bersih dan Sehat; Covid 19; Kesehatan*

Abstract

Clean and Healthy Living Behavior (PHBS) is a step that needs to be done in order to create good health in the community and in the school environment. The purpose of this PHBS activity is to increase public awareness to better understand their living conditions to maintain health. With this outreach, people are able to apply a clean lifestyle in their daily life. As an educated student, by applying the third point of the tri dharma of higher education, namely self-service to the community, it must be able to reflect a clean and healthy lifestyle so that people are more aware and sensitive to it. Community service activities are carried out on Saturday and Monday, January 22-24 2022 at SDN Cerukcuk and SDN Cikeli by conducting socialization about clean and healthy living behavior (PHBS) and practicing proper hand washing and toothbrushing procedures for elementary school children into a program which can improve public health.

Keywords : *Clean and Healthy Living Behavior; Covid 19; Health*



Introduction

Cerukcuk Village is a village in Serang Regency that is part of Tanara District. According to the 2022 data in the Cerukcuk Village Profile, Cerukcuk Village was still part of Tirtayasa District prior to 1952. Cerukcuk Village is geographically located north of Tenjoayu Village, south of Cibodas Village, west of the Ciujung River, and east of Lempuyang Village. Cerukcuk Village has a total land area of 393.93 ha. Cerukcuk Village is made up of neighborhood associations 17 and citizens associations 4. There are 4,649 people in total, with 2,395 women and 2,254 men. This area has 1,552 heads of families (KK) among the large number of residents in Cerukcuk Village. Cerukcuk Village's public education facilities include three Kindergartens/Early Childhood Education, three Elementary Schools/Islamic Elementary Schools, and one Senior High School/Islamic Senior High School. Cerukcuk Village, with a total population of 4,647, is a Muslim-majority village with four mosques located throughout the village. Cerukcuk Village has one clinic, which is located in neighborhood associations 1, Talang Mas village (*PROFIL DESA CERUKCUK TH.2022.Pdf*, n.d.).

People's daily lives are being made more difficult by the spread of the corona virus, also known as covid-19. Large-scale restrictions known as PSBB (Massive-scale Restrictions) or PPKM (Enforcement of Restrictions on Community Activities) have also been imposed by the government. For all countries affected by the Covid-19 pandemic, including Indonesia, it has been one of the most difficult times. The pandemic had a direct impact on not only health but also economic and social aspects of life (Aeni, 2021). The impact felt by the community is in the spotlight in preventing the pandemic, which is still going on today.

The lack of awareness of the importance of maintaining one's health is a result of the community's health since the pandemic. In terms of the need for activities that can raise public awareness about the importance of developing healthy habits in everyday life, Clean and Healthy Living Behavior (PHBS) is one way to improve health in Cerukcuk Village, which has been unaware of it until now. We must maintain good health in order for the number of deaths to continue to decrease. The PHBS movement's main goal is to improve people's health through an awareness process that begins with the individual's contribution to living a clean and healthy lifestyle. The main benefit of PHBS is that it produces health-conscious people who have the knowledge and awareness to maintain cleanliness and adhere to health standards (Sya'diyah et al., 2021). Consumption of balanced nutrition, adequate rest, frequent hand washing with soap and running water, exercise or physical activity, not smoking, and maintaining environmental cleanliness are all examples of Clean and Healthy Living Behavior (PHBS) that can help prevent the spread of Covid-19 (Utami & Sani, 2021).

The purpose of this research is to discover how Cerukcuk Village residents, particularly children, can live a healthy lifestyle. The PHBS program, which is brought to the community, has the potential to improve health and other aspects. Simple things like washing hands and brushing teeth properly can lay the groundwork for establishing health at an early age.

Implementation Method

Clean and Healthy Living Behavior (PHBS), according to Proverawati and Rahmawati (2012: 1), is a reflection of a family's lifestyle that always pays attention to and maintains the health of all family members (Julianti & Nasirun, 2018). Another definition of PHBS is all health behaviors that are carried out are based on awareness

so that family or family members can assist themselves in the health sector and can play an active role in health activities in the community.

Clean and Healthy Living Behavior (PHBS) is a pillar of Healthy Indonesia 2010 because it is a preventive (prevention of disease or health problem) and promotive (improvement of health status) effort in a person (www.dinkes.go.id). All people, including school-aged children, are expected to behave in this manner. Many factors influence clean and healthy living behavior, including habits at home, the community, schools, and teachers who do not set an example or demonstrate to the students. Habituation that is done every day has not been able to increase children's awareness. The child has been unable to perform the tasks or perform the actions that are expected of a healthy, intelligent, and cheerful child.

Seeing the situation and conditions in Cerukcuk Village, Tanara District, Serang Regency, particularly among school-age children, they have not fully implemented clean and healthy living behaviors. As a result, the Clean and Healthy Living Behavior (PHBS) program must be implemented in Cerukcuk 1 Public Elementary School and Cikeli Public Elementary School. We carried out two PHBS implementations: hand washing with soap and brushing teeth thoroughly and correctly.

This activity program is designed for elementary school-aged children in grades one, two, and three. We conduct PHBS activities for elementary school children in grades 1-3 because children at that age are still in the growth stage and do not understand the application of life behavior. Cleanliness and health, such as not washing hands before eating, not brushing teeth on a regular basis, littering, and so on.

In this activity, we provide equipment to support PHBS implementation activities, such as two bottles of hand soap for two schools, 144 toothbrushes, plastic cups, and two pieces of toothpaste, as well as banners with information about clean and healthy living behavior (PHBS) in schools during the Covid-19 pandemic.

Our goal in implementing the PHBS program for elementary school students is to promote self-awareness and foster a sense of responsibility for oneself and the environment. Because that age is the ideal time to begin receiving education in this area, so that they become accustomed to living a clean and healthy lifestyle in the future.

Result and Discussion

Clean and healthy living behavior, or PHBS, is a set of activities aimed at improving the cleanliness of a community or an individual. This PHBS activity aims to foster individual willingness, which can then be passed on to others as the individual's willingness grows.

Two schools, Cikeli Public Elementary School and Cerukcuk 1 Public Elementary School, participated in this PHBS activity, or Clean and Healthy Living Behavior. This activity was done to teach students about the importance of living a clean and healthy lifestyle. In Cerukcuk village, there is still a lack of health and hygiene education, particularly for children in every school.

On Saturday, January 22, 2022, from 08:00-11:30 a.m., this activity will be held at the Cikeli Public Elementary School. The Cikeli Public Elementary School hosted this PHBS activity for students in grades 1 through 3. Then, on Monday, January 24, 2022, this activity was repeated at the Cerukcuk 1 Public Elementary School, with the same implementation time of 08:00-11:30 as at the Cikeli Public Elementary School.

The following materials are presented:

1. CTPS (Washing Hands with Soap) with running and clean water

2. Wearing a mask
3. Keep the distance
4. Throw garbage in its place



Figure 1. socialization



Figure 2. brushing teeth

5. Maintaining a clean bathroom
6. Brushing teeth correctly and thoroughly
7. Using clean water
8. Deworming medicine should be taken on a regular basis
9. Regularly engaging in physical activity (exercise)
10. Consumption of healthy and well-balanced food

Following the presentation of the material, practice was continued. CTPS (washing hands with soap) and brushing teeth properly and correctly are the recommended practices. The students in the elementary school paid close attention to the activity demonstration of how to wash their hands and brush their teeth.

The results of the Clean and Healthy Living Behavior activities, particularly in the Cerukcuk Village area, show that the community can maintain health in everyday life, based on the problems described above. People are much more concerned with maintaining their health so that they can continue their activities later on without difficulty. Cerukcuk Village is also much more aware of proper hand-washing and tooth-brushing procedures in order to avoid the virus that is currently circulating.



Figure 3. washing hands

Conclusion

Based on the process of this activity, the Bengkong Permai women have knowledge related to the importance of financial knowledge, planning household finances can be even better, these mothers understand the importance of planning children's education funds, so they can save for their children's education process to

a higher level again. Based on the conclusions of the activities above, it is recommended to all parties, especially for: Housewives of Bengkong Permai Housing to continue to have enthusiasm in learning about the importance of financial education for household financial management, Housewives of Bengkong Permai Housing should be able to visit Banking for planning children's education funds.

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