

Counseling on Clean and Healthy Living Behavior in Early Childhood in Belimbing Village, Tangerang Regency

Heriyanti^{1*}, Ummanah², Safiani A. Faaroek³, Ayu Larasati⁴, Amadea Yohana⁵, Hakim Rizki Alfaza⁶, Luki Kristina⁷, Octaviani Anggraenita⁸, Veby Husada⁹, Widiyaningsih¹⁰

Universitas Esa Unggul, Jakarta

Corresponding Author: Heriyanti heriyanti@esaunggul.ac.id

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ABSTRACT

From the results of the location survey, there are still many residents of Belimbing Village who throw garbage in any place. To anticipate this, counseling activities were carried out regarding the importance of clean and healthy living behavior (PHBS). Counseling activities carried out using lecture methods, demonstrations and question and answer. PHBS counseling participants are early childhood who are residents of Belimbing Village with ages between 4-7 years. The stages in the implementation consist of the preparation, implementation and evaluation stages. The participants in the extension activities were very enthusiastic about participating in the extension activities. The results obtained from this counseling activity are children as participants being able to understand, know and demonstrate the importance of clean and healthy living behavior in the family and community environment.

INTRODUCTION

Children are God's gift given to parents. The quality of children is strongly supported by aspects of physical, mental, and social health. Early childhood needs to be introduced to clean and healthy living behaviors. Optimal early childhood health can produce a generation that has a strong immune system against disease and gives birth to a healthy generation. Children's daily behavior has an influence on health ranging from eating, bathing, and dressing. Healthy behavior in children begins at an early age. Early childhood is a time when the stage of brain development in early childhood occupies the most vital position, which can reach 80% of brain development. Early childhood is the initial foundation period for child development. What a child receives at an early age, whether it be food, drink or experience in socializing, makes an influential contribution to the development of growth at this time and beyond. Children who grow up healthy and intelligent are expected to become future leaders of the nation, but children who are sick or experience serious health problems can experience obstacles in growth and development. Getting used to clean living behavior is very important given from an early age. Knowledge of health education information provided from an early age will be able to form and teach awareness to behave healthily from an early age. (Retno Mardhiati, 2013). Health behavior is any activity carried out by a person as a result of stimuli or habits related to health (health, disease, disease, medical facilities, environment) Notoatmodjo, 2012 in (Retno Ardanari Agustin, 2019).

Clean and Healthy Living Behavior (PHBS) is an educational activity carried out to transmit or describe activities that can be carried out by involving individuals, groups and the wider community so that it becomes a good habit. (Irjus Indrawan, 2022). Clean and healthy living behavior is a behavior that a person does to always pay attention to cleanliness, health and healthy behavior. Clean and healthy living behavior is a behavior carried out on awareness as a result of learning that makes a person, family, group or community able to independently help themselves in health and able to play an active role in realizing a healthy society. The implementation of PHBS can be carried out if it is supported by the availability of adequate PHBS facilities and facilities both at school and at home. In addition, the availability of clean water free from mosquito larvae, the availability of healthy canteens, the availability of clean latrines and the presence of trash cans (Irjus Indrawan, 2022). The success of PHBS activities must also be supported by teachers at school and parents at home by familiarizing good things related to PHBS. PHBS activities are activities initiated by the Ministry of Health of the Republic of Indonesia. "Everything related to behavior is based on individual awareness so that the family and all its members can help themselves and play an appropriate role in the field of health." The expected effect of taking an active role in joint efforts to achieve" (Ministry of Health RI, 2019) in (Irjus Indrawan, 2022). The purpose of implementing PHBS is to raise public awareness to live clean and healthy and enable the community to prevent and overcome health problems that are not cared for. Creating a healthy environment increases the spirit of activity and improves the quality of life.

Geographically, Belimbing Village is a village from Kosambi District, Tangerang Regency. The area of Belimbing Village is 2,944 Ha and the population density is around 17,560 people according to data (Central Bureau of Statistics Tangerang Regency, 2020). In Belimbing County, there are still many parents who do not teach their children the importance of clean and healthy living, and there is awareness to use garbage dumps so that children do not litter. Clean and healthy living behavior activities can teach children from an early age such as throwing garbage in its place, washing hands before eating, always using clean water and always cleaning the home environment. PHBS learning of parents in providing learning and understanding is influenced by educational and economic factors. Based on data (central statistics agency of Tangerang district, 2020), Belimbing Village residents who are families receiving the Family Hope Program (PKH) are high. In addition, the number of divorce rates in Belimbing Village is also high, this condition is one of the things that makes parents less able to teach clean and healthy living behaviors to their children. Parents are busy with daily activities and the care of children is left to the mother, while the mother is busy with daily life on the stairs, so that children are not used to doing healthy life activities because there are some parents who do not get used to these activities. The importance of PHBS activities for the community, thus making it a priority in explaining, socializing and directing. Counseling activities can be carried out by local government officials through sub-districts asking their citizens through RT heads and PKK groups to hold meetings in socializing PHBS activities.

Counseling and socialization activities can be in the form of messages that are easily received evenly, more realistic, can be repeated or stopped according to wants and needs, if they are video, can affect the attitude of the audience, and are great for explaining the process and are also practical and effective for increasing children's knowledge. The counseling carried out is also carried out in a fun manner so that the community of children who are the destination can easily understand the material we deliver and can be applied in everyday life. Based on the results of observations and interviews conducted by the team, the author is interested in conducting counseling activities to the community in Belimbing Village, with the aim of providing knowledge, understanding of the community, especially early childhood children in Belimbing Village, Kosambi District, Tangerang Regency and the community always implementing PHBS activities.

IMPLEMENTATION AND METHODS

The method used in counseling clean living behavior (PHBS) in Belimbing Village, Tangerang Regency is by using lectures, demonstrations and question and answer methods. The implementation of counseling activities is carried out face-to-face which begins with observation and coordination with the local government of Belimbing Village. The observations we made were by looking at the community environment and the coordination activities we carried out regarding health data, children's clean living habits, children's willingness to participate in activities, and the availability of places for counseling activities. The lecture method is a way of implementing oral teaching carried out by teachers or teachers in monologues and one-way communication (anas, 2014) in (Heriyanti, 2022). In counseling activities on clean living behavior in early childhood in its delivery, the material is made easy to understand, implement, using verbal communication and non-verbal communication. Verbal communication is a form of communication that communicators convey to communicants orally such as chatting directly, while non-verbal communication is communication that supports verbal communication such as saying "yes" by nodding their heads, speech speed or duration of speech according to Desiani Natalina & Gilar Gandana, 2019 in (H. Heriyanti et al., 2022). In delivering PHBS counseling materials, we use power points to explain the material and practice.

The demonstration method is a teaching method by demonstrating items, events, rules and sequences in carrying out an activity either directly or through the use of learning media in accordance with the material to be delivered. According to (shah, 2017) in (E. B. helmi G. Heriyanti, 2022). In this activity we demonstrate the behavior of clean living, namely by washing hands properly and properly to children. The use of this demonstration method is carried out with the hope that early childhood children in Belimbing Village can understand and always apply clean and healthy living behaviors in their daily lives. The question and answer method is one way or technique carried out by teachers or speakers in the implementation of learning by providing questions to students to answer according to (Dewa putu yudhi ardiana, 2021) while the question and answer method according to (Sutikno, 2013) in (E. B. helmi G. Heriyanti, 2022) is a way of presenting material or learning that has been delivered to participants or students, To find out the understanding of the material delivered can be done using questions or questions and answers, if participants or students can answer correctly, it can be said that participants or students can understand the material delivered or taught. No. How to present lessons or material in the form of questions that must be answered, especially from student teachers or presenters, but can also be from students to teachers or presenters.

In the implementation of PHBS counseling activities, children are very enthusiastic in listening to explanations and dare to answer questions submitted by the speaker, whether or not the application of this method is effective depends on how the speaker packages his learning or material quite well and interestingly. In PHBS counseling activities, we asked children about the material we delivered by asking children to re-demonstrate clean and healthy living behaviors such as how to brush their teeth properly, mention the names of healthy foods and so on. Clean living behavior counseling activities aim to provide knowledge to early childhood children how to live clean and healthy and the consequences that will occur if they do not live clean and healthy. The activity of counseling clean and healthy living behavior into 3 (three) stages, namely the preparation stage, the implementation stage and the evaluation stage.

RESULTS AND DISCUSSION

The time for PHBS counseling activities is June 24-25, 2022. The stages in the implementation of counseling include the preparation stage, the implementation stage, and the evaluation stage. In the preparation stage, the activities carried out are as follows:

1. Conduct a visit to the Belimbing sub-district office to conduct permits and obtain data on early childhood children in Belimbing village. After obtaining the data, Belimbing Village continued to conduct field visits or site visits. During a visit to the Belimbing Village environment, we observed the environment and had discussions with several residents about clean and healthy living behavior.
2. Interview with village officials and Head of RT 09 Belimbing Village. We discuss the implementation date and location of implementation.
3. Obtain data on early childhood children who will participate in counseling activities on clean and healthy living behavior.
4. Prepare venues, extension equipment and presentation materials.

In the preparation stage, we conducted early childhood data collection in Belimbing Village. From the data we obtained, there are as many as 52 early childhood children in Belimbing Village who will take part in counseling on clean and healthy living behavior (PHBS). Here are the names of children who will take part in PHBS activities from the age of 4-7 years. The complete data is in table 1 of the data of participants in PHBS extension activities. From the results of the site visit we found many places that became open landfills, can be seen in figure 1.



Figure.1 Environmental conditions of star fruit village

Table.1 Participants of the Counseling Activity on clean and healthy living behavior of early childhood children

NO	NAME	AGE (YEAR)	EDUCATION	NO	NAME	AGE (YEAR)	EDUCATION
1	Zidan	6	Primary school	25	Rukun	6	Primary school
2	Reyhan	6	Primary school	26	Upi	4	Not yet in school
3	Linda	5	Kindergarten	27	Fajri	4	Not yet in school
4	Shakira	4	Not yet in school	28	Dio	4	Not yet in school
5	Balqis	5	Kindergarten	29	Fiki	5	Not yet in school
6	Safira	6	Primary school	30	Bidit	5	Not yet in school
7	Desfira	4	Not yet in school	31	Rifki	6	Not yet in school
8	Amanda	6	Primary school	32	Alfiah	4	Not yet in school
9	Arabin Rahmat	5	Kindergarten	33	Azam	4	Not yet in school
10	Aji	5	Kindergarten	34	Salsa	5	Not yet in school
11	Jafar	5	Kindergarten	35	Nadinda	5	Not yet in school
12	Siti N.	5	Kindergarten	36	Wulan	5	Not yet in school

13	Keyla	7	Primary school	37	Ajril	6	Primary school
14	Muhammad	6	Primary school	38	Andi	6	Primary school
15	Syaiful	6	Primary school	39	Fajar	6	Primary school
16	Alam	6	Primary school	40	Rafasya	6	Primary school
17	Fadli	4	Not yet in school	41	Atib	6	Primary school
18	Karla	5	Kindergarten	42	Khofifah	6	Primary school
19	Riftian	6	Primary school	43	Afifah	7	Primary school
20	Asril	6	Primary school	44	Queensi	7	Primary school
21	Fadhool	7	Primary school	45	Kalila	7	Primary school
22	Albi	5	Not yet in school	46	Naita	6	Primary school
23	Alan	4	Not yet in school	47	Tasya	6	Primary school
24	Fadhil	6	Primary school	48	Faisal	6	Primary school
25	Rukun	6	Primary school	49	Choirul	6	Primary school
26	Upi	4	Not yet in school	50	Meisya	5	Kindergarten
27	Fajri	4	Not yet in school	51	Dafa	4	Not yet in school

Source : Data on residents of Belimbing Village, Tangerang Regency

The next stage is the implementation stage, in the implementation stage involving 4 (four) lecturers and 6 (six) students who already know their duties, the explanation of the implementation stage is as follows:

1. We explain the consequences of children who do not practice clean and healthy behavior. The material we display is in the form of a power point. The material we make and deliver uses pictures with the aim that children are easy to digest or understand the material we convey. The material we delivered in the PHBS counseling activity can be seen in figure 2
2. In the implementation phase we demonstrated how to wash hands with soap, washing hands with soap is an effort to prevent disease. Washing hands with soap properly is to use soap and running water. In this counseling activity, in order to be easily understood by the children of star fruit village, we demonstrated directly how to wash hands with soap. Sometimes we underestimate the washing of our hands, which allows the disease to stick to our hands and enter the body. These activities can be seen in figure 3 of hand washing practices.

The next stage is the evaluation stage, in this stage we want to find out whether the material we deliver can be understood and can be practiced in everyday life later. Participants of counseling are early childhood children aged 4-6 years, one of the activities that children like is playing and learning. In stage This evaluation we do fun games activities. Fun games activities are to find out whether children listen to the material presented and children can answer questions related to clean and healthy living behaviors such as the stages of hand washing, how many times to brush our teeth every day, how many times we bathe every day and so on. Fun games activities are followed by children enthusiastically for children who can answer correctly will get attractive prizes. Fun games activities can be seen in figure 4. The enthusiasm of early childhood children makes counseling activities on clean and healthy living behavior (PHBS) useful and increases children's knowledge. The results achieved in this activity based on the results of the evaluation are as follows:

1. Children after exposure using interesting pictures children understand the importance of good and healthy behavior. It was supported by question and answer activities and the children answered quickly and excitedly.
2. Children are asked the question "where to throw the garbage they answer in the trash, not on the street or anywhere". The children answered in unison and compactly.
3. Children can practice how to wash hands with soap properly and correctly, can be done in everyday life.
4. This activity also provides knowledge to the Belimbing Village government officials that clean and healthy living activities are very important.



Figure.2 PHBS Counseling Activities Material



Figure.3 Handwashing Practices

CONCLUSIONS AND RECOMMENDATIONS

It can be concluded that the counseling activities for clean and healthy living behavior in Belimbing Village, Kosambi Village, Tangareng Regency went well and according to plan. The purpose of PHBS counseling is to increase knowledge, awareness, ability and willingness to carry out clean and healthy living activities. This clean and healthy living behavior activity involves parents, schools, children, and the government. The application of clean and healthy living creates a clean and healthy environment so that children will avoid the threat of disease. Physically healthy children, children will be motivated in following the process of learning and playing. Service activities carried out by universities are obligations that must be carried out continuously, therefore cooperation between officials, universities and the community is needed, of course. This counseling activity is also expected to provide benefits for the government of Belimbing Village, Kosambi District, Tangareng Regency, to pay more attention to the environment.

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