

Increasing Elementary School Children's Knowledge about Health Education Related to PHBS at SD N 3 Bulukarto

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ABSTRACT

Background & Objective: The coverage of Clean and Healthy Living Behavior (PHBS) at SDN 3 Bulukarto is still low, and only a few students apply it. Therefore, it is important to improve the knowledge of elementary school students through health education related to PHBS. With PHBS, it is expected that the community will be able to recognize and overcome health problems independently and implement a healthy lifestyle by maintaining, maintaining and improving their health. This study aims to analyze the effect of PHBS education on the knowledge of primary school students at SDN 3 Bulukarto. **Method:** The research method used a pre-experiment design with a one group pretest-posttest design, involving 30 respondents selected through total sampling. Data were collected using a questionnaire and analyzed using the Wilcoxon test. **Result:** The results showed an increase in the median value of respondents' knowledge from 73.00 (pre-test) to 86.00 (post-test), with P-value = 0.000 ($p < 0.05$). **Conclusion:** It is recommended that the government continue to hold PHBS education regularly and utilize social media to increase children's knowledge.

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Introduction

The quality of superior, competitive, and competitive human resources begins in childhood and is strongly influenced by the condition of children at that age. Therefore, children as the next generation need to be prepared optimally, especially in terms of food consumption patterns and the implementation of PHBS. Two main aspects that must be considered are education about healthy food and PHBS. Moreover, in the current era, instant foods that are easily found in the community often have a high risk to children's health because they contain coloring, preservatives,

and other chemicals. Although the impact is not immediately felt in the short term, these health risks can appear when children reach adulthood. (Quatatita & Takarini, 2023).

Based on a 2021 WHO report, as many as 80% of children experience infectious disease problems. This percentage is much higher in developing and underdeveloped countries. In Indonesia, the incidence of infectious diseases in children is still relatively high compared to other ASEAN countries. According to the Indonesian Ministry of Health, children in Indonesia are vulnerable to diseases such as respiratory infections, diarrhea, worms, and other infections of the respiratory tract. This is due to the immune system of children who are still in the developmental stage. In addition, this vulnerability to various diseases is also influenced by unhealthy lifestyles, such as lack of personal hygiene, an unbalanced diet, and lack of physical activity (Ministry of Social Affairs, 2020).

Clean and Healthy Living Behavior (PHBS) is a very important concept in efforts to maintain the health and well-being of children of primary school age. During this period, children experience rapid development, both physically, mentally, and socially, so it is important for them to understand and practice PHBS in their daily activities (Mulyanti & Masdinarsyah, 2021). The 2017 Community Health Development Index (CHI) shows that the national average percentage of PHBS is 35.7%. Children at SDN 3 Bulukarto have not fully implemented Clean and Healthy Living Behavior (PHBS). Some still litter, do not wash their hands before eating, and other habits. This is likely due to their lack of knowledge about PHBS. Therefore, education about PHBS is needed to increase children's understanding and encourage them to apply it in their daily lives.

At the age of children, delivering messages requires interesting and appropriate media, considering that they tend to like to imagine. Video media is the right choice because it is easier for children to understand. The use of videos can increase the effectiveness of the learning process by focusing their attention on the material, making learning more interesting, and describing a process accurately and can be repeated if needed.

Children's knowledge about PHBS provided through education using video media tends to increase compared to before getting education. The implementation of PHBS also provides long-term benefits for children, helping them to be more aware of the importance of health and hygiene.

Objective

Based on this, researchers are interested in conducting this study with the aim of analyzing the effect of education on increasing children's knowledge about PHBS at SDN 3 Bulukarto.

Method

This research is a quantitative study with a pre-experimental design using the one group pretest and posttest design method to measure the level of children's knowledge before and after being given PHBS education. The research sample consisted of 30 6th grade students of SDN 3 Bulukarto, which was conducted in December 2023.

The data collected were primary data obtained through questionnaires to assess the level of knowledge of respondents. The education included playing animated

videos about PHBS at school and in daily life, question and answer sessions, and direct practice of hand washing with soap (CTPS).

Data analysis techniques include univariate analysis to see the frequency distribution of gender and class of students, and bivariate analysis using paired sample t-test, to see the difference in pre-test and post-test scores so that it can be known whether there is an increase in scores from before education and after education.

Results

TABLE 1. Characteristics of respondents based on knowledge level scores about PHBS during the pre-test and posttest in school-age children at SDN 3 Bulukarto

| | Median (Min- Max) | Mean (SD) |
|-----------------------|-----------------------|-----------------|
| Pre Test | | |
| Edukasi PHBS | 73 (66,00-86,00) | 75,96 (7,03) |
| N=30 | | |
| Post Test | | |
| Edukasi PHBS | 86 (73,00- 100,00) | 87,76 (8,4) |
| N= 30 | | |
| Valid N (listwise) | | |
| N= 30 | | |

TABLE 2. Effect of PHBS Education on Knowledge Level in school-age children at SDN 3 Bulukarto.

| | Median | Min-Max | P-Value |
|--------------------|--------|------------------|---------|
| Pre Test Edukasi | | | |
| PHBS | 73 | 66,00- 86,00 | |
| N=30 | | | |
| Post Test Edukasi | | | |
| PHBS | 86 | 73,00- 100,00 | 0,000 |
| N=30 | | | |
| Valid N (listwise) | | | |
| N=30 | | | |

Discussion

Based on the results of the study which can be seen in table 2, it was found that the scores of students increased from before education was given to after education was given with an increase in scores of 13 points with a significance value of 0.000, which means that there is an effect of PHBS education on increasing the knowledge of students of SDN 2 Bulukarto. This is in line with previous research on the Jage Kestare Foundation, Ungga Village, Central Lombok Regency which found that there was an increase in the mean score of respondents' knowledge after being given education about PHBS. This is also in line with research (Yulistia Tanjung, 2024) that there is an effect of education on increasing respondents' knowledge about PHBS.

One source of knowledge is when taking education. Formal education in a person is the foundation for his intellectual knowledge. Research conducted by (Mahri & Wandu, 2022) shows that the higher the ability to absorb and receive information, the greater the knowledge and insight. Direct education using visualizations such as animated videos and images, accompanied by questions and answers and the practice

of washing hands with soap (CTPS) to students has proven effective in increasing their knowledge and insight.

One of the principles of using media in health promotion is that the more senses used to receive messages and health information from a medium, the higher or clearer the understanding of the messages received (Jatmika et al., 2019). In research (Yosef Pandai Lolan, 2024) found that there was a significant difference in value between group education using videos and leaflets and those given only leaflets. Healthy living behavior is of particular concern to the government. Because, PHBS is used as a benchmark in achieving increased health coverage in the 2015-2030 Sustainable Development Goals (SDGs) program.

PHBS in SDGs is a form of prevention effort that has a short-term impact in improving health in three areas, including the scope of family members, the general public, and schools. Therefore, PHBS education is very important. The results of this study found that students before being given education obtained the smallest score of 66 points only, but after being given education students obtained the smallest score of 73, so it can be concluded that education is very important to increase one's knowledge.

In the implementation of this study, the practice of hand washing with soap (CTPS) was also given directly so that later it is hoped that students can remember better. So it is expected that when students already know and understand about PHBS, the benefits, and the impact of not having PHBS, it will be possible for students to apply PHBS in their daily lives. Parents and teachers also play a very important role in providing examples and providing direction and knowledge to children about PHBS because parents and teachers are one of the closest people to a child. Therefore, parents and teachers are expected to participate and play a role in increasing the knowledge and insight and behavior of children in PHBS.

Conclusion

Based on the research that has been done, there is a significant difference between the score before counseling and the score after counseling, so it is concluded that there is an effect of PHBS education on the level of knowledge in school-age children at SDN 3 Bulukerto with a p value = 0.000 < 0.05. It is recommended for the government to continue to conduct PHBS education by utilizing social media that is routine and sustainable to increase other children's knowledge about PHBS. Based on the results of this study, it is suggested that every elementary school should be able to carry out counseling on healthy food and PHBS, in order to realize healthy children and quality human resources in the future.

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