

## **Relationship Knowledge and PHBS Attitudes to Personal Hygiene at SMP Negeri 1 Kuala Kabupaten Langkat 2020**

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**Abstract.** Clean and healthy living behavior (PHBS) in schools is a set of behaviors practiced by students, teachers and the school community on the basis of awareness as a result of learning, so that they can independently prevent disease, improve their health, and play an active role in creating a healthy environment. The purpose of this study was to determine the knowledge and attitudes of clean and healthy living behavior (PHBS) on personal hygiene in students of SMP Negeri 1 Kuala KabupatenLangkat in 2020.

The method used in this study uses a quantitative method with a Cross Sectional approach. This study used a proportional random sampling technique in children aged 12-16 years or grades VIII and IX as many as 63 respondents. The instruments used are questionnaires and observation of knowledge and attitudes. Data analysis used Chi Square test at  $< 0.05$ .

The results of the analysis show that there is no significant relationship between the independent variable, namely personal hygiene (personal hygiene) with the dependent variable, namely clean and healthy living behavior (PHBS), which has a p value = 0.320. This researcher is expected to be a reference for further research to know the dominant factors.

Keywords : Clean and Healthy Life Behavior, Personal Hygiene

### **INTRODUCTION**

Clean and healthy living behavior or commonly referred to as PHBS is a set of behaviors that are practiced on the basis of awareness as a result of learning, which makes a person, family, group and community able to help themselves in the health sector and play an active role in realizing public health (Kementerian Kesehatan RI, 2011).

Clean and healthy living behavior (PHBS) is still a special concern of the government. This can be seen from the stipulation of PHBS as an indicator of the achievement of improving health in the 2015-2030 Sustainable Development Goals (SDGs) program. In the SDGs, PHBS is a prevention strategy with a short-term impact on improving health in 3 regional settings, namely schools, families and communities(Kemenkes, 2015).

In connection with this, not only the role of schools, this unhealthy behavior can also cause more serious problems such as the threat of infectious diseases. Schools are a source of transmission of infectious diseases in schools, including: hand and mouth infections, eye infections, dengue fever, chickenpox, measles and rubella. If junior high school (SMP) students do not understand clean and healthy living behavior, it is not impossible to reduce the high number of these diseases. So the knowledge in schools needs to be improved by providing opportunities to practice once a week or by deepening material about clean and healthy living behavior.

As a result of students' low knowledge of healthy living behavior, it is not impossible that students cannot apply clean and healthy living behavior properly or even do not apply it in daily

life, so that it affects the low level of body health. The need for handling and solutions for this is to increase his knowledge, understand and practice it in the school environment and for himself.

Based on data from Riskesdas in 2018, PHBS in the Indonesian population, brushing their teeth every day has been carried out as much as 93.8% but the correct brushing behavior is still low at 2.3%, while PHBS in children who have brushed their teeth every day is 95.7% but only 1.7% have done it right. Other data relates to PHBS in general, in which there are school-age children who have performed defecation behavior (BAB) correctly, reaching 82.6%, while washing hands using the correct soap is 47%. In 2007 hand washing behavior reached 23.2%, there will be an increase in 2018 to 47% then defecation behavior in latrines in 2007 reached 71.1% while in 2018 it became 82.6%. Consumption of foods that are at risk of threatening the body in the form of consuming food or drinks, among others, sweet ones reach 53.1% fat to 40.7%, and flavorings reach 77.3% (Riskesdas, 2018).

In everyday life cleanliness is very important and must be considered because cleanliness will affect health, comfort, safety and welfare. According to Isro'in&Andarmoyo (2012) a person's personal hygiene is influenced by social and cultural factors. If someone is sick, usually hygiene problems are not paid attention to, this happens because we think hygiene problems are trivial problems, even though if this is allowed to continue it can affect health in general.

Based on the results of interviews with teachers of SMP Negeri 1 Kuala, Kab.Langkat that at SMP Negeri 1 Kuala, they have implemented clean and healthy living behaviors in schools by providing material on PHBS. But in reality there are still students who do not understand the meaning of clean and healthy living behavior, and apply it in daily life.

Data obtained from SMP Negeri 1 Kuala teachers, during 2018 there was an incidence of diarrhea in SMP Negeri 1 Kuala students, namely there were 2 (two) students, who were affected by diarrhea, 1 (one) student typhus and there were still students especially grades VII to IX whose clean living behavior is not good, for example throwing garbage out of place, and having personal hygiene problems, not cutting nails and having an untidy appearance.

Based on the results of observations and observations in the SMP Negeri 1 Kuala school environment, the attitudes that students have towards health in health care appear to have not properly implemented clean and healthy living behaviors. This is because there are still students who smoke in the school environment during breaks, throw garbage out of place, lack of awareness of students in cleaning the available bathrooms

Various efforts have been made by schools to increase the awareness of their students about the importance of having clean and healthy living behaviors such as community service every Friday, checking the completeness and tidiness of their students, and reprimanding students who are caught throwing garbage inappropriately in the school environment. give sanctions to students who smoke in the school environment, but in fact there are still some students who do not understand and obey it.

Based on the results of interviews and observations, it can be concluded that students of SMP Negeri 1 Kuala already know about the problem of clean and healthy living behavior (PHBS) but there are still students who do not pay attention to the health of the school environment, especially on personal hygiene. These problems made researchers interested in knowing how "The relationship between knowledge and attitudes of clean and healthy living behavior (PHBS) on personal hygiene of students at SMP Negeri 1 Kuala, KabupatenLangkat in 2020.

## **METHOD**

The research design used is correlation because the research aims to determine the relationship between two independent variables (knowledge and attitudes of PHBS) with the dependent variable of personal hygiene (personal hygiene). According to Sukardi (2009). Correlation research is an

action research to collect data to determine whether there is a relationship between two or more variables. The design of this study was cross-sectional, namely by collecting data at one time (Notoadmodjo,2012).

The sample is part of the number and characteristics possessed by the population. The method of taking samples in this study is "total sampling" which is taking all members of the population in each group that meets the sample criteria in the study. The sample used was 63 students.

## RESULT

The results of data collection from respondents through this study about the relationship between knowledge and attitudes of clean and healthy living behavior (PHBS) with personal hygiene at SMP Negeri 1 Kuala KabupatenLangkat in 2020 with a total of 50 people can be presented in the form of a table as follows:

**Table 4.1 Relationship between Knowledge and Personal Hygiene at SMP Negeri 1 Kuala 2020**

Knowledge	Personal Hygiene						Total	
	Good		Enough		Bad		n	%
	n	%	n	%	n	%		
Good	6	12,0	1	2,0	6	12,0	13	26,0
Enough	2	4,0	2	4,0	3	6,0	7	14,0
Bad	8	16,0	7	14,0	15	30,0	30	60,0
Total	16	32,0	10	20,0	24	48,0	50	100,0

From the table above, it can be seen that from 50 respondents, respondents who behaved in a clean and healthy life with poor categories tended to be more than respondents who behaved in a clean and healthy life with good categories, this can be seen in respondents who lack knowledge about PHBS as many as 30 people (60.0%), while the respondents who behaved in a clean and healthy life with a sufficient category were 10 people (20.0%) and respondents who had a good level of knowledge were also more likely to behave in a clean and healthy life with a good category as many as 13 people (26.0%).

**Table 4.2 Relationship between Attitude and Personal Hygiene at SMP Negeri 1 Kuala 2020**

Attitude	Personal Hygiene						Total	
	Good		Enough		Bad		n	%
	n	%	n	%	n	%		
Good	6	12,0	2	4,0	6	12,0	14	28,0
Enough	2	4,0	2	4,0	4	8,0	8	16,0
Bad	8	16,0	6	12,0	14	28,0	28	56,0
Total	16	32,0	10	20,0	24	48,0	50	100,0

From the table above, it can be seen that of the 50 respondents, respondents who behaved in a clean and healthy life with a less category tended to be more than respondents who behaved in a clean and healthy life with a good category, this can be seen in respondents who have less attitude towards life behavior. clean and healthy who lacked as many as 24 people (48.0%), while the respondents who behaved in a clean and healthy life with a good category were 16 people (32.0%) and respondents who had enough attitudes and behaved in a clean and healthy life with a sufficient category as many as 10 people (20.0%).

The results of the research analysis show that there is a relationship between PHBS knowledge and students' healthy lifestyle. Students who have a high healthy lifestyle will have a high level of PHBS knowledge. Vice versa, students who have a low healthy lifestyle tend to have a low level of PHBS knowledge as well. The correlation value of 0.320 indicates a low level of correlation between PHBS knowledge and a healthy lifestyle. This shows that the high or low student's healthy lifestyle is not necessarily due to the high and low knowledge of PHBS students.

The same thing applies that the high or low knowledge of PHBS students is not necessarily only caused by the high and low healthy lifestyle of students. This can happen because knowledge is not the only factor forming action, and action is not the only factor forming knowledge. This is in accordance with the statement of WHO (1992: 7-17), which states that behavior, in this case action, is formed by several factors, namely thoughts and feelings, significant people (role models), resources, and culture. Thoughts and feelings are shaped by knowledge, beliefs, attitudes, and values. Knowledge can come from the experience of a person or information from other sources who know better, such as teachers, parents, friends, books, magazines, and others.

The same thing was also stated by Green (Notoatmodjo, 2007) where behavior is formed on 3 main factors, namely predisposing factors, enabling factors, and reinforcing factors. Predisposing factors include people's knowledge and attitudes, community traditions and beliefs about related matters, the value system adopted by the community, education level, and socio-economic level. Enabling factors include the availability of facilities and infrastructure for the community. The attitudes and behavior of respected figures become factors that strengthen the formation of behavior.

The results of this study are in line with research conducted by Ningsih (2015) which states that good or bad school environmental health conditions can affect clean and healthy living behavior (PHBS) in all students. The results of this study are in line with research conducted by Perdana (2016) which says that schools that have good environmental health because they receive greater attention so that they apply good habits to clean and healthy living behavior

## CONCLUSION

Based on the results of data analysis and discussion, the conclusion that can be drawn is that there is a significant relationship ( $p$ -value = 0.001) between knowledge and PHBS attitudes towards personal hygiene.

## SUGGESTION

1. The results of the study are expected to provide information for students about the importance of clean and healthy living behavior (PHBS) so that students can practice at home and at school.
2. The teacher's role in providing knowledge related to PHBS should be intensified when learning sports in class. In addition, the school also needs habituation regulations related to clean and healthy living behavior. One of the supporters so that students have high PHBS is the availability of adequate facilities such as trash cans, clean bathrooms, UKS, canteens that provide healthy food, sports activities and appeals related to the dangers of smoking, narcotics and alcohol.
3. The results of this study are expected to develop science and practice as a field of practice, especially in community nursing care to improve the assessment of clean and healthy living behavior (PHBS) in adolescent children so that they can plan actions that will be taken next to improve the health status of the community, especially children aged teenager.

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