

CLEAN AND HEALTHY LIVING BEHAVIOR
IN THE FAMILY ENVIRONMENT AS A PREVENTION
OF COVID-19 IN SERANG CITY

Stevany Afrizal¹, Inez Athallaisya Adinda²

^{1,2} Universitas Sultan Ageng Tirtayasa

E-mail: ¹⁾ 2290180034@untirta.ac.id

Abstract

The rapid spread of the COVID-19 virus throughout the world has come as a complete shock, and it is causing serious concerns. The COVID-19 virus can be prevented with the help of a simple yet highly successful method called "clean and healthy living behavior" (PHBS). The health of family members is expected to improve as a result of the implementation of clean and healthy living behavior (PHBS) in the family environment, which includes adhering to health protocols, staying at home for those who do not have to leave the house, and allowing workers or employees to work from home (Work From Home/WFH). Family participation in PHBS is essential in order to prevent COVID-19 from spreading, as demonstrated by the emergence of COVID-19. The objective of this paper is to educate the community and families about PHBS, as well as to ensure that it is properly implemented. Descriptive qualitative interviews and scientific references are employed to perform the research. The researcher chose this title because he wants to break the chain of the COVID-19 virus's transmission in order to establish a family environment that is mindful of health and enhancing a healthy and clean family environment, so that people do not get sick as easily as before. A healthy family environment can increase productivity, so that family members will get used to implementing PHBS and children can grow up healthy and have adequate nutrition.

Keywords: PHBS, Family, COVID-19 Prevention

1. INTRODUCTION

Over the past year, health issues have afflicted Indonesia. COVID-19 is a global disease that affects a wide range of areas, including health, public policy, welfare and education as well as the social sector (Setiawan & Komalasari, 2020). To stop the spread of the COVID-19 virus, the facility was either closed or taken a break. Lack of PHBS implementation in daily activities is causing an increase in infectious disease outbreaks, or COVID-19, which is a growing public health concern (Anggriani et al., 2018; Zandrato, 2020).

This pandemic began in China, in the city of Wuhan, on December 31st, and has since spread to several other countries, most notably Indonesia, which is included in the list of nations impacted by the pandemic. Therefore, President Jokowi gave an appeal for the Indonesian people to remain calm, the President stated "With this condition it is time for us to work from home (Work From Home), study from home, worship at home," said President Jokowi when delivering the press at the Bogor Presidential Palace and with the direction of President Jokowi, the Minister of Education and Culture coordinates learning through the online system by getting free assistance from Ruangguru, Zenius, Google, Microsoft, Quipper, Sekolahmu, and Kelas Pintar (Kompas, 2020; Pakpahan & Fitriani, 2020).

In addition, the government encourages the public to apply PHBS (Clean and Healthy Living Behavior) so that they can maintain personal and environmental hygiene, thereby preventing the spread of the COVID-19 virus and, in the long run, breaking the chain of transmission of COVID-19 slowly and steadily (Karo, 2020). The introduction of the COVID-19 Virus emphasizes the necessity of the community in promoting a clean and healthy lifestyle and environment, which can be accomplished by changes in people's behavior, particularly in the family setting. Because one's behavior plays a significant influence in deciding one's ability to live a healthy life. This is because healthy behavior will result in a healthy spirit. In order to promote public health and prevent undesired diseases, it is necessary to start teaching children about cleanliness and health at a young age (Alfiana & Akmal, 2021; Esterina et al., n.d.). This will help them to develop beliefs about clean and healthy living behavior that will serve them throughout their lives. Communities must be taught to live clean and healthy lives from the ground up. This includes individuals and groups within communities, as well as within the home environment, the school environment, the job environment, etc.

COVID-19, on the other hand, indirectly introduces new habits. People who want to leave the house for activities become accustomed to wearing masks, keeping their surroundings clean, washing their hands frequently, keeping a safe distance, and taking hand sanitizer to eliminate viruses once they have finished their activities, in order to prevent the spread of the COVID-19 virus.

2. THEORITICAL REVIEW

The theory used is Health Behavior Theory from Lawrence Green and Social Action Theory from Max Weber. There are several theories to reveal behavioral determinants from the analysis of factors that influence behavior, especially health-related behavior, namely Lawrence Green's Theory, according to Green, behavior is influenced by 3 virtues, namely: (Fajrin, 2017)

1. Predisposing which consists of knowledge, attitudes, beliefs, values. These factors include people's knowledge and attitudes towards health, community traditions and beliefs on matters related to health, the value system adopted by the community, education level, socio-economic level and so on.

Example: A child is able to keep himself and his environment clean so that he is not easily exposed to disease or causes disease from dirt, or viruses. Without the knowledge he already has from his family, the child may not be able to keep himself and his environment clean and healthy.

2. Support (enabling), which consists of the physical environment, the availability or unavailability of facilities and infrastructure. This factor includes the availability of facilities and infrastructure or health facilities for the community, such as health centers, hospitals, polyclinics, *posyandu*, *polindes*, village drug posts, doctors or private practice midwives. This facility essentially supports or enables the realization of health behaviors.

Example: The family environment must provide facilities for trash cans, clean bathrooms, soap, mops, brooms, running water for washing hands or dirty clothes and providing hand sanitizer and the need for a drainage channel for dirty water or human waste.

3. Reinforcing consists of attitudes and behavior of health workers, religious leaders and community leaders including laws, regulations from both the central and local governments related to health. In order to behave in a healthy manner, people sometimes not only need knowledge and positive attitudes and support for facilities, but also require exemplary behavior (references) from community leaders, religious leaders, and officers, especially health workers. In addition, laws are also needed to strengthen the behavior of these people.

Example: A child who has attended a Clean and Healthy Life Behavior (PHBS) counseling, there is also support or examples/references from the family in maintaining cleanliness, inculcating cleanliness from an early age from parents or from school.

While Max Weber's Action Theory, Social action is an action that has meaning, namely when individuals interact with other individuals and the results of these individuals can influence the behavior of other individuals because in fact according to Weber, human thought or each individual has a different form and method, giving rise to different and mutually influencing actions.

In a study of clean and healthy living behavior in the family environment as an effort to prevent COVID-19 in Serang City, social action uses Max Weber's theory that have a focus attention on individuals, patterns, and the regularity of action, and not on collectivity.

The 5 main characteristics of social action according to Max Weber are as follows:

1. If the human action according to the actor contains a subjective meaning and this can include a variety of real actions
2. The real action can be completely mental
3. The action can come as a result of a positive influence on a situation, an action that is intentionally repeated, or an action in the form of tacit approval from any party.
4. The action is directed to a person or to several individuals
5. The action pays attention to the actions of others and is directed to that other person.

From the 5 main characteristics of social action according to Max Weber, we can see what efforts are seen in the family environment as an effort to prevent COVID-19 in carrying out PHBS. Clean and healthy living behavior will be seen and looked for health behavior owned by some of these families. Then it can find out how the efforts made in taking preventive actions taken by the family.

Max Weber distinguishes social action in his sociology into 4 types (Weber in Turner, 2000) :(Fajrin, 2017)

- 1) The act of instrumental rationality (*Zwerk Rational*)

This action is a social action that is carried out by a person based on conscious considerations and choices related to the purpose of the action and the availability of the tools used to achieve it. This action is aimed at achieving goals that are rationally calculated and pursued by the actors concerned.

- 2) Value rational action (*Werk Rational*)

While value rational action has the nature that value rational action is carried out for reasons and purposes related to values that are believed to be personally without considering the prospects that have to do with the success or failure of the action.

- 3) Affective actions or actions that are influenced by emotions (*Affectual Action*)

This type of action is dominated by feelings or emotions without intellectual reflection or conscious planning. Affective action is spontaneous, irrational, and is an emotional

expression of the individual. In this type of action, a person exhibits certain behaviors due to habits acquired from ancestors, without conscious reflection or planning. Determined by habits that have been rooted from generation to generation.

Sociologically, individual behavior can actually be driven and based on various things. According to Max Weber, who is well known for his action theory, individual behavior is strongly influenced by his experience, perception, understanding and interpretation of a particular stimulus object and situation. According to Max Weber, individual action is a rational social action and in achieving goals and objectives use the most appropriate means.

3. RESEARCH METHOD

Using a descriptive qualitative method, this study can describe the process from time to time in natural conditions without the need for researcher innovation, and it can demonstrate a reasonable interaction between researchers and informants (Sutopo, 2002). While according to Bogdan and Taylor (1992:21), that qualitative research is a research procedure that is able to produce descriptive data in the form of speech, writing, and behavior of the people being observed (Nugrahani, 2014).

By conducting this qualitative research, it is possible to gain an understanding of the facts through inductive thinking processes. Supported by several sources of books, journals, articles and so on to be complementary data in compiling this paper. Researchers conducted direct observations and interviews with five informants, which were 1 housewife, 1 career woman and 3 teenage girls. The results obtained in the form of primary data as initial data that has been obtained directly through the interview process. Furthermore, secondary data obtained through the interview process directly and indirectly (via whatsapp).

The analytical technique used in this research is using data analysis techniques Miles and Huberman (Bungin, 2009) which includes 3 elements; (1) data reduction, according to Sugiyono (2017) "data reduction is an activity to summarize, choose the main things, focus on the things that are important, look for themes, patterns and discard unnecessary ones", (2) Data presentation according to Miles and Huberman (Sugiyono, 2017) data presentation is "data presentation as a set of structured information, giving conclusions about the possibility of drawing conclusions and taking action", (3) Drawing conclusions and verification, according to Sugiyono (2017) "is the result of researchers who answer the research focus based on the results of data analysis". So that it can be easier in the final step of writing this article.

4. RESULT AND DISCUSSION

4.1. Result Research

Lawrence Green's theory on clean and healthy living is in line with the results of the research. This can be seen from the knowledge of several informants who are family members in the importance of maintaining cleanliness which can be applied directly into a tangible form, in its application it is very important to have knowledge about illness and disease and be able to provide much better education and action in the implementation of PHBS in a family environment.

Lawrence Green's theory of health behavior in terms of enabling factors, in accordance with the results of interviews and the findings of existing data. Facilities that are seen can

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realize clean and healthy living behavior. In each house, the informants have facilities that are quite adequate according to the results of the interviews they convey about how to live clean and healthy and apply PHBS properly.

The health behavior theory of Lawrence Green in the Reinforcing Factor is in accordance with the findings of the data that the researchers got. Like the five informants, all of them had attended hygiene and health counseling. At different times, three informants attended counseling while they were still in school, one informant attended counseling when they were already working, and one informant received the counseling in his housing.

Zwerk Rational's social action is based on various reasons given by informants who then identify themselves towards the actions taken to achieve a goal in the context of their efforts to behave in a clean and healthy life.

Actions taken on the basis of consideration of the informant's awareness to convince family members, by diligently cleaning the house such as mopping, sweeping, cleaning the bathroom, wearing masks and so on. The rational goal is to get the response of the child and other family members who see it. Where the informant realizes that the chosen action in maintaining cleanliness is very necessary, because it is included in the responsibility as a parent who will be an example for his family members to always behave in a clean and healthy life.

Actions taken with consideration and awareness of the suitability between the means used and the goals to be achieved. The action taken is rational (reasonable), which means that this action is based on the goal to be achieved. This is supported by data findings from the opinions of several informants who apply PHBS, because it is an obligation to implement PHBS in order to become accustomed. Because they know that clean and healthy living behavior is important, in order to avoid the spread of the COVID-19 virus.

Researchers found the social actions of informants as family members in the application of PHBS, actions as family members that lead more to common sense with consideration and also awareness of actions carried out mostly have a purpose for cleanliness and health both in terms of self, family members, environment and social, actions carried out by informants as family members lead more to acts of instrumental rationality (Zwerk's actions), which dominates actions in the family environment that are influenced by the knowledge, awareness, experience, and understanding that each informant has to implement PHBS in the family environment as an effort to prevent COVID-19. Forming such actions into actions based on common sense (rational thinking). However, also found social action in a rational, affective and traditional value in behaving clean and healthy, rational values include family beliefs on absolute things. It is certain that the ethical form of behavior is religious, or other forms regardless of whether the action is successful or not.

Clean and Healthy Living Behavior (PHBS) in household settings is a set of behaviors that are practiced on the basis of awareness as a result of learning, which makes a person or family able to help themselves in the health sector and play an active role in realizing the health of their community (Kementrian Kesehatan, 2011) It is an effort to empower household members to know, be willing and able to practice a clean and healthy life, and to play an active role in the health movement in the community (Dimiyati, 2019)

Therefore, the most important application of PHBS is in the family environment, where the family is the smallest unit in society and as one of the strategic efforts in conducting guidance with health program strategies (*promkes*) in the family environment. Hence, the

role of parents in the family is very important in order to move and familiarize the family or family members to behave in a clean and healthy life.

Parents can direct and implement PHBS to familiarize each family member to be able to help themselves in the health sector by seeking various ways to create a clean and healthy family environment, in order to prevent and cope with the spread of COVID-19, by utilizing existing health service facilities.

The family is a part of society whose role is very important to form a healthy culture (Kurniawan, 2020). It is from this family that education for individuals begins and from the family a good social order will be created, so to build a culture it starts from the family (Setiadi, 2008).

According to Burgess (Soemanto, 2014: 7 in (Clara & Wardani, 2020)), a family is made up of people who are related by blood, marriage, or adoption, and who live together in the same house, interacting and communicating in accordance with their individual roles. In the same article, Burgess reduces habits or culture in general and practices it in a separate way, An Overview of Family Sociology, Family sociology (Soemanto, 2014: 7 in (Clara & Wardani, 2020)) is a branch of social science that focuses on the way families are formed as well as the ways in which interpersonal relationships and societal norms interact with one another.

A family is a group of people who form a system. There are members in a family system, such as the father, mother, and children, or all persons who dwell in a household. The members of the family communicate with one another and are interdependent in order to attain common goals. Because the family is an open system, it can be influenced by the supra system, namely the environment (society), and influence the community (supra system) (Muwarni, 2007: 2 in(Irawati, 2011)).

4.2. Discussion

4.2.1. Covid-19 Prevention

Based on the Guidelines for Preparedness to Facing Corona virus Disease (COVID-19) Revision 3, the most effective steps in the community include:

1. Perform hand hygiene using hand sanitizer if hands do not look dirty or wash hands with soap if hands look dirty;
2. Avoid touching the eyes, nose, and mouth;
3. Practice coughing or sneezing etiquette by covering nose and mouth with the inside of upper arm or a tissue, then throw the tissue in the trash;
4. Wear a medical mask if has a respiratory symptom and perform hand hygiene after disposing of the mask;
5. Maintain a distance (at least 1 meter) from people who experience respiratory symptoms.

The World Health Organization (WHO) recommends the following protective measures for everyone against the COVID-19 virus:

1. Clean hands regularly and thoroughly with an alcohol-based solution or wash hands with soap and water;
2. Maintain a distance of at least 1 meter (3 feet) between each other who is coughing or sneezing;

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3. Avoid touching the eyes, nose and mouth. If hands touching many surfaces and the virus can stick there, once contaminated hands can transfer the virus to our eyes, nose, or mouth and can cause disease;
4. Make sure that the people around us maintain respiratory hygiene, namely by covering mouth and nose with bent elbow or other part when we cough or sneeze then immediately throw away the used tissue;
5. Stay home if we felt unwell and when have a cough, fever and difficulty breathing, seek medical help and contact them first and follow the directions of local health authorities;
6. Read the latest developments on COVID-19 and follow the advice given by health care providers, national and local public health authorities on how to protect ourself and others from COVID-19.

Sunbathing in the morning (Ika, 2020), consumption of spices can also increase immunity and nourish the body(Nareza, 2020), this is supported by an expert in herbal medicine Universitas Airlangga Prof. Dr. Mangestuti Agil, MS., Apt through his research on the benefits of turmeric and temulawak for body health. The result, Prof. Manges found that both spices can boost the immune system or the immune system. Prof. Manges said that a strong immune system will help the body to fight germs and viruses that attack the cells of the human body. A strong immune system will minimize or eliminate the opportunity for the virus to enter the body's cells through any means.

With various government appeals and policies to stay at home, it is very helpful to break the chain of the spread of COVID-19. Implementing clean and healthy living behavior by consuming nutritious food, exercising regularly and getting enough rest can increase the body's immune system in various ways, of course, will deny the entry of viruses and bacteria that can cause disease.

Then the COVID-19 prevention efforts that have been described above, namely the need for support within the family environment to implement PHBS by being implemented or giving good examples for family members by still following health protocols and consuming fruits and vegetables.

From the three information from these informants with different backgrounds. The researcher wanted to see how the perspective of family members regarding clean and healthy living behavior in the household, especially in Serang City and whether the higher the level of family welfare, the higher the level of awareness and concern for clean and healthy living behavior. In addition, researchers also want to know whether in the household all family members have implemented clean and healthy living behaviors in the family environment.

Based on the discussion above, the researcher wants to know how to apply the values of clean and healthy living behavior in the household, so the researchers are interested in conducting research with the title "Clean and Healthy Living Behavior in the Family Environment as a Prevention of COVID-19 in Serang City".

The objectives of this research are: (1) to find out what are the values of clean and healthy living behavior that exist in households or communities in Serang City. To find out what are the ways of applying the values of clean and healthy living behavior in the households of the people of Serang City. From the three informants who have been interviewed by researchers, it can be concluded that the application of PHBS values in the

household by the three informants has been implemented properly and optimally. As a result, the community becomes inextricably linked to PHBS over time, and people who were previously indifferent to PHBS become habituated to implementing it in their family and community environments. When we leave the house, we develop an embedded habit of wearing a mask, carrying hand sanitizer, and maintaining a safe distance from other people.

5. CONCLUSION

It can be concluded based on the findings of the data presentation and discussion that the researchers have conducted that the application of the values of clean and healthy living behavior (PHBS) by family members in Serang City can be classified as good, and the implementation is fine and maximal, with the indications of the researchers getting that the PHBS values have been implemented well and run successfully by family members in order to break the chain of health problems.

As a result, it may be inferred that the implementation is proceeding smoothly and in accordance with each informant's viewpoint. Furthermore, the three informants have demonstrated that they comprehend and are aware of the values and indications of clean-living behavior and (PHBS) in the family context. As a consequence, more health workers are needed to continue to socialize the importance of clean and healthy living behavior (PHBS) in the family environment, so that every day there is always improvement and consistency in maintaining cleanliness and health in the family environment to always apply PHBS and follow existing government protocols so that the body remains healthy, fit, and productive in carrying out their daily activity well.

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