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Early Childhood Empowerment In Improving Clean and Healthy Living Behaviors in The Raudhatul Athfal, Sukabumi

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Abstract: Clean and Healthy Living Behavior (PHBS) encompasses health-related practices driven by personal awareness, enabling families and their members to independently manage their health and actively participate in community activities. Cultivating healthy habits from an early age is crucial, particularly during the preschool years (ages 3-6), a period marked by rapid growth and a natural inclination to explore. Proper nutritional intake and overall health are essential to support this growth. Among the factors influencing early childhood health, clean and healthy living behaviors play a significant role. This community service initiative focuses on instilling these habits in children at Raudhatul Athfal (RA) schools, chosen due to the prevalence of diseases stemming from limited knowledge about PHBS. The program includes interactive health education activities, such as engaging games like the Puzzle of Cita-citaku, Healthy Food Dice, and Clap Your Hands. Running from November 2023 to April 2024, the program has achieved notable results, with 80% of participants demonstrating the ability to simulate proper handwashing techniques, identify healthy food options, dispose of garbage appropriately, and maintain personal hygiene. This initiative not only enhances children's awareness and habits but also supports broader objectives, such as promoting student engagement beyond the campus and applying lecturers' expertise to benefit the community. The collaborative effort underscores the importance of integrating education and practical activities to foster a healthier, more informed generation.

Keyword: Clean And Healthy Living Behavior, Early Childhood.

INTRODUCTION

Health efforts encompass a range of activities or initiatives designed to maintain and enhance public health in a holistic and sustainable manner. These efforts include promotive, preventive, curative, rehabilitative, and palliative measures, implemented collaboratively by the central government, regional government, and the community. Strengthening public health

initiatives involves reinforcing these activities to improve health outcomes and prevent diseases, ensuring a higher standard of public health across all levels of society.

Community empowerment in the health sector plays a crucial role in this process. It focuses on fostering human and community development by enhancing capacities, promoting behavior change, and organizing communities to address health challenges effectively. This empowerment is achieved through collaboration with community groups, organizations, businesses, and other stakeholders operating at the national, provincial, and district or city levels. These efforts aim to build a resilient and health-conscious society equipped to address its own health needs.

Efforts to improve public health are very important to achieve a better standard of living. One of the strategies to achieve public health is to provide public understanding and awareness to implement a clean lifestyle starting from the family or household level, the school environment, and the wider community. By fostering awareness at these foundational levels, individuals can develop habits that prioritize cleanliness and health, which in turn reduces the risk of diseases and promotes overall well-being. Moreover, collaboration among families, schools, and communities ensures that these practices are consistently reinforced, creating a supportive environment for sustaining clean and healthy living behaviors across all aspects of daily life.

Clean and Healthy Living Behavior (PHBS) encompasses health practices driven by personal awareness, enabling families and all its members are able to help themselves in the health field and have an active role in community activities. PHBS is basically an effort to transmit experiences about healthy living behaviors through individuals, groups or the wider community through communication channels as a medium for sharing information.

The implementation of Clean and Healthy Living Behavior (PHBS) in schools is a preventive effort to prevent health problems in school students. PHBS in schools is an activity to empower students, teachers, and the community in the school environment to be willing to do a healthy lifestyle to create a healthy school. The importance of self-care efforts as a form of PHBS for early childhood is caused by various infectious diseases related to hygiene and sanitation, including diarrhea, worms, ISPA, polio, typhus, skin diseases, and eye diseases. These diseases are the most common diseases suffered by children.

In addition to causing death, repeated infections will cause children to suffer from malnutrition. Malnutrition that lasts chronically will cause stunted growth and development of children so that physically the child does not reach the optimal height and brain development will be hampered, the impact is low cognitive ability of the child. The poor condition of the school environment and the unavailability of proper and safe water and sanitation facilities, make schools unsafe places for children.

Education related to self-care and PHBS from an early age needs to be carried out because of the importance of information about clean and healthy living behaviors so that they can independently improve health, play an active role in creating a healthy environment and be able to prevent diseases (Maryuni, 2013).

In Sukabumi City there are around 59 *Raudathul Athfal* (RA) with the number of students reaching 2161. The Diploma Nursing Study Program, Faculty of Health, Universitas Muhammadiyah Sukabumi (UMMI) took the initiative in the early childhood empowerment program to improve self-care as a form of PHBS in the RA environment throughout Sukabumi. This program is carried out based on the cooperation with *Palang Merah Indonesia* (Red Cross) Sukabumi.

METHOD

The learning process is carried out interactively using the method of fun game, audio visual, simulation and demonstration approaches. The implementation of activities through the

stages of preparation, implementation, and evaluation. For the preparation stage, at this stage, the team conducted a survey and took care of permits related to the community service activities that will be carried out. The implementation stage includes the delivery of materials, simulations, then the evaluation stage.

The target of this community service activity is RA students throughout Sukabumi. There are 41 RAs with around 1320 early childhood participants. These students were chosen as the primary beneficiaries due to their critical developmental stage, where instilling clean and healthy living habits can have a lasting impact on their overall health and well-being.

The method carried out is to provide health education activities for RA students related to PHBS. The approach taken in this community service using engaging activities such as playing the puzzle of cita-citaku, healthy food dice and clapping hands. The implementation of community service

1. Presentation

Presentation of material on PHBS This method is used to share knowledge and experience about clean and healthy living behaviors in early childhood. presenting material on personal hygiene practices such as bathing, brushing teeth, washing hands with soap and disposing of garbage in its place. Next is to consume healthy food or fill my plate. The material is conveyed by playing puzzle games, and dice ideals. After the material is delivered, then students are welcome to mention again about the material that has been delivered

2. Simulation

This method is used to practice hand washing with soap (CTPS) using hand washing movements. After demonstrating the steps to clap your hands, students are asked to repeat again.

3.Evaluation.

The evaluation is carried out to find out the success of educational activities, carried out by looking at the involvement and enthusiasm of the participants. The involvement of participants can be seen from the presence of activity participants and the enthusiasm of participants can be seen from the motivation of participants during the activity. To evaluate the level of understanding of participants in the material, several questions were asked related to the content of the counseling material and participants were welcome to answer. In addition, participants are given the opportunity to practice or re-simulate the practice material that has been given.

RESULTS AND DISCUSSION

The implementer of this community service activity is a team from the Diploma III Nursing Study Program, Faculty of Health, Universitas Muhammadiyah Sukabumi, consisting of 4 lecturers and 3 students. This activity is one of the forms of implementation of the collaboration between the Diploma Nursing Study Program with Palang Merah Indonesia Sukabumi. The target of this activity is RA students throughout Sukabumi. The initial preparation is to conduct surveys and field reviews, make a list of Raudhatul Athfal in Sukabumi which has coordination with PMI Sukabumi. Then formulate priority problems and solutions that will be offered with partners.

Processing data from surveys and field reviews to prepare activity proposals with the person in charge of the head of the proposer team, where in Sukabumi City there are around 59 RA schools (with the number of students reaching 2161. The Diploma Nursing Study Program, Faculty of Health, UMMI took the initiative in the early childhood empowerment

program to improve self-care as a form of PHBS in the RA throughout Sukabumi. Next is to coordinate the preparation for the implementation of activities with PMI, where the PMI program is related to education for school-age children in line with this activity. PMI bridges PkM activities with the Raudhatul Athfal Teachers Association of Sukabumi. Then after that determine the time for the implementation of each activity, with the person in charge of the head of the proposing team assisted by students and service implementers. Activity timeline from November 2023 to April 2024. Health education activities are carried out every Tuesday.

During the implementation of the activity, the speaker delivered material on PHBS to RA students. The material presented included hygiene and sanitation. Hygiene in children includes bathing and brushing teeth regularly to maintain the cleanliness of body parts such as the nose and ears, maintaining the cleanliness of foodstuffs and processed foods, maintaining the cleanliness of all cooking utensils and food containers. For early childhood sanitation, they are introduced to how to maintain the cleanliness of the room and the environment by disposing of garbage in its place.

Furthermore, children are also taught how to wash their hands properly. Teach children to wash their hands with soap with clean, running water, at important times, namely after urinating and defecating, before eating, after handling animals, and after playing. Children are also introduced to healthy food, especially the food on my plate. The importance of consuming protein, vegetables, and fruits. In delivering the material, the community service team uses LCD Projector media with material delivered in the form of images and videos so that it is interesting for students and students. In addition, the delivery of material was also carried out with fun games.

Healthy food dice is that children play dice where each side of the dice is healthy and unhealthy food. Then each team lined up in front of the class holding a picture of the profession that is usually the dream of children such as police, nurses, doctors, and teachers. If the dice thrown get healthy food, it will move step by step towards the intended goal, but if the dice roll gets an unhealthy food image, the child cannot advance towards his goal. The goal of this game is to make it easier for early children to understand that the food they eat will influence their future. If they consume healthy food, their body will be healthy and strong so that it can be used to learn to achieve their goals, but if they consume unhealthy food, it will cause children to become unhealthy so that they are hindered from achieving their goals.

The food journey puzzle is to introduce the way food enters from the mouth to the digestive organs and is excreted through the feces. The goal of this game is for children to know the passage of food until it is digested and that it is important to wash your hands before eating.

In addition to the fun game of delivering material also with simulations, it is by demonstrating hand washing with soap. The correct handwashing simulation is by using the handwashing method. With various methods of approach in delivering material, the classroom atmosphere becomes lively and the children do not seem bored. Everyone seemed enthusiastic and even scrambled when asked to mention or re-demonstrate. At the end of the activity, the presenter asked questions to the students to see the extent of understanding in understanding the material that had been given by the presenter. From the activities carried out by the implementation team of Community Service activities, it was concluded that the participants were very enthusiastic about participating in the activity until they could mention the PHBS material and demonstrate the correct washing of hands with soap.

Community service activities run smoothly every week. The children seemed enthusiastic in participating in the activity from start to finish. The obstacles faced are because educational activities only take place one meeting. So that measurement or evaluation is carried out at the same time, immediately after education is carried out.

CONCLUSION

Community service activities in the form of early childhood empowerment in clean and healthy living behaviors have been carried out well. The activity received positive feedback from both students and teachers. Students and teachers seemed enthusiastic in participating in this activity.

Such educational activities should be conducted regularly, both in the same and different locations, covering various topics that can support the formation of early childhood ability to maintain personal hygiene and health. This activity should also involve other sectors such as the Education Office and the Health Office.

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