



Implementation of Clean and Healthy Living Behaviors in Early Childhood

Salma Madong¹, Herlina^{2*}, Muhammad Yusri Bachtiar³, Wahira⁴

State University of Makassar, Indonesia¹

State University of Makassar, Indonesia²

State University of Makassar, Indonesia³

State University of Makassar, Indonesia⁴

Corresponding Email: herlina@unm.ac.id*

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Abstract

PHBS activities made for early childhood are activities to foster and develop healthy living habits and behaviours in students, which are carried out comprehensively and integrated; for that, for the activity to take place well, it is necessary to plan, implement and evaluate an activity carried out to students to achieve the desired goals. This study aims to provide an overview of implementing clean and healthy living behaviours in children. This qualitative research is descriptive, which is a type of research that describes a symptom, condition, and existing situation. Data collection techniques are carried out through observation, interviews and documentation. The results of this study include efforts made to habituate clean and healthy living behaviours in children by providing their activities, such as washing their hands and taking out garbage. The supporting factors for implementing clean and healthy living behaviours in early childhood are rules and regulations at school that support clean and healthy living behaviour activities, parents, and the family environment. The earliest place is the family environment for implementing clean and healthy living behaviours and peers, which is usually when there are students who do activities, other students tend to do it too.

Keywords: Early childhood, implementation of behaviour, clean and healthy living

Introduction

Children's education from an early age is considered very strategic and important in optimizing child development. Law Number 20 of 2003 concerning the National Education System states that early childhood education is a level of education before the implementation of basic education. Early childhood education is a coaching effort aimed at children from birth to the age of six, which is carried out through the provision of educational stimuli to help optimal physical and spiritual growth and development (Nurhanifah et al., 2024). Early

Childhood Education aims to develop all aspects, namely those that include morals, religion, social emotions and independence, motor, cognitive and language (Yuniarti et al., 2024).

One of the things that will have an impact is the habits taught by schools to children (Seran, 2024). In early childhood, examples of habits that are often taught are about healthy living behaviors, such as washing hands before eating and disposing of garbage in its place, maintaining the cleanliness of limbs, cleaning the mouth and teeth, cleaning clothes, and environmental hygiene (Lufthiani et al., 2024). Early childhood is the nation's next generation that needs to be maintained, improved and protected and is a golden age to instill clean and healthy living behaviors. Children's clean and healthy living behaviors are formed from the school environment, home and the surrounding environment. Based on this description and the results of observations, researchers are interested, to conduct research regarding clean and healthy living behaviors.(Israfil et al., 2024)

Literature Review

1. Clean and Healthy Living Behavior

Health is very important for a person. With a healthy body and spirit, a person can be happy and have good energy to be able to work, which will certainly be useful for themselves in the present and the future. To have a healthy condition, only each individual can condition it, such as behaving or habituating clean and healthy living behaviors.(Arena et al., 2024)

Early age requires attention in terms of health maintenance because it is related to the period of growth and development, which affects their later life. Health maintenance actually begins in the first 1000 days of a child's life from pregnant women to 2-year-old children. In this phase, it is very decisive whether or not there are health problems that children will face in adulthood (İslamoğlu et al., 2024). According to Law Number 36 of 2009 concerning Health in Chapter I, Article (1) explains that: "Health is a state of health, both physically, mentally, spiritually and socially that allows everyone to live a productive life socially and economically. A person will be said to be healthy if he is physically healthy, socially healthy, and mentally healthy (Pomarida, 2021). The World Health Organization (WHO) formulates healthy in a very wide scope. Ratri, Jannah, Sabran, Perwiraningrum (2021:1) said, "Clean and healthy living behavior or PHBS is an effort to strengthen the culture of a person, group or community to care and prioritize health to realize a better quality of life". According to Notoatmojo (Maryunani, 2022: 26) "Healthy living behavior (PHS) is behavior related to a person's efforts or activities to maintain and improve their health". Meanwhile, according to Harawati, Netti (2018: 25). Meanwhile, according to Choirun (2018, 50) it is stated that "Clean and healthy living behavior is a form of manifestation of a healthy living orientation in the culture of individuals, families and communities which aims to improve, maintain and protect their health both physically, mentally, spiritually and socially". (Aryzki et al., 2024)

Based on this opinion, it is concluded that clean and healthy living behavior is behavior

Implementation of Clean and Healthy Living Behaviors in Early Childhood

based on awareness to improve the quality of health in the family and community (Wati et al., 2023). Clean and healthy living behaviors can positively impact health and the use of environmental health advice. Because basically being healthy is a basic need for every human being or individual that will affect all daily activities.(Muharrina et al., 2024)

The purpose of clean and healthy living behavior is to increase public awareness regarding clean and healthy living behaviors in daily life in order to realize a healthy life (Directorate of Early Childhood Education, 2020). According to (Maryunani, 2022), efforts to foster clean and healthy living behaviors have two goals: general and special. Presidential Regulation Number 60 of 2013 is a form of the government's commitment to ensuring the fulfillment of the right to early childhood growth and development in terms of education, health, nutrition, care, nurturing, protection, and welfare towards quality early childhood education institutions. (Ministry of Education and Culture, 2022). Therefore, it can be concluded that the purpose of the existence of clean and healthy living behaviors is to increase public awareness about the importance of clean and healthy living. So that with this PHBS, it is hoped that it can prevent the infection of a disease that can enter the body and it is hoped that people can have good health so that they can increase their productivity and quality of life. (Pertiwi et al., 2024)

2. Mental and Emotional Health

A clean and healthy environment can create a comfortable and safe atmosphere, reducing stress and anxiety in children. Independence and Confidence for children who are used to implementing PHBS will feel more independent and confident because they are able to maintain their own hygiene and health (Bidaya, 2023). Positive Social Interaction Physically and emotionally healthy children tend to interact more easily with peers, improving their social skills. In addition, healthy children tend to have better concentration and focus abilities so that they can learn more effectively. Not only that, healthy children also have socialization in the surrounding environment.(Faidah et al., 2024)

Research Method

This study uses a qualitative method with a descriptive approach. A qualitative research method is a research process that is carried out according to conditions that are actually objective without any engineering and manipulation that is following conditions in the field. The approach used in this study is a descriptive approach, which aims to provide an overview of the character of one variable, group or event that occurs in the community. The participants or samples of the research are school principals, teachers, and kindergarten supervisors. The research instruments used consist of observation guidelines, interview guidelines, and documentation. In implementing this research, the data collection techniques used are observation, interviews, and documentation. The data analysis used in this study uses qualitative descriptive data analysis with Milles and Huberman interactive models. Namely, data analysis is done in three steps: data *condensation*, presenting data (*data display*), and drawing conclusions or verification (*conclusion drawing and verification*).

Results

The results of this study consist of 2 things: a) Overview of the Implementation of Clean and Healthy Living Behaviors in Early Childhood b) Supporting and Inhibiting Factors for the Implementation of Clean and Healthy Living Behaviors in Early Childhood.

1. Overview of the Implementation of Clean and Healthy Living Behaviors in Early Childhood

Clean and healthy living behavior in early childhood is behavior on the basis of awareness to improve the quality of health in the family and the community whose indicators are about clean and healthy living behavior of children (Azteria et al., 2024), the initial condition of clean and healthy living behavior of children in kindergarten, always preparing RPPH before carrying out activities, efforts made by teachers to train clean and healthy living behavior in children. Based on the results of interviews with kindergarten heads, teachers, and supervisors, it was found that the habit of washing hands is very important, although it is still considered a trivial thing but can cause various diseases if not washing hands properly and properly before and after eating (Sukmawati et al., 2024). So that teachers also try to teach children the habit of clean and healthy living behaviors through reading storybooks about personal hygiene and health, practicing and constantly reminding children so that later it will become a habit and children can be independent without having to be constantly reminded. (Adnan et al., 2024)

2. Supporting and Inhibiting Factors for the Implementation of Clean and Healthy Living Behaviors in Early Childhood

Every activity must have many opportunities and forces that follow it. In this regard, the implementation of clean and healthy living behaviors for early childhood involves many people and is something natural if it is influenced by several factors that support it. During the implementation of PHBS, teachers carry it out in the form of learning that uses strategies and methods in the implementation of activities from the clean and healthy living behavior program in children, methods used in the implementation of PHBS in schools such as habituation, singing, storytelling and so on in accordance with the conditions and themes in learning (Zakiah et al., 2024). Based on the results of interviews with several informants, it can be concluded that the habituation process starts from imitation, the formation of behavior by giving examples, then habituation is carried out under the guidance of parents and teachers, students will get used to it. If it has become a habit that is deeply embedded in his heart, it will be difficult for the student to change from that habit (Delidios Delidios et al., 2024). So in addition to habituating and providing knowledge to students, an action is also needed that is carried out by the teacher directly so that students can know and better understand how to carry out good clean and healthy living behavior activities and in accordance with the way of seeing directly (Fitriani & Mesi Setiana, 2024). Then for the inhibiting factors in the implementation of clean and healthy living behaviors in kindergarten (Nurjanah et al., 2024). Several facilities and infrastructure do not yet exist in schools such as closed trash cans for garbage disposal. The supporting factors from the family for things such as facilities and infrastructure cannot be said to be all fulfilled due to differences in home conditions, the economy and the level of education of parents (Fakhriadi et al., 2024). Based on the results of interviews with some of the

Implementation of Clean and Healthy Living Behaviors in Early Childhood

informants mentioned above, it can be concluded that the factors inhibiting the implementation of clean and healthy living behaviors for early childhood are family and the environment. To overcome problems that arise in the efforts of children's hygiene practices, it is necessary to conduct regular evaluations of the implemented programs and collect feedback from teachers, parents and the children themselves. (Angreni et al., 2024)

Discussion

1. Overview of the Implementation of Clean and Healthy Living Behaviors for Early Childhood in Kindergarten

Health maintenance can be done through habituation of clean, healthy living behaviors that are internalized from an early age, through example, habituation, conditioning, and various fun activities. Health in terms of behavior can be seen from children's daily actions, which refers to healthy living behaviors, for example from the choice of food, drinks, bathing habits, brushing teeth, throwing garbage in its place, and so on (Febrianita & Annisa, 2023). A healthy child also means that he is also physically and mentally prosperous, able to receive, process, store and reuse information appropriately and quickly. Therefore, the role of parents and teachers in developing habits of behavior as desired can be done through the provision of examples and actions. With a supportive environment, children will grow and develop optimally and have the potential to be agents of change to promote clean and healthy living behaviors (PHBS), both in the school, family and community environment.

2. Supporting and Inhibiting Factors for the Implementation of Clean and Healthy Living Behaviors in Early Childhood

A healthy environment in the PAUD unit is an environment that meets healthy criteria. The preparation and arrangement of the child's environment must be in accordance with the goal of optimally realizing a healthy, growing and developing child. Therefore, the standard requirements for the procurement of facilities and infrastructure that support children's health in PAUD units can be a concern for education unit managers. In addition to the availability of infrastructure, factors that support the implementation of clean and healthy living behaviors in kindergarten are families, schools and the environment, including parental support, school policies, the availability of natural resources and environmental communities. such as diarrhea or prevention of virus transmission, then the factors that inhibit the implementation of clean and healthy living behaviors in early childhood are lack of awareness, inadequate facilities, limited resources, culture and habits. (Pardosi et al., 2024)

Conclusion

Based on the results of the study, it was concluded that:

1. The application of clean and healthy living behaviors is carried out by habituation, routine, spontaneous, and exemplary starting from the habit of washing hands, throwing garbage in its place, and choosing healthy foods and drinks, children can get used to the toilet well, dress neatly and cleanly. This can be seen from the handwashing routine carried out by children before and after eating or activities that can be done by themselves, children can also dispose of garbage in its place, children can defecate and urinate independently and children are used to dressing neatly and clean. Factors that support the application of loosepart media to improve the development of numeracy in children aged 5-6 years include natural factors, cognitive development factors, social background factors, learning motivation factors, teacher development factors, facilities and infrastructure factors, while the inhibiting factors are environmental factors and teacher development factors.
2. Supporting factors in implementing clean and healthy living behaviors in early childhood are all things that help or support the development and maintenance of these behaviors. This BSA includes strong education on the importance of hygiene and health, easy access to good sanitation facilities, parental support and a supportive environment while inhibiting factors are everything that hinders or reduces progress in achieving the desired goals and outcomes. In the context of implementing clean and healthy living behaviors in early childhood, inhibiting factors can include various things, such as lack of parental understanding, resources, and less supportive environmental influences.

Declaration of conflicting interest

The authors declare that there is no conflict of interest in this work.

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Implementation of Clean and Healthy Living Behaviors in Early Childhood

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