

CLEAN AND HEALTHY LIVING BEHAVIOR (PHBS) AND BALANCED NUTRITION IN SCHOOL CHILDREN IN THE NEW NORMAL MASS

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Abstract

Covid-19 is a disease caused by a viral infection. As Covid-19 continues to spread, the government is calling on the Indonesian people to live in peace with the coronavirus by implementing 'New Normal' in all sectors while adhering to health protocols. PHBS (Clean and Healthy Lifestyle) and balanced eating are ways of adapting to new habits that not only adults but children need to adopt as well. This is because toddlers and children are a group that is vulnerable to transmission of this virus and therefore need to be able to carry out school activities while adapting to the new normal. School-age children's lack of knowledge about PHBS and a balanced diet can compromise their immunity and health. In connection with this problem, charitable activities in the form of training in proper hand washing and a balanced diet were carried out at Sint John Harapan Indah Elementary School, which had never happened at this elementary school. As knowledge grows, it is hoped to change the behavior of elementary school children so that they become better and more adaptable to the new normal. From the results of the pre- and post-tests conducted on 125 participants, there was a 96% increase in knowledge. This demonstrates that this health promotion activity succeeded in expanding knowledge and providing participants with knowledge about PHBS and balanced nutrition.

INTRODUCTION

Covid-19 is a disease caused by infection with a new corona virus, or SARS-CoV-2, derived from the Corona family (CDC, 2020). The disease caused by infection with this virus is called COVID-19 and was first detected in the city of Wuhan, China in late December 2019. This virus has spread to humans and can affect anyone, including children (infants, toddlers, etc.). Children). The Covid-19 pandemic has spread across the country, including in Indonesia. The first confirmed case of Covid 19 in Indonesia was detected in early March 2020 and mid March 2020 and declared a national disaster, so social distancing, working from home and distance learning are in place Measures have been put in place to contain the spread of Covid19. According to data released on December 5, 2022, this virus has spread and the number of positive Covid-19 cases has reached 6,680,203. Of these, 6,469,238 were declared cured while 159,978 died (covid19.go.id). As Covid-19 continues to spread without healthy lifestyle choices, the government calls on the Indonesian people to live in peace with the coronavirus.

As of May 21, 2020, the “New Normal” is in effect, a new normal order of life for all sectors with due respect for health protocols. New Normal is a behavior of the community and all institutions in the region to introduce new ways of daily life, work or lifestyle that are different from the previous ones.

The Indonesian Ministry of Health, (2020) states that PHBS and balanced nutrition are one way to adapt to new habits. During the pandemic, Indonesian people were required to live with a new way of life, one that could 'make peace' with COVID-19.

Society is expected to be able to adapt to new habits wherever we are, be it at home, in the office, at school, in places of worship and also in public places such as terminals, markets and shopping malls. PHBS related to implementing the new normal always involves washing hands, wearing masks, following proper cough etiquette, keeping a safe distance, eating foods with a balanced diet and regular exercise.

Adapting to new habits is not only the responsibility of adults, but must also be done by children. This is because infants and children are groups that are vulnerable to transmission of this virus.

IMPLEMENTATION METHOD

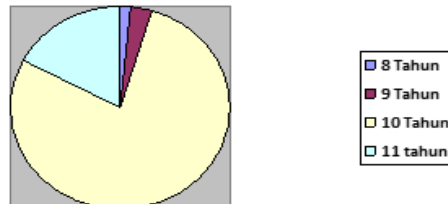
The method used in this nonprofit activity is advising on PHBS and nutritional balance for elementary school students. Classes V and VI St. Jhon Harapan Indah Bekasi with a total of 125 people who used powerpoint media and held discussions, video demonstrations and songs to promote students' understanding and broke some ice.

The first phase of this activity was to investigate the extent of knowledge of school children about clean and healthy behavior through hand washing and balanced diet in the new normal age. The next step is to provide school children with knowledge about PHBS and a balanced diet for school age children. The community service team will conduct a handwashing simulation using audiovisual media (instructional videos, songs and dances). Participants are guided to practice one more time (re-demonstration) how to wash their hands with soap and hand sanitizer. In addition, the community service team will explain the fulfillment of a balanced diet for school children and provide examples of foods that can be consumed with the principles of a balanced diet in the new normal age.

RESULTS AND DISCUSSION

Charitable activities at SD St. Jhon Harapan Indah went smoothly. The activity will take place on Wednesday, December 7, 2022 at 08:00 WIB. Participants in this activity were students from grades 5 and 6 of SD St. John Harapan Indah Bekasi, totaling 125 students.

Diagram 1 Frequency Distribution of Class 5 Counseling Class 5 Participant Profiles by Age



Class 5 counseling participants totaled 62 people and Class 6 totaled 63 people. The ages of grade 5 ranged from 8 to 11 years (8 years 1.6%, 9 years 3.2%, 10 years 77.4% and 11 years 17%), with the majority being 10 years old.

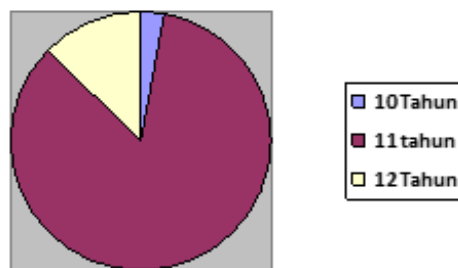


Diagram 2 Distribusi Frekuensi Profile Peserta Kelas 6 Penyuluhan Berdasarkan Umur

Currently, school-age children have started attending school, adjusting to the new normal. These children need to be able to adjust to a new life and make peace with Covid-19. School-age children's lack of awareness of clean and healthy living, or PHBS, and a balanced diet can weaken immunity and make them vulnerable to disease. Health education, especially on proper hand washing and a balanced diet, is carried out for children aged 10-12, as they have a habit of often eating haphazardly, so it is important that counseling is given at this age.

Before the start of the activity, the counseling participants were asked to fill out a pre-test questionnaire for five minutes using the questionnaires that had been distributed. The consultation was opened by the MC of the STIK Sint Carolus students with cheers and enthusiastic applause. After that, the activity continued with remarks from the St. Jhon, who then handed the next activities over to the MC for charitable activities. In this opening section, students act as MCs and Operators during the activity.

After this, the activity continued with a material session on health education about PHBS. This presentation explains how to create a clean and healthy lifestyle. The material is provided with interesting illustrations to help participants understand more about PHBS. Students are then asked to wash their hands using the song in the video and practice doing it. Several students are assigned to demonstrate washing their hands with a song in front of the class.



Figure 1. Activities providing health education about PHBS

After that, the material continued with balanced nutritional educational material. During the presentation, the students were enthusiastic as the material contained interesting illustrations which made it easier for the students to understand the material. In addition, participants were invited to sing the contents of my plate through videos and songs. Some students practice singing with movement over the song containing my plate.



Figure 2. Health education outreach activities on balanced diet.

The activities are conducted offline, so the consultation is more interactive. The questions asked by the participants were varied and interesting. Some of them are: Why doesn't washing your hands properly cause stomach pains? Is it permissible to wash hands with hand sanitizer and is the method the same as using soap? Why Voids Is it allowed to play HP from dawn to dusk? What if you don't like vegetables? The questions asked can be answered correctly by the moderator. During this session, the participants were active, enthusiastic and enthusiastic about following all the learning materials.



Figure 3. Participants in community activities

The MC then distributed door prizes to the four participants with the best questions under the guidance. Participants receiving prizes will be asked to come to the front of the room and will receive souvenirs from the team. All activities can be completed on schedule. After the question-and-answer session was over, the MC guided the participants through the post-test. The number of questions before and after the test is 10 questions. In less than 10 minutes, the participants were able to complete the post-test with good results.

The evaluation results at the beginning of the activity reached an average value of 60 and the evaluation results at the end of the activity reached an average value of 90. With a total of 125 participants, the results after the test showed a 96% increase in the knowledge of the counseling participants.

CONCLUSION

Community outreach activities in the form of counseling and health promotion related to PHBS and nutritional balance for SD St Jhon Harapan Indah could increase knowledge and provide benefits, as shown by the increase in pre-counseling test and post-counseling post-test scores 96 %. From this it can be concluded that the advisory activity leads to an increase in knowledge.

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