

## Counseling on Clean and Healthy Behavior (PHBS) in MTsN 1 Lebak

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### ABSTRACT

Clean and Healthy Behavior, or PHBS, is crucial and should be practiced daily. The Clean and Healthy Behavior (PHBS) program is one way to make unhealthy behavior healthy because it is caused by behavioral factors that contribute between 30 and 35 percent to health. One of the reasons is that students aren't aware of how to practice healthy habits like putting trash where it belongs, washing their hands before eating, and keeping the classroom clean. The only way that clean and healthy living behaviors are promoted is through an appeal to change behavior. For instance, the school will enact rules that prohibit littering if students are encouraged to place garbage where it belongs. If students are not made more aware of the importance of living a clean and healthy lifestyle, these appeals and regulations will not be effective. As a result, more information about the significance of maintaining a clean and healthy lifestyle in the school setting is required. In order for students to independently prevent disease, improve their health, and actively contribute to the creation of a healthy environment, all of the behaviors they engage in in the school setting are informed by their education.

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### INTRODUCTION

Health is God's gift that needs to be grateful for because health is a human right that must be respected. The wise man said that "prevention is better than cure". Therefore health needs to be maintained, maintained, and improved by each individual. To maintain health, individuals must have guidelines for healthy living behavior, the government wants a realization in increasing public welfare, one of which is the health of quality individuals.

PHBS is a social engineering that aims to make as many community members as agents of change so that they can improve the quality of daily behavior to live a clean and healthy life. It is carried out through the approach of community leaders or leaders, fostering an atmosphere and also community empowerment with the aim of the community being able to recognize and understand the health problems that exist around them, especially at the household level as a start to improving patterns and lifestyles to make them healthier. The most important benefit of PHBS is the creation of people who are health conscious and have the provision of knowledge and awareness to live a life that maintains cleanliness and meets health standards.

PHBS in schools is an activity to empower students, teachers, and the school community to want to adopt a healthy lifestyle to create healthy schools. The benefits of PHBS in schools include being able to create a clean and healthy environment, and improve the teaching and learning process, apart from that students, teachers and the school community become healthy.

Counseling on clean and healthy living behavior is not only introduced to the community but also needs to be introduced to children at school from an early age. Counseling on clean and healthy living behaviors among school children is relatively easy, this is because in general every school already has a School Health Unit (UKS).

UKS (school health effort) is an effort to foster and develop healthy living habits and behaviors in school-age students that is carried out in a comprehensive and integrated manner. In Law Number 36 of 2009 article 79 concerning Health, it is emphasized that "School Health" is organized to improve students' healthy living abilities in a healthy living environment so that students can learn, grow and develop in harmony and to the fullest extent so that they are expected to become resources quality human.

One of the obstacles to achieving the goal of clean and healthy living behavior in schools is the low awareness of students to implement clean and healthy living behaviors. These obstacles are also found in the MTsN 1 Lebak environment which has not yet implemented a clean and healthy lifestyle as a whole, including behaviors such as littering, not washing hands before eating snacks at school, and not keeping the classroom clean.

### IMPLEMENTATION METHOD

The activity begins with making observations to observe the existing situation, after that it is continued with interviews guided by the questionnaire that has been prepared. Next, ask for the school principal's approval to hold several activities at MTsN 1 Lebak, namely: Counseling on Clean and Healthy Lifestyles, Training, and Seminars on Clean and Healthy Lifestyles in the school environment.

These activities aim to provide counseling and increase awareness in maintaining personal hygiene with daily behavior, maintaining a diet with good nutritional content needed by the body, as well as how to create and maintain a clean environment, avoiding various kinds of diseases that can be caused. due to a dirty environment.

### RESULTS AND DISCUSSION

On March 3, 2020, the implementation of counseling on clean and healthy living behavior in the school environment went well and smoothly. This activity was carried out with the community service team located in the multipurpose room of MTs Negeri 1 Libak. This counseling was attended by OSIS administrators and 9th-grade students of MTs Negeri 1 Lebak enthusiastically until the event ended. In this activity, some students asked about some of the problems they had experienced so far, the students were able to answer a review of the material that had been submitted.

This counseling is part of education on clean and healthy living behavior which is very important for students' lives at school so that students' health can be maintained during the process of seeking knowledge. In addition, this is an effort to minimize the occurrence of disease transmission and the occurrence of prolonged illness. In this activity, we also provide some inventory items that can be used by students, such as a digital sphygmomanometer; digital thermometer; wall clock; as well as some drugs.

The activity continued with the development of health cadres from several students. This activity aims to prepare student health cadres so that they can carry out first aid and simple care if there are students who are sick. The development of health cadres includes how to use medical devices such as thermometers and tensimeters, then the introduction of some drugs and their functions, and identification of abnormal conditions if they occur in students, such as hot conditions, diarrhea, and so on.

**Table 1. List of Students Participating in PHBS Counseling**

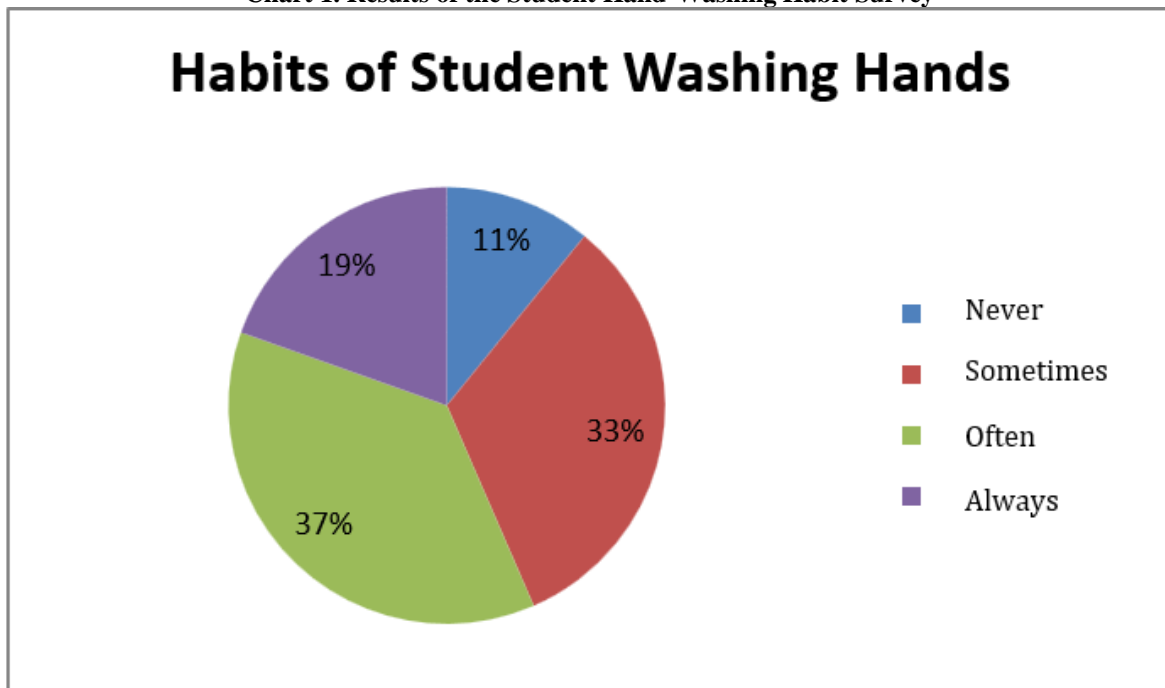
No.	Participant	Amount
1	Class 9A	41
2	Class 9B	37
3	Class 9C	44
4	Class 9D	42
5	Class 9E	43
6	Class 9F	45
7	Student Council-Manager	46
<b>Total number</b>		<b>298</b>

Source: Main Data of MTs Negeri 1 Lebak Students in 2020

**Table 2. Indicators of a Clean and Healthy Lifestyle**

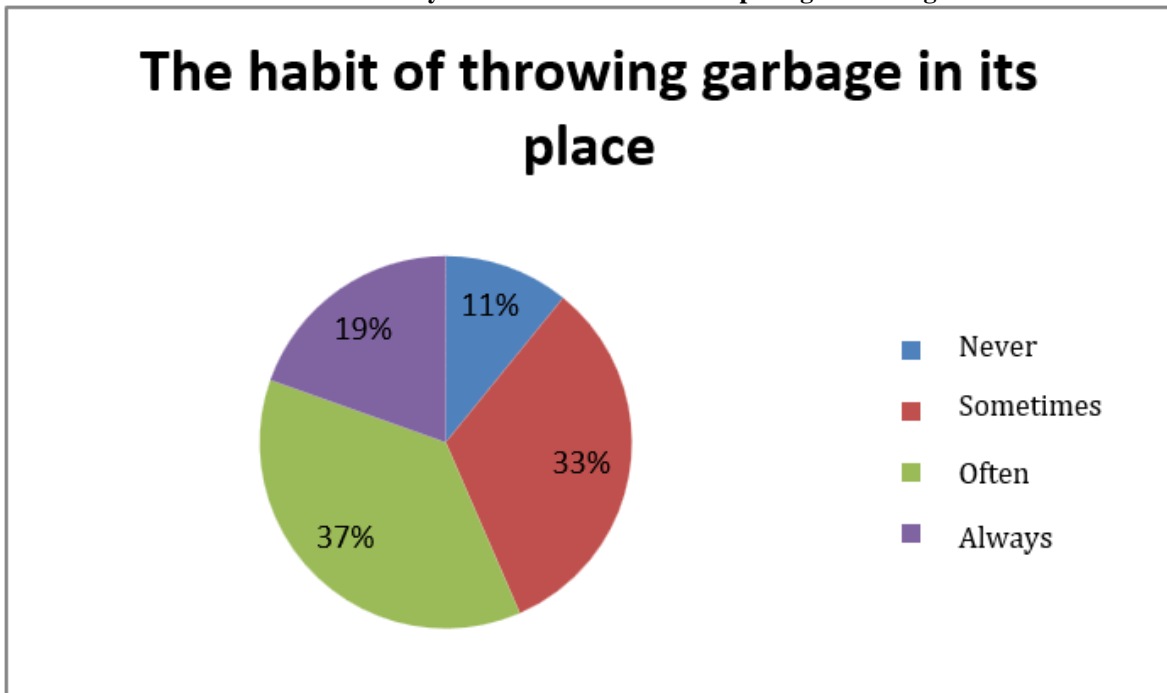
No.	Indicator	Description
1	Wash hands with clean water and soap	Washing hands with clean running water and soap with 6 steps of CTPS for 20 seconds
2	Eat healthy balanced nutritious food	Eat healthy and nutritious food when choosing snacks at school
3	Use clean water	Use clean water and not cloudy, colorless, odorless, and tasteless, and does not contain toxic chemicals
4	Throw garbage in its place	Dispose of waste in its place (organic waste and non-organic waste)
5	Use healthy latrines	Using a healthy latrine with a roof and walls, clean water is available, easy to clean, can be locked from the inside, has good lighting

Source: Permenkes No. 2269/Menkes/PER/XI/2011 concerning Guidelines for PHBS Development

**Chart 1. Results of the Student Hand-Washing Habit Survey**

Source: Results of the Questionnaire Instrument Analysis of Students' Hand-Washing Habits

**Chart 2. Results of the Survey of Students' Habits in Disposing of Garbage in Its Place**



Source: Results of the Questionnaire Instruments Analysis of Students' Habits in disposing of garbage in its place

**Activity Photos**



**Photo of the Faletchan Lecturer and Principal with the Teacher Council of MTs Negeri 1 Lebak**



**Photo of the Opening of Community Service at MTs Negeri 1 Lebak**



**Photo of Awarding Certificate of Appreciation as Resource Person from the Principal**



**Photo of Submission of PHBS Material by Mr. Achmad Macron**



**Photo of Submission of PHBS Material by Mr. Achmad Macron**



**Photo of Faletihan and Student Council Students and the School Health Cadre Team**

## CONCLUSION

The development of health cadres to carry out school activities was carried out on March 3, 2020. The formation of health cadres was selected based on recommendations from the OSIS board, followed by guiding health services in the school environment. This activity was followed enthusiastically and ran smoothly until the event was over. The prospective health cadres were seen to record all the information that was deemed important by us, by asking several questions that were not understood, the prospective cadres were also able to use health equipment properly, and received the feedback we provided. Procurement of a team of cadres in the school environment was carried out on March 5, 2020, the activity started with cleaning the room, arranging equipment and medicines, and providing medicines and some medical equipment such as digital tensimeters, thermometers, and others.

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