

Optimization of Healthy Life in Early Children During the Covid-19 Pandemic Time Through Education on Implementing Health Protocols, Balanced Nutrition, Clean and Healthy Living Behaviors

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ABSTRACT

The Covid-19 pandemic has made parents feel worried about looking after their sons and daughters. Various efforts have been made by parents to prevent their sons and daughters from contracting the virus. Education is a process of delivering educational material given to educational targets that aim to achieve behavior change. Education on the application of health protocols, the importance of balanced nutrition for children, and a clean and healthy lifestyle is certainly one of the efforts that can be made to break the chain of transmission and transmission of Covid-19 to children. These education providers increase knowledge about clean and healthy living behaviors for children and their families so that children can know what to do to prevent the chain of transmission of Covid-19. Optimization of healthy life in early childhood during the Covid-19 pandemic through education on the application of health protocols, balanced nutrition, and clean and healthy living behavior (PHBS) is carried out targeting early childhood. The educational activities were carried out in stages and the results of the process evaluation were carried out until the end of the activity according to the expected target, that is, early-age children can understand the importance of staying healthy by washing their hands, eating nutritious food and implementing health protocols wherever they are.

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INTRODUCTION

Coronavirus (Covid-19) is an epidemic that was discovered in early January 2020 in almost all countries in the world. Various preventive measures were taken starting from implementing health protocols through 3M (wearing masks, washing hands, and maintaining distance) and then developing them into 5M, namely by adding efforts to avoid crowds and limiting mobilization. The Covid-19 pandemic has the potential to have various negative impacts on children's health in the short, medium, and long term. One of the most worrying is the effect on child development. Starting from a health perspective to a psychological one.

The Covid-19 Handling Task Force reported that as of September 2, 2020, 7,616 people had died as a result of Covid-19, and the ages of 7,281 people who died were known. Of the 7,281 deaths, 58 of them were children aged 0-5 years and 87 other deaths occurred in children aged 6-17 years. This means that 1.9% of deaths due to Covid-19 in Indonesia happen to children (Bernie, 2020). Based on these data, the government

continues to recommend that the public maintain personal and family hygiene and keep their distance, avoid crowds and use personal protective equipment such as masks, hand sanitizers, face shields, and so on. This aims to reduce the risk of spreading the Covid-19 virus, especially in the family environment and school environment, considering that currently learning for children ranging from elementary schools to tertiary institutions has re-enforced limited face-to-face learning, including early childhood.

Early Childhood is a period in which he is in a phase known as the "Golden Age" phase. In this period, children are in a very important phase in brain growth, intelligence, personality, memory, and other aspects of development. In this phase, children will display several characters that reflect themselves, both naturally and from what they see or learn in their surroundings. Early childhood has unique characters, they are energetic individuals so during the Covid-19 pandemic most parents were worried about protecting their sons and daughters to avoid transmission of the virus. Teaching and education about healthy living can be done by parents to children at an early age. Education for children is very important during the Covid-19 pandemic as it is today. One of the things parents can do is remind their children to always maintain their health and follow health protocols to minimize the spread of the Covid-19 virus. In addition, parents must provide examples of healthy living behavior as a form of responsibility for their children (Kurniati, Nur Alfaeni, & Andriani, 2020).

Health behavior problems in early childhood are usually related to personal and environmental hygiene such as the habit of washing hands with soap, personal hygiene and also other issues that are also important to pay attention to, namely the problem of nutritional intake, namely balanced nutrition for optimal growth and development processes. Proverawati (2012) explained that early childhood health includes promotive aspects in cultivating clean and healthy living behavior (PHBS). A Clean and Healthy Lifestyle should have become a habit for people during the Covid-19 Pandemic. PHBS has been proclaimed for a long time but its application in early childhood groups is still not optimal.

Education on the application of health protocols, the importance of balanced nutrition for children, and clean and healthy living behavior is certainly one of the efforts that can be made to break the chain of transmission and transmission of Covid-19 to children. Education is a process of delivering educational material to educators to educational targets that aim to achieve behavior change (Notoadmojo, 2003). Education providers can increase knowledge about clean and healthy living behaviors for children and their families. Even though currently Banten Province has been declared a safe area from the spread of Covid-19 and most of it is included in the yellow zone, of course, educational efforts aimed at children and their parents are very important to improve children's health during the Covid-19 pandemic.

IMPLEMENTATION METHOD

Optimizing healthy life in early childhood during the Covid-19 pandemic was carried out at RA. Daarul Anwal and RA. Al. Istiqomah in the Singandaru Health Center, Serang Regency. The activity method is community relations through health education to early childhood, in the form of implementing health protocols, balanced nutrition, and clean and healthy living behavior (PHBS).

RESULTS AND DISCUSSION

Community service activities in the form of counseling with the theme "Optimizing Healthy Living in Early Childhood During the COVID-19 Pandemic through Education on the Application of Health Protocols, Balanced Nutrition and Clean and Healthy Behavior (PHBS) in the Working Area of the Singandaru Serang Health Center." has been carried out in 3 phases starting on 13 July 2022 to 11 August 2022. The activity was very well received by early childhood, parents and school teachers. Room for activities or places that have been provided by the agreement during coordination. The rooms used are classrooms (RA.Daarul Anwar) and prayer rooms (RA.Al Istiqomah). Where the room has provided equipment such as a mic and sound system, infocus, screen, and laptop complete with HDMI, making it easier for extension workers to carry out this counseling activity. The children and other invitees sat down in an orderly manner which was then introduced by the instructor to create an intimate and pleasant atmosphere.

The extension activities ran smoothly and the participants were very enthusiastic about paying attention to the material presented. The material that was conveyed was in the form of material on how early childhood to implement Clean and Healthy Behavior (PHBS) both at home and at school. This healthy clean living behavior aims to prevent a person from being attacked by germs that cause infectious diseases, implementing clean living behaviors, such as washing hands with soap before eating and after defecating, covering food and drinks, bathing at least 2 times a day, brushing teeth at least when you wake up and before going to bed, trim and clean your nails regularly. Some of the activities of school children in implementing PHBS at school include bringing provisions from home, snacking at food stalls or school canteens because they are more hygienic, washing hands with clean water and soap, using the latrines at school and maintaining the cleanliness of latrines, participating in sports and physical activities to increase fitness and health of students, eradicating

mosquito larvae at school regularly, monitoring the growth of school children by measuring their weight and height and disposing of trash in its place. The implementation of PHBS in schools by school children, teachers, and the school community, will shape them to have the ability and independence in preventing disease, improve their health, and play an active role in creating a healthy school environment. One of the applications of healthy living during this pandemic is washing hands with soap which has been proven to be effective in preventing transmission of the coronavirus because clean hands after washing with soap can reduce the risk of the virus entering the body. Remember that: without realizing it (people often touch their eyes, nose, and mouth so that it can cause the virus to enter the body. And the coronavirus from hands that cannot be washed can move to other objects or surfaces that are frequently touched such as banisters or escalators, door handles, table surfaces, or even toys that cause the spread of the virus to other people. From the results of the evaluation the children succeeded in implementing PHBS at school, for example by throwing the food waste they ate into the trash can located in front of the class, then most of the children have implemented hand washing, for example after eating and after leaving the bathroom.

Apart from PHBS material, another material is balanced nutrition (the contents of my plate). Children's growth and development are greatly affected by nutrition. Balanced nutrition is very useful as an effort to increase endurance, and memory and also improve children's intelligence. When the child's immune system increases, the child will not be susceptible to disease and the child's development will be more optimal. Early childhood needs to be trained and taught how to choose good food and eat badly. In this case, parents and teachers teach children to see and recognize various kinds of nutritious and non-nutritious foods. If a child does not get nutritious food intake, it will not only hinder brain and physical development but can cause a child to get sick and hinder the learning process. Healthy food arrangements for children are not the same as for adults. Children's daily needs for energy (calories) and other nutrients are very high, especially when your little one has started walking. The concept of a balanced nutritional tumpeng in 2014 was developed into my plate, a one-time meal, including suggestions for consuming vegetables and fruit. The contents of my plate in early childhood is a slogan that describes the portion of food in one plate, namely 35% carbohydrates (in the form of rice, potatoes, cassava, corn, sago, or sweet potatoes), 35% side dishes (in the form of meat, fish, chicken, eggs, beans -beans, tempeh, tofu), and 30% vegetables and fruit (in the form of mustard greens, spinach, kale, carrots, papaya, oranges, mangoes). At the time the evaluation was carried out the children seemed to understand what was on my plate and during the evaluation, most of the contents of the lunches they brought to school were balanced nutritional menus.



Figure 1. Educational Activities in Istiqomah Kindergarten



Figure 2. Health Extension



Figure 3. Education at RA Raudatul Anwar

CONCLUSION

The educational activities provided showed very good results. The education participants have now begun to understand and apply health protocols, food to be consumed, and PHBS both at home and at school. Activities that can already be seen are disposing of trash in its place, then children have started to apply hand washing before and it is difficult to eat during breaks and after playing during recess, then children begin to implement balanced nutritional eating. This can be seen when the lunch menu is open the contents according to the contents of my plate, but the portion that is eaten is still small because on average children do not fully like vegetables. The change that can be seen is that children have implemented wearing masks at school and when doing activities with their friends.

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