

## Building Healthy Living Habits: Handwashing Socialization Using Soap and Flowing Water at SDN Bejalen

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**Abstract.** Clean and healthy living habits, such as washing your hands frequently with soap and running water, are very important to prevent the spread of diseases such as diarrhea and respiratory tract infections, especially in the school environment. This activity is part of efforts to improve overall health. This research aims to evaluate the effectiveness of hand washing socialization in building healthy living habits in the Bejalen Elementary School environment, Ambarawa. The method used involves a participatory approach through education and direct demonstrations. Based on the results of the activity evaluation, students understand the material by being able to answer questions correctly. Thus, integrated hand washing socialization can be a strategic step in increasing the health awareness of students at Bejalen Elementary School as well as encouraging the creation of a hygienic school environment.

**Keywords:** habit; socialization, Society

**Abstrak.** Kebiasaan hidup bersih dan sehat, seperti rajin mencuci tangan dengan sabun dan air mengalir, sangat penting untuk mencegah penyebaran penyakit seperti diare dan infeksi saluran pernapasan, terutama di lingkungan sekolah. Kegiatan ini merupakan bagian dari upaya untuk meningkatkan kesehatan secara keseluruhan. Penelitian ini bertujuan untuk mengevaluasi efektivitas sosialisasi cuci tangan dalam membangun kebiasaan hidup sehat di lingkungan SDN Bejalen, Ambarawa. Metode yang digunakan melibatkan pendekatan partisipatif melalui edukasi dan demonstrasi langsung. Berdasarkan hasil evaluasi kegiatan siswa memahami materi dengan cara dapat menjawab pertanyaan dengan benar. Dengan demikian, sosialisasi cuci tangan yang terintegrasi dapat menjadi langkah strategis dalam meningkatkan kesadaran kesehatan siswa-siswi di SDN Bejalen sekaligus mendorong terwujudnya lingkungan sekolah yang higienis.

**Kata kunci:** kebiasaan, sosialisasi, Masyarakat.

### 1. BACKGROUND

Children who are still in the school stage belong to a group that is more at risk with health problems, so they are more susceptible to illness. This is detrimental to students because it can cause them to have to take permission from school, causing students to miss lessons on that day (Fauzan et al., 2023). Disturbed health conditions are mostly from personal and environmental hygiene, for example brushing teeth health rules, maintaining personal hygiene, especially nails and hair, and getting used to washing hands using soap (Gustina et al., 2018). Schools are educational places that can act as targets for the application of PHBS, so it can be applied more effectively. The reason is that many data show that children in school often experience health problems related to PHBS (Lina, 2016).

Clean and healthy living behavior (PHBS) is an action taken in accordance with rules related to personal health. The main purpose of this lifestyle is to optimize health by slowly

building people's understanding of the importance of clean living. This shows that the role of individuals in maintaining clean and healthy living habits is a very influential part of every day (Anhusadar & Islamiyah, 2020). Clean and healthy living behavior is essentially an educational activity regarding a healthy lifestyle that is carried out personally, in groups, or within the scope of the community using various communication channels to disseminate information. The knowledge presented includes educational material that aims to broaden insights and improve attitudes and habits related to clean and healthy living (Susianti et al., 2022).

The culture of clean and healthy living that is familiarized in the school environment has eight important points, such as exercising regularly, cleaning hands using soap under running water, eating nutritious food, keeping toilets clean, eradicating mosquito larvae in the school area by disposing of garbage in its place, not smoking in the school area, and checking body weight and height regularly. All of these steps need to be carried out well to create healthy lifestyle practices in schools (Lina, 2016). Of the eight, only one of them was taken to be socialized, that is washing hands with soap.

According to a WHO report, as many as 8 out of 10 children face health problems related to infections. This percentage is more prevalent in developing and underdeveloped countries. When compared to ASEAN countries, Indonesia has a relatively high incidence of infectious diseases in children. According to information from the Indonesian Ministry of Health, as many as two-thirds of children in Indonesia are at risk of diseases such as respiratory infections, worms, diarrhea and various other diseases (Ministry of Health, 2019). According to research from the World Health Organization (WHO), the habit of washing hands with soap and running water can help prevent the spread of diarrheal diseases by up to 50%. Properly implemented handwashing with soap and rinsing with running water is also one of the simplest and most successful methods to avoid infectious diseases.

Hand washing is a simple step to avoid disease. Our hands are often a medium for various bacteria to enter the body, so it is necessary to understand the technique of washing hands properly (Amri, 2019). According to Mukminah et al (2016) factors that influence hand washing habits include knowledge, attitudes, support from teachers and friends and the availability of hand washing facilities at school. Students who have good knowledge, positive behavior, and are supported by teachers, friends, and adequate facilities tend to be more consistent in implementing proper hand washing behavior (Wahyuni et al., 2019).

Hand washing behavior has been introduced to children from a young age. Maintaining hand hygiene is very important because hands are often the intermediary that causes germs to

enter the mouth directly, therefore hand hygiene must be maintained consistently, especially before and after preparing food, after defecating, and before and after eating. The use of soap and clean running water is highly recommended when washing hands (Asda & Sekarwati, 2020).

Efforts to equip students with the ability to maintain health should start from a young age by providing an understanding of healthy living such as PHBS in the school environment (Yarnita et al., 2018). Therefore, it is important to implement a handwashing education program at Bejalen Village Elementary School. This community service program aims to increase students' awareness about the practice of a clean and healthy lifestyle through daily hand washing habits, to avoid the emergence of diseases that can interfere with the condition of the body. This is expected to help realize healthier community conditions.

## **2. RESEARCH METHODS**

Community service in this activity was carried out at SDN Bejalen which is a basic education in the Bejalen Village area, Ambarawa District, Semarang Regency. The object of this community service is students in grades 1 - 3 at SDN Bejalen. The selection of students as the object of activity is based on the importance of implementing healthy and clean living behaviors early on in children so that they will grow up with clean living habits. This service activity was carried out on Friday, November 8, 2024. This program is one of the activities in the Real Work Lecture (KKN) of Walisongo State Islamic University Semarang students in 2024.

The methods used during community service activities to socialize PHBS in the form of hand washing using soap are lecture and demonstration methods. The lecture method can be used effectively in the socialization of the importance of hand washing by delivering information orally by a resource person or facilitator in front of participants (Sholahuddin, 1986). The second method is the demonstration method. The demonstration method is a way to show the process of an event or object, including demonstrating certain behaviors, so that students can understand it directly or through imitation. (Sagala, 2017).

The socialization began by providing socialization on the benefits and impacts of hand washing. The socialization was conducted directly using the lecture method. Furthermore, children were given the opportunity to practice how to wash their hands properly and answer the questions given. To help students memorize and practice the steps of handwashing independently, the socialization and demonstration were carried out with the help of handwashing gymnastics accompanied by music. Handwashing gymnastics was chosen as a

service method because by holding gymnastics first, children are more interested in following the flow of activities. Next, the action stage where children directly practice how to wash their hands properly and correctly using soap as done during the hand washing exercise together. Finally, the evaluation stage by reviewing the practice of hand washing after the implementation of the activity, the purpose itself is to find out how far the students' understanding of healthy and clean living behavior, especially washing hands properly and correctly.

In the implementation of community service activities at SDN Bejalen, we use several materials that can help the implementation of these community service activities. The materials used in the socialization of WASHING HANDS properly and correctly using soap at SDN Bejalen are:

1. flowing water
2. Liquid hand soap
3. Handwashing exercise video and music

### **3. RESULTS AND DISCUSSION**

The socialization activities carried out aimed to convey insights for SDN Bejalen students about the steps to wash their hands properly. Knowledge about PBHS is very appropriate when socialized to children because a healthy life starts from a young age (Fauzan et al., 2023). The target of this activity is all students in grades 1 to 3 of SDN Bejalen with a total of 50 participants. In this activity, it is not only socializing hand washing but also providing material related to Clean and Healthy Living Behavior (PHBS) in the school area and its surroundings to create a healthy atmosphere.

This socialization activity is carried out through several stages, including the planning, implementation and review stages. The initial stage is the planning stage, at this stage KKN students start by preparing materials and socialization media in the form of PHBS gymnastics videos which include six stages of washing hands properly and correctly, then KKN students coordinate with the school, namely Mr. Suko Margoto as the principal of SDN Bejalen regarding the licensing of socialization activities that will be targeted at students in grades 1 to 3, After obtaining permission, KKN students prepare socialization equipment in the form of sound systems, mics, door prizes and hand soap, and the last stage of preparation is to prepare a rundown of activities, moderators, presenters, and students involved in the activity.

The second stage is the implementation stage. The implementation of the socialization activity on washing hands with soap will be carried out on Friday, November 8, 2024 at 08.00-09.00. This socialization activity is expected to allow students to apply the correct way to wash their hands with soap to eliminate germs on their hands and implement PHBS in the school environment and the surrounding environment. The activity was opened with remarks from the village coordinator of Bejalen KKN students regarding the importance of healthy living, then the delivery of material delivered by one of the KKN students related to several important points of PHBS such as the definition of PHBS, various types of PHBS and the application of PHBS in the form of washing hands with soap.



**Figure 1:** Documentation of Material Delivery

This activity was continued with 6-step handwashing exercises. According to (Azizah & Masithoh, 2018). Hand washing exercises with songs cause students to be happier and also more interesting. This is in accordance with the situation in the field, namely students are enthusiastic about participating in the gymnastics so that it makes it easier for them to memorize the stages of washing their hands correctly. The last activity of the implementation stage is the practice of washing hands with soap which is practiced by student representatives from each class. Students practice the six steps of proper handwashing according to WHO, starting from running water on the hands, applying soap to the palms of the hands, rubbing and rubbing the back of the hands alternately, cleaning between the fingers, locking the fingertips, alternately rubbing and twisting the thumbs, attaching the fingertips to the palms and rubbing them gently, then rinsing them with clean water and drying the hands (Mikawati et al., 2022).



**Figure 2:** Documentation of Handwashing Practice

The last stage is Evaluation, Evaluation is carried out through a short quiz that tests students' understanding of the benefits and steps of washing hands correctly and provides prizes for students who successfully give quiz answers correctly and correctly. The hope is that students can strengthen the knowledge that has been conveyed. The results of the evaluation showed that most students were able to remember and practice the steps of washing their hands correctly. This activity also received a positive response from the teachers of SDN Bejalen who were happy with the activity and committed to monitoring students' habits in washing their hands in order to create a clean and healthy environment.

#### **4. CONCLUSION**

Clean and healthy living habits help create a comfortable school environment, as well as prevent various communicable and non-communicable diseases. This study shows that the correct implementation of PHBS, as well as a healthy diet, contributes significantly to improving the health status of individuals and families. Factors supporting the success of PHBS include the level of knowledge, access to health information, and the availability of hygiene facilities and infrastructure. However, there are several challenges in implementing PHBS, especially in communities that have limited education and health facilities. Therefore, collaboration between the school and the government, health institutions, and the community is needed to increase awareness and strengthen the habit of implementing PHBS. Continuous education programs, provision of adequate infrastructure, and community-based approaches can be effective strategies to expand the implementation of PHBS, especially in the school environment. Thus, the widespread implementation of PHBS can be the main foundation in realizing a healthy, productive and sustainable society.

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