

The Correlation Between Clean and Healthy Living Behavior Towards Covid-19 Prevention in School-Age Children in Pahonjean 06 State Elementary School, Majenang

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ABSTRACT

Background: Clean and healthy living behavior is a behavior to improve health in order to realize a quality life. Covid 19 is a dangerous disease caused by the Sars-Cov2 virus. One way that can be done to prevent Covid-19 is by implementing clean and healthy living behaviors in everyday life. Objective: This study aims to determine the correlation between clean and healthy living behavior and prevention of COVID-19 in school-age children. Method: The research design is descriptive quantitative correlation with cross sectional approach. The sample in this study was 61 respondents using purposive sampling method and chi square analysis. Results: The results showed a correlation between clean and healthy living behavior on the prevention of covid-19 in school-age children, with a value of $r = 0.009$. Most of the respondents were women with 40 respondents (65.6%) with the age of the respondents being 11 years old. Conclusion: There is a correlation between clean and healthy living behavior and prevention of covid-19 in school-age children at SD Negeri Pahonjean 06 Majenang.

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1. INTRODUCTION

Clean and Healthy Life Behavior (PHBS) is a sort of embodiment of a healthy life orientation in the culture of individuals, families, and communities that seeks to promote, preserve, and safeguard their physical, mental, spiritual, and social health. There are numerous PHBS setups, including Households, Schools, Places of Employment, Health Facilities, and Public Places (Kemensos RI, 2020). In 2019, 82.30% of districts and cities nationwide had PHBS policies, where this number has surpassed the 2019 Strategic Plan goal of 80%. A total of 18 provinces in all have attained 100%. The provinces with the lowest percentage were Papua at 10.34%, East Nusa Tenggara at 27.27%, and West Papua at 38.46% (Kemenkes RI, 2019). The purpose of the PHBS policy is to limit the incidence of infectious diseases. Several disorders associated to PHBS include diarrhea, intestinal worms, typhus, pneumonia, dengue fever, elephantiasis, and the most recent is covid-19. (Kemensos RI, 2020).

COVID-19 creates an illness which targets the human respiratory system. This disease is transmissible from person to person by droplets. Practicing Clean and Healthy Lifestyle (PHBS), such as washing hands with soap, using clean water, and consuming nutritious food, can prevent the spread of this virus. It is hoped that it will serve as the foundation for the creation of the PHBS program; however, clean and healthy living behaviors

among school children during the pandemic still require promotional efforts and infrastructure. (Lestari et al., 2021)

Deaths from COVID-19 in children are very low, but the impact of COVID-19 hospitalization and long-term morbidity in children is significantly greater than previously believed. The frequency of COVID-19 transmission among school-aged children and in schools is significantly higher than indicated by passive case studies, and high infection rates among school-aged children may be a factor in community transmission, leading to an increase in overall cases, hospitalizations, and fatalities (UNMC, 2021). As the start of the 2021-2022 academic year approaches with few face-to-face interactions, we have a considerably better understanding of the dynamics of COVID-19 transmission in the pediatric population and school environment owing to research and experience, as well as the most effective COVID-19 preventative strategies for preserving a healthy school climate for students, school employees, and the larger community. (UNMC, 2021).

According to the World Health Organization, there are a number of PHBS attitudes that can be adopted to reduce and prevent the spread of Covid-19, including always washing hands after and before engaging in activities, maintaining a safe distance, avoiding facial contact, always wearing a mask, avoiding crowds, isolating oneself, or staying at home. The signs even if they are moderate, and maintain a healthy lifestyle (WHO, 2021). According to Regulation of the Minister of Health of the Republic of Indonesia Number: 2269/MENKES/PER/XI/2011, which governs efforts to improve clean and healthy living behavior, or abbreviated PHBS throughout Indonesia by referring to the pattern PHBS management, the Minister of Health of the Republic of Indonesia issues Guidelines for Guidance of Clean and Healthy Life Behavior. All groups of people, including those who are of school age, are required to behave in this way (Karuniawati, 2020).

According to the results of a pilot research carried out at SD Negeri Pahonjean 06 Majenang, which is situated on Jl. Juwono No. 21 Pahonjean, Majenang District, Cilacap Regency, the results showed that there were 63 students in grades 5 and 6, including 39 girls and 24 boys. A 50% student capacity offline learning system that is utilized 3 times a week was used to collect data according to information from the principal and observation data. According to the research results of observations, there is still a lack of awareness among students regarding the practice of Clean and Healthy Living Behavior (PHBS) towards the prevention of COVID-19 in the school environment because there are still students enrolled who do not wash their hands before and after eating and after contact with others, who possess masks but do not use them, who do not maintain a safe distance, especially during breaks, who continue to eat snacks outside of the school, and who continue to have some hankies. The school stated that it constantly encourages students to adopt healthy living practices to avoid COVID-19, but there are still some students who do not follow these guidelines.

Considering the foregoing context, scholars are drawn to doing study under the term "The Correlation of Clean and Healthy Living Behaviors towards The Prevention of Covid-19 in School-Age Children at SD Negeri Pahonjean 06 Majenang

2. RESEARCH METHOD

Quantitative correlation research using a cross-sectional approach is the method used. All of the grade 5 and grade 6 students at SD Negeri 06 Pahonjean Majenang made up the population of the research, making up a total sample of 61 students. Using the purposive sampling techniques, samples were taken. A questionnaire about PHBS indicators and COVID prevention with 25 statements makes up this study tool. The instrument being utilized is the Indonesian version, and it passed the validity test with a score of 0.927 on the Cronbach's alpha scale.

3. RESULT AND DISCUSSIONS

3.1. Univariat

Table 1. Characteristics of respondents (n=61)

Variable	n	%
Gender		
Woman	40	65,6
Man	21	34,4
Age (Year)		
10	13	21,3
Variable	n	%
11	32	52,5
12	14	23,0
13	1	1,6
15	1	1,6

Total	61	100,0
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Table 1 It can be noted that 32.5% of respondents are over the age of 11, making up the majority of respondents, who are female (65.6%).

Table 2. Variable description (n=61)

Variable	n	%
Covid-19 Prevention		
Not Good Enough	38	62,3
Good	23	37,7
Total	61	100,0
Healthy and Hygienic Life-style		
Not Good Enough	33	54,1
Good	28	45,9
Total	61	100,0

From 61 respondents, 38 respondents (62.3%) have a bad COVID-19 preventive category living behavior, which represents the majority of the respondents. 33 respondents (54.1%) of the PHBS were considered to be bad living behavior (Table 2).

3.2. Bivariat

Table 3. Clean and healthy behavior and COVID 19 prevention are related (n=61)

Healthy and Hygienic Life-style	Prevention of covid 19				Total		OR (95% CI)	p-value
	Not Enough	Good	Good		n	%		
			n	%				
Not Good Enough	26	78,8	7	21,2	33	100	4,952	0,009*
Good	12	42,9	16	57,1	28	100	(1,614-15,194)	
Sum	38	50,8	23	49,2	61	100		

Table 3 The Asymp value is shown in table 4. Sig. (2-sided) $0.001 < 0.05$, indicating that H_0 was accepted. The Asymp value showed. Sig. (2-sided) < 0.05 , indicating that there is a correlation between clean and healthy living behavior towards covid-19 prevention in school-age children in Pahonjean 06 State Elementary School, Majenang. The OR value obtained from the analysis is 4.952, which signifies that respondents who practice good clean living had a five-fold increased likelihood of practicing good Covid 19 prevention.

3.3 The Correlation between Leading a Clean and Healthy Life and Preventing COVID-19 in School-Age Children at SD Negeri Pahonjean 06 Majenang

The research's findings demonstrated a substantial correlation between Covid 19 Prevention and Clean and Healthy Living Behavior. According to the bad findings of the PHBS questionnaire, PHBS at SD Negeri Pahonjean 06 Majenang fell into the low group. Such as maintaining a minimum physical distance of 1 meter between each other whether at school or in other public areas on the Covid-19 Prevention questionnaire, which has a low score, and washing hands with clean running water and soap before and after eating, according to the PHBS questionnaire.

As the Covid-19 outbreak continues, it's crucial to stop the spread of the disease. The government has taken numerous steps to help the community break the chain of the Covid-19 virus's spread, including by launching a vaccination program. However, there are still many people, especially children, who are uninterested in prevention efforts and ignore what the government is urging (Amin et al., 2021)

Additionally, according to Dian Hestiyantari's research, there are still some students who refuse to participate in PHBS activities and do not do so since the institution does not provide them with amenities such trash cans and water taps for handwashing (Hestiyantari, 2020).

This statement demonstrates how critical it is to practice healthy living habits in daily life, both at home and at school. One of the methods used to stop the spread of COVID-19 is implementing PHBS behaviour.

4. CONCLUSION

After conducting research on the correlation between clean and healthy living behavior and the prevention of COVID-19 in school-age children, it can be concluded that: 1) the majority of respondents aged 11 years and over were female, 40 respondents (65.6%). 2) there were 38 respondents (62.3%) from COVID prevention at SD N Pahonjean 06 Majenang reporting poor prevention. 3) A total of 33 responses (54.1%) of the children at SD N Pahonjean 06 Majenang had bad clean and healthy living behavior. 4) there is a correlation between clean and healthy living behavior and the prevention of COVID-19 in school-age children at SD Negeri Pahonjean 06 Majenang, with a p-value = 0.009.

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