



The Influence of Health Promotion of Peer Tutors on Clean and Healthy Living Behavior in Schools

Yunita Lestari¹, Has'ad Rahman Attamimi¹, Fitri Setianigsih¹

¹STIKES Griya Husada Sumbawa, Sumbawa, Indonesia

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Corresponding Author:

Yunita Lestari

yunitamudsand92@gmail.com

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Abstract: Clean and healthy living behavior in schools is an effort to empower students, teachers and the school community to know, want, and be able to practice PHBS and play an active role in creating a healthy school. PHBS must be instilled from an early age so that it can be carried over into adulthood. Elementary school children are still relatively young, so they need help from people in their immediate environment, namely parents, teachers and friends. The research aims to determine the influence of peer tutors' health promotion on clean and healthy living behavior (PHBS) in schools. This research uses bivariate analysis to determine the influence of peer tutor health promotion on clean and healthy living behavior (PHBS) in schools using a dichotomous quantitative comparative test with Mc Nemar Test analysis. The results of this research were that the number of students who experienced a change in PHBS behavior from "Not Good" to "Good" was 33 (91.7%) people and no students experienced a change in PHBS behavior from "Good" to "Not Good". Furthermore, of all the students in the sample there were 3 (8.3%) students whose PHBS behavior did not change or remained "Good" behavior.

Keywords: Behavior; Health Promotion; Peer tutoring

Introduction

Health promotion is an effort to improve community capabilities through learning from, by, for, and with the community so that they can help themselves, as well as developing activities that are community-resourced, appropriate to local social culture, and supported by health-oriented public policies.

Minister of Health of the Republic of Indonesia Regulation No. 2269 of 2011 (in Izzati and Dhita, 2020) Clean and healthy living behavior is behavior carried out based on awareness of learning outcomes so that individuals, groups, and communities can help themselves in the health sector and participate directly in realizing public health. The provision of health services has an important role in creating a healthy condition.

National policy in the Long Term Health Development Plan (RPJP-K) 2005-2025 in Healthy Indonesia 2025 in its vision and mission is that the community can reach quality health services and obtain

health insurance. The community gets protection for basic health needs (Bapenas-RI & PKMK-FK-UGM, 2017). With its vision and mission, creating a clean and healthy living environment, increasing the ability of the community to obtain quality health services, and increasing health resources.

PHBS in schools is a collection of efforts implemented by school residents based on awareness to prevent disease, create a clean and healthy environment, and improve health (Wulandari et al, 2022). According to Asrina and Yusriani (2023), schools/educational institutions were chosen as strategic places to provide knowledge about the importance of having a clean and healthy lifestyle, where students are taught to do simple things (for example washing their hands with soap) which have a big impact on health. Apart from that, school-age children, especially elementary school (7-12 years) are at the golden age for instilling PHBS values and they have the potential to become agents of change in promoting health for the surrounding environment so that they can make PHBS a positive habit that is entrenched in the community.

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The PHBS movement has become a benchmark in health development to improve community behavior. An individual's health status is closely related to their behavior, the better their health-related behavior, the better their health status will be. PHBS in schools is an effort to empower students, teachers, and the school community to know, want, and be able to practice PHBS and play an active role in creating healthy schools. PHBS must be instilled from an early age so that it can be carried over into adulthood. Elementary school children are still relatively young, so they need help from people in their immediate environment, namely, parents, teachers, and friends (Kurniawan, et al., 2019).

Nationally, there are 8 indicators used as a measure to assess and determine PHBS in educational institutions, including washing hands with running water and using soap, consuming healthy snacks in the school canteen, using clean and healthy latrines, regular and measurable exercise, and eradicating larvae mosquitoes, not smoking at school, throwing rubbish in the right place, weighing and measuring height (Kurniawan et al., 2019).

Riskedas (2013) shows that there are health problems such as worms, diarrhea, toothache, skin diseases, malnutrition, and others, due to a lack of knowledge about clean and healthy living, which then leads to poor health conditions and quality of life. It was stated by Riskedas (2013) that the prevalence of infectious diseases in Indonesia in the 15-24 year age range consists of diarrhea (7%), malaria (1.9%), and hepatitis (1.2%), one of the causes of which is lack of personal hygiene and clean and healthy living behavior.

The existence of PHBS in a good school certainly requires support in the form of adequate facilities and infrastructure so that it triggers student behavior to create the implementation of PHBS and a supportive environment. This follows the results of research conducted by (Kartika, et al, 2021) which revealed the implementation of PHBS in Schools can run well if they are supported by complete and adequate facilities such as clean water that is not mixed with dangerous substances, availability of a healthy school canteen, the availability of healthy latrines and the provision of rubbish disposal sites.

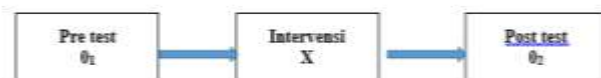
Ministry of Health 2011 (in Hartaty and Maria 2022), Empowerment will be more successful if carried out through partnerships and using appropriate methods and techniques. Extension methods that can be carried out include; Individual counseling, such as home visits, when collecting data on cases, or when residents visit the Community Health Center, group counseling, such as during village meetings, recitation forums, or taklim assemblies, Friday sermons, Sunday sermons, Posyandu visits.

Based on the results of observations carried out at SMP Negeri 4 Sumbawa, it was found that there was rubbish strewn about, the condition of the toilets was not clean, there was a hand washing sink but no soap, the canteen still sold colored drinks and there were no posters about health messages. Based on the results of interviews with the principal of SMPN N 4 Sumbawa, they had never received education regarding PHBS, knowledge about drugs, and the dangers of smoking, students still lacked knowledge of cleanliness in the school area and students also mentioned the lack of education from school health workers.

Based on the description above, researchers are interested in researching on "The Effect of Health Promotion on Clean and Healthy Living Behavior (PHBS) in Class I Students at SMP Negeri 4 Sumbawa Besar in 2022".

Method

This research uses quantitative research methods with a comparative design. According to Azwar (2016). Quantitative research is research in which the data is in the form of numerical (numbers) which are processed using statistical methods to test hypotheses and base the resulting conclusions on an error probability of rejecting the null hypothesis. This research looks at the influence of health promotion on clean and healthy living behavior (PHBS) in female students at SMP Negeri 4 Sumbawa Besar.



Information:

01: Before health education peer tutoring

X: Peer tutor health education is carried out

02: After tutor health education peer

Materials and tools

Tools used by researchers to observe, measure, or assess a phenomenon. In this study, researchers used a questionnaire to determine the influence of peer tutors' health promotion on clean and healthy living behavior (PHBS) in schools.

Population and Sample

Population

Population is a generalization area consisting of objects/subjects that have certain qualities and characteristics determined by researchers to be studied and then conclusions drawn (Sugiyono in Rifiana, 2018). In this study, the population was female students at SMP 4 Sumawa Besar.

Sample

According to Sabri and Hastanto (in Nursa, et al., 2022), a sample is a portion of the population whose values/characteristics we measure and which we will later use to estimate the characteristics of the population. The sampling technique in this research is total sampling. The sample for this study were all students of SMP 4 Sumbawa Besa and met the following criteria:

Inclusion Criteria. Inclusion criteria are the general characteristics of research subjects from a target population that is reached or will be studied. The inclusion criteria in this study were the characteristics of the sample used, namely: (1) Students who are willing to become respondents; (2) Students who were present during the research.

Exclusion Criteria (Criteria That Are Not Eligible for Research). Exclusion criteria are eliminating or removing subjects who meet the inclusion criteria for various reasons so that they cannot become research respondents. The exclusion criteria in this study are samples that are not suitable for research, namely: (1) Students who are not willing to become respondents; (2) Students who were not present during the research

Place and Time of Research

Research Place, this research was conducted at SMP Negeri 4 Sumbawa Besar which is located at Jl. Bayan. This research was conducted in September 2022-August 2023

Sampling Techniques

Sampling was taken by total sampling based on inclusion criteria. According to Sugiyono (in Lestari, 2019), total sampling is a sampling technique where the number of samples is the same as the population because the population is less than 100. The entire population is used as the entire research sample. In this research, all students in class 1 of SMPN 4 Sumbawa Besar.

Data collection technique

Data collection techniques are the most strategic step in research, because the main aim of research is to obtain data, Sugiyono (in Nilamsari, 2014). The data collection techniques used in this research include Document Study, where document study is a data collection technique by studying documents to obtain data or information related to the problem being researched, Sugiono (in Lestari, 2019). Study Documents used in this research were all grade 1 students of SMPN 4 Sumbawa Besar.

Questionnaire

A questionnaire is a formal data collection for subjects to answer questions or statements in writing (Muhyi, et al, 2018).

Data Analysis

The data analysis stage is an important part of achieving research objectives, where the main objective of research is to answer research questions that reveal a phenomenon. The raw data obtained cannot describe the desired information to answer the research problem (Nursalam in Faridah, 2021). Univariate analysis aims to describe each variable, both the independent variable and the dependent variable. The output of the univariate analysis in the research is in the form of a tabulation containing the frequency distribution of knowledge before and after promotion. Bivariate analysis was used to determine whether there was an influence of peer tutor health promotion on clean and healthy living behavior (PHBS) in schools using a dichotomous quantitative comparative test with Mc Nemar Test analysis.

Result and Discussion

Univariate Analysis

$$X^2 = \frac{(A - D - 1)^2}{A + D} \quad (1)$$

Univariate analysis was carried out to see the distribution and mean of respondent characteristics, before and after being given PHBS behavior. According to the results of the study, it can be seen that 13 of the children were female and 23 of the children were male. The frequency distribution is described as follows.



Figure 1. Presentation of Material

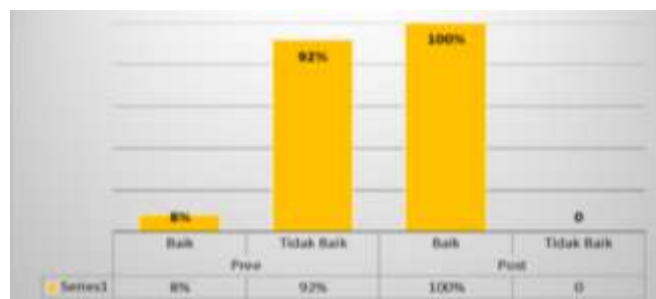


Figure 2. Percentage of research results

Based on the diagram above, 13 (36%) of the students at SMP Negeri 4 Sumbwa are female and 23 (64%) are male.

Bivariate Analysis

The results of the bivariate analysis were used to determine whether there was an influence of peer tutor health promotion on clean and healthy living behavior (PHBS) in schools using a dichotomous quantitative comparative test with the following results:

Table 1. PHBS Behavior Before Intervention and PHBS Behavior After Intervention

PHBS Behavior Before Intervention	PHBS Behavior After Intervention	
	Not Good	Good
Not Good	0	33
Good	0	3
Test Statistics ^b		
N		36
Chi-Square ^a		31.030
Asymp. Sig.		.000
a. Continuity Corrected		
b. McNemar Test		
PHBS Behavior before Intervention and PHBS Behavior After Intervention		

Based on the table above it can be explained:

- Cross-tabulation results before and after treatment. In this case, the number of students who experienced a change in PHBS behavior from "Not Good" to "Good" was 33 (91.7%) people and there were no students who experienced a change in PHBS behavior from "Good" to "Not Good". Furthermore, of all the students in the sample, there were 3 (8.3%) students whose PHBS behavior did not change or remained "Good", while all of the students who behaved "Not Good" before treatment experienced a change in behavior from "No Good" to "Good" behavior after being given treatment.
- Statistical test results. The N value in the output shows the number of respondents, N=36 means the number of respondents was 36 people. Next, based on the output above, a significance **value** or **Asym Sig** is obtained. (2-tailed) is **0.000** which is smaller than 0.05, so it can be interpreted that there is a significant difference in PHBS behavior towards students at SMP Negeri 4 Sumbawa after the education about "PHBS Behavior in Schools".

The results of this research show a clear picture that there was a significant change in behavior in the subjects, before the intervention in the form of health promotion/education was implemented and after the intervention was carried out with a p-value = 0.000. This behavior change is certainly to the research objectives, where researchers hope that there will be changes in behavior that will have a positive impact on clean and

healthy living habits (PHBS), especially in research subjects.

The results of this research are also in line with the results of research conducted by Aisyah, et al (2023) and Saragih an Lita (2022), where providing education or health promotion can increase knowledge and change the subject's behavior to be more positive.

The significant increase in behavioral changes could also be due to the modeling and supporting facilities available. Providing education with sufficient supporting media can also increase a person's interest in participating in the educational process, coupled with the involvement of the school with the supporting facilities provided. Lawrens Green (in Fridayanti and Budi, 2017) revealed that changes in behavior that occur in subjects are also said to be due to predisposing factors which are manifested in knowledge, attitudes, beliefs, beliefs, values of Enabling factors, availability or unavailability of Reinforcing factors facilities, manifested in attitudes and behavior of health workers or from reference groups of community behavior.

Conclusion

Based on existing data, with a confidence level of 91.7%, there is sufficient evidence to say that there is a significant difference in PHBS behavior towards students at SMP Negeri 4 Sumbawa after education on "PHBS Behavior in Schools". There was an increase in PHBS behavior as seen from the results of the number of students who experienced a change in PHBS behavior from "Not Good" to "Good" As many as 33 (91.7%) people and no students experienced a change in PHBS behavior from "Good" to "Not Good". Furthermore, of all the students in the sample, there were 3 (8.3%) students whose PHBS behavior did not change or remained "Good". The N value in the output shows the number of respondents, N=36 means the number of respondents was 36 people. Next, based on the output above, a significance value or Asym Sig is obtained. (2-tailed) is 0.000 which is smaller than 0.05, so it can be interpreted that there is a significant difference in PHBS behavior towards students at SMP Negeri 4 Sumbawa after the education about "PHBS Behavior in Schools".

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Author Contribution

The author hopes that when conducting research there will be changes that occur in the students at SMP 4 Sumbawa, based on the results of this activity, good results will be obtained.

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Conflicts of Interest

The authors declare there are no conflicts of interest related to the research.

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