

Strategies for Introducing Clean and Healthy Living Behaviors for Early Childhood in the New Normal Period

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Received Agustus 02, 2022;

Revised Agustus 30, 2022;

Accepted September. 10, 2022;

Published Online 2022-09-25

Conflict of Interest Disclosures:

The authors declare that they have no significant competing financial, professional or personal interests that might have influenced the performance or presentation of the work described in this manuscript.



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Abstract: The introduction of clean and healthy living is very important for early childhood, especially during the new normal period of Covid-19, children still have to maintain cleanliness and health from various diseases or viruses that exist in the surrounding environment. The purpose of this paper is to determine the strategy of introducing Clean and Healthy Living Behavior (PHBS) in order to obtain an overview and analyze the implementation of clean living behavior in early childhood. The method used in this article is a literature study, for initial preparation in preparing the research framework. Based on the results of previous studies, it was found that the introduction of a clean and healthy life can be done by getting used to a healthy and clean lifestyle by reminding children to eat nutritious foods such as vegetables and fruit, exercising regularly and getting enough rest and doing sunbathing every morning around 10-15 minutes, wash hands with soap, and maintain personal hygiene.

Keywords: Clean and Healthy Living Behavior, Early Childhood, New Normal

How to Cite: Mai Siska, Dadan Suryana. 2022. Strategies for Introducing Clean and Healthy Living Behaviors for Early Childhood in the New Normal Period. *Bisma*, 6 (2): pp. 190-194, DOI: [10.23887/bisma.v6i2.51764](https://doi.org/10.23887/bisma.v6i2.51764)

Introduction

Early childhood is the nation's next generation, awareness of the importance of a quality next generation requires us to equip early childhood with good education so that later they become better future generations. Early childhood education plays an important and decisive role for the further development of children, because early childhood education is the basic foundation of a child's personality. Early Childhood Education (Suryana, 2014) is education that serves children from birth to eight years. Get used to a healthy and clean lifestyle It means giving children activities about healthy and clean life repeatedly so that it becomes a habit (Wiranata, 2020). The main purpose of a clean and healthy lifestyle is to improve health through a process of gradually raising awareness of citizens in understanding the process of clean living, this explanation describes a personal position in maintaining a clean and healthy lifestyle every day (Anhusadar

& Islamiyah, 2020) . Getting used to a healthy and clean lifestyle is not only the responsibility of the teacher but also the responsibility of the parents.

The initial effort to start is with the role of parents and instilling a healthy lifestyle in children. Maintaining a healthy lifestyle is very important from an early age, because children are easily infected with diseases, and children's immune systems are not as good as adults. Not only that, children usually put their fingers in their mouths, whatever they hold and try to eat, they don't know if the objects are dirty or contain bacteria, when children can't maintain their cleanliness and health (Ardiyanto et al., 2020) . Parents determine the choice of quality health services for their children including the food they eat, the physical activities they do, emotional support, and the quality of the environment (Inderan & Wayan Weta, 2018) . Thus, children who have been accustomed to a healthy and clean lifestyle from an early age will grow up well, be fun and be able to adapt to the environment (Wijayanti, 2017).

The Covid-19 pandemic has become a new chapter in human global civilization called the new normal. New normal behavior changes to continue to carry out normal activities but with the addition of the application of health protocols to prevent the transmission of Covid -19. All community activities must reduce physical contact with others, avoid crowds, and work and attend school. However, in the current New Normal period, there is a change in behavior to continue carrying out normal activities while still implementing health protocols to prevent the transmission of Covid-19. New normal is a step to accelerate the handling of Covid-19 in the health, social and economic fields. The new normal scenario is carried out by considering regional readiness and the results of epidemiological research in the related area (Wijoyo, et al, 2020). For this reason, so that learning can be carried out in schools, each school must implement health protocols and also maintain a healthy and clean lifestyle. Based on this statement, it shows the importance of implementing clean and healthy living since early childhood education. So the need for encouragement from any party to introduce a clean and healthy life. By implementing a clean and healthy life, children are expected to be able to The purpose of this literature article is to provide information to readers, the wider community, PAUD educators in the introduction of clean and healthy living (PHBS) strategies including its implementation activities in early childhood.

Method

The methodology used in this article is a literature study. This article contains a literature review on the introduction of Clean and Healthy Living Behavior (PHBS) in early childhood which is reviewed from various literature sources. The purpose of using literature study as a research method is to use literature to obtain data in the field. The sources referred to in this article are various kinds of reference sources such as primary sources (journals, research data, research reports, etc.), secondary sources in the form of books, basic legal regulations and so on. After these references become the basis of thought in making this article. So the next step is to synthesize ideas or solution ideas from various problems that occur from the sources of reference that are collected systematically. So that it is hoped that it will be the best solution that can be displayed to a smart audience in the early childhood education academic community.

Results and Discussion

Definition of Clean and Healthy Life Behavior (PHBS)

Implementation of Clean and Healthy Behavior (PHBS) is a collection of behaviors that are practiced on the basis of awareness as a result of learning. The learning is aimed at making children able to help themselves in the health sector . According to (Anhusadar and Islamiyah, 2021) Clean and healthy living behaviors are all health behaviors that This is done because of personal awareness so that families and all members are able to help themselves in the health sector and have an active role in community activities. In addition, the pattern (PHBS) has the intention of motivating children to play an important role in realizing physical health or body health , in order to realize this, the development of a good health system is carried out. one of the targets for the development of the health environment is none other than schools, because schools are institutions that provide education for children as well as the development of a social environmental health system, (Tabi'in, 2020).

According to Proverawati and Rahmawati (2012: 1), Clean and Healthy Lifestyle (PHBS) is a reflection of a family's lifestyle that always pays attention to and maintains the health of all family members. All health behaviors that are carried out on awareness so that family or family members can help themselves in the health sector and can play an active role in health activities in the community are another meaning of PHBS.

The implementation of PHBS through habituation development includes: praying before and after eating , saying greetings when meeting other people, helping others, cleaning oneself like a toothbrush, pee, and take a shower. Keeping the environment clean, disposing of garbage in its place, carrying out school rules, carrying out worship activities according to the rules, imitating their beliefs, saying thank you if you get something, respecting parents and older people, speaking politely and sweet-faced, going to school right time, cleaning tableware after use, (Julianti , et al, 2018).

Clean and healthy living behavior is one of the supporters of the formation of the quality of physical health of the younger generation. Health education is needed in the stages of forming clean and healthy living behavior. The provision of health education to early childhood is very well done, where early childhood has strong memory abilities so that health education given at an early age will have a great chance of becoming a healthy habit in the next stage of life. Health habits, can be done through health education programs, nutrition, and sports in early childhood . Activating health education through early childhood education (PAUD) programs in the community is one way to improve children's health at an early age. However, this will work well if there is support from early childhood education teachers and the school environment, (Mardiati, 2019).

So it can be concluded that, Clean and healthy living behavior (PHBS) is every attitude that must be applied by every individual in their survival which aims to stay away from various viruses and disease outbreaks. As well as health habits, can be done through health education programs, nutrition, and sports in early childhood . Activating health education through early childhood education (PAUD) programs in the community is one way to improve children's health at an early age.

Strategy for implementing clean and healthy behavior for early childhood

Maintaining health from an early age is very important because children are susceptible to disease and children's immune systems are not as strong as adults (Mardhiati, 2019). Children usually often put what they are holding in their mouths and try to eat, so they do not know if it is dirty, it will make children accustomed to being a reason to live clean (Fatmawati, 2012). Maintaining the health of the school environment focuses on monitoring various diseases or environmental factors that affect children's health (Aulina & Yuli, 2019).

This is very useful to always do so that the health of the body is maintained. However, efforts to create healthy conditions for both the environment and individuals, require concrete steps to achieve it. Planting clean and healthy living behavior through schools is a very strategic step. This is because school children are the next generation of the nation whose health needs to be maintained, improved and protected. In addition, school -age children are children at a young age, namely the age that is in the stage of growth and development so that they are still sensitive to the cultivation of clean and healthy living behavior through education.

According to (Anhusadar and Islamiyah, 2021) Efforts made as school educators include carrying out the situation analysis stage carried out in 2020 in the midst of the Covid-19 pandemic in various ways which include the formation of working groups involving all school personnel and existing stakeholders, making Clean and Healthy Living Behavior (PHBS) policies together, preparing infrastructure to support clean and healthy living behavior programs and conducting evaluations. The program is implemented in schools by starting with program development, conducting supervision, providing socialization in the form of installing banners, pamphlets and making circulars . In addition, instilling values for clean and healthy living behavior (PHBS) to children in accordance with the applicable curriculum (curricular) .

According to Notoatmojo, there are several things that need to be taught to children to: develop healthy behavior, namely maintaining personal and environmental hygiene and keeping things that are harmful to health. Environmental cleanliness is the cleanliness of the place to live, work or play, and public facilities. Children can be taught about environmental hygiene from an early age. The simplest activity that early childhood can do is to put footwear in its place; use footwear when going out of the house; Throw garbage in its place; put dirty drinking utensils in place; cleaning toys; cover the mouth when coughing and sneezing;

stay away from cigarette smoke, waste burning smoke, motor vehicle fumes; and defecate (BAB) and urinate (BAK) in the toilet. In addition, parents can involve early childhood in activities related to maintaining environmental cleanliness such as cleaning toys, sweeping the house, mopping the house, sweeping the yard, and others (Apriliana Kuntoro Astuti, 2016)

PHBS from the Indonesian Ministry of Health consists of household PHBS, school PHBS, general advice PHBS. School PHBS consists of 6 indicators, namely washing hands with clean water and soap when at school, using the latrine when urinating (BAK) and defecating (BAB) when at school, throwing garbage in its place, participating in sports activities, eating snacks at school. school canteens, and not smoking in schools (Ministry of Health 2010). There are 8 PHBS PAUD consisting of 1) washing hands with soap and running water, 2) cutting fingernails and toenails, 3) brushing teeth after eating and before going to bed, 4) eating vegetables and fruit every day, 5) choosing clean and healthy snacks. , 6) throwing garbage in the trash, 7) exercising regularly, 8) and using clean latrines.

PHBS for early childhood still refers to PHBS in educational institutions. 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 realizing healthy schools. PHBS indicators in schools include: washing hands with running water and using soap, consuming healthy snacks in the school canteen, using clean and healthy latrines, exercising regularly and measurably, eradicating mosquito larvae, not smoking at school, weighing and measuring body weight. height every month, throw garbage in its place, (Mardhiati, 2001 9).

So it can be concluded that the strategy for implementing clean and healthy living behavior (PHBS) in early childhood consists of various indicators, namely 1) washing hands with soap and running water, 2) cutting finger and toe nails, 3) brushing teeth after eating and before going to bed, 4) eating vegetables and fruit every day, 5) choosing clean and healthy snacks, 6) throwing garbage in the trash, 7) exercising regularly, 8) and using clean latrines.

Conclusion

In this new normal era, clean and healthy living behavior is very important to be applied by students from an early age in order to provide a basic overview of PHBS and improve other aspects of development for early childhood. As for the school's efforts to introduce PHBS, it begins with making programs, conducting supervision, providing socialization in the form of installing banners, pamphlets and making circulars. In addition, instilling values for clean and healthy living behavior (PHBS) to children in accordance with the applicable curriculum (curricular).

maintain the health of the body, efforts to create healthy conditions for both the environment and individuals are needed, concrete steps are needed to achieve it. Planting clean and healthy living behavior through schools is a very strategic step. The strategy for implementing clean and healthy living behavior (PHBS) in early childhood consists of various indicators, namely 1) washing hands with soap and running water, 2) cutting fingernails and toenails, 3) brushing teeth after eating and before going to bed, 4) eating. vegetables and fruit every day, 5) choosing clean and healthy snacks, 6) throwing garbage in the trash, 7) exercising regularly, 8) and using clean latrines.

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Article Information (Supplementary)

Conflict of Interest Disclosures:

The authors declare that they have no significant competing financial, professional or personal interests that might have influenced the performance or presentation of the work described in this manuscript.

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First Publication Right: BISMA The Journal of Counseling

<http://dx.doi.org/10.23887/bisma.v6i2.51764>

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Word Count:

