

OVERVIEW OF KNOWLEDGE, ATTITUDES AND ACTIONS OF WASHING HANDS WITH SOAP IN PRIMARY SCHOOL AGE CHILDREN IN KAMPUNG HEGAR SARI

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Abstract

Washing hands with soap is one of the Clean and Healthy Behaviors (PHBS). Data from the Central Statistics Agency (BPS) shows that in 2019 the proportion of PHBS has increased by 76.07% and in 2020 the proportion of the population who has the habit of washing hands with soap by region, namely in West Java by 56.8% and in Bogor by 54. ,9%. The approach taken is to provide counseling to elementary school age children. This research is descriptive analytic with cross sectional design, was conducted to study how the description of knowledge, attitudes and actions of washing hands with soap in elementary school age children in Kampung Hegar Sari. The sample in this study was elementary school-aged children who took part in a teaching class of 32 children with the level of knowledge and actions of washing hands with soap in the good category (100%), and (62%) in the sufficient category for Attitude in washing hands.

Keywords: PHBS, CTPS, Elementary School Age

INTRODUCTION

The health problems that exist in society are many and diverse. Healthy living is something that should be applied by everyone, considering the health benefits that are very important for every human being, starting from concentration in learning and activities in daily life certainly require validity, both personal health and the health of children and families. Definition of Healthy Clean Living Behavior (PHBS) is all health behaviors that are carried out due to 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. PHBS is basically an effort to transmit experiences about healthy living behaviors through individuals.

In 2017, Indonesia scored an indicator score of 71.60 out of 100 who had access to basic handwashing facilities and placed Indonesia in 12th place out of 23 countries in the Asian Region. The percentage of PHBS before entering the Covid-19 pandemic period in Indonesia is still relatively low. Based on data from Basic Health Research (Riskesdas) in 2017, the percentage of PHBS implementation in Indonesia is 60.89%, while the percentage of PHBS in Indonesia increased in 2018 by 70.62% and this percentage has exceeded the target implemented by the 2018 Strategic Plan, which is 70%. Meanwhile, data from the Central Statistics Agency (BPS) shows that in 2019

there was an increase of 76.07%. In 2020, the proportion of the population that has the habit of washing hands with soap by region, namely in West Java is 56.8% and for Hand Washing with Soap in Bogor is 54.9%.

PHBS is still a special concern for the government. This can be seen from the placement of PHBS as one of the achievements to improve health in the Sustainable Development Goals (SDGs) 2015-2030 program. In the SDGs, PHBS is a prevention strategy with a short-term impact on improving health in 3 regional settings, namely schools, families and communities. PHBS can be carried out in various social settings, such as households, schools, workplaces and other public places (Ministry of Health 2015 on Indonesian Health Profile 2014). According to Natsir (2018), the PHBS movement is the spearhead for health development in order to improve people's healthy living behaviors. There are 10 PHBS indicators, one of which is Hand Washing with Soap (CTPS) is one of the sanitary health by cleaning hands and fingers using water and soap so that they become clean. Hand washing with soap is a simple, easy, and useful way to prevent various diseases that cause death, which can be prevented with proper hand washing, such as diarrhea and Acute Respiratory Tract Infection (ARI) which are often the cause of death of children. Likewise, Hepatitis, Typhus and Avian Influenza (Natsir, 2018).

According to the World Health Organization (WHO) in 2009, hand washing is a procedure or act of cleaning hands using soap and running water or Hand rub with an antiseptic (alcohol-based). A common handwashing technique is to clean your hands with soap and clean running water. Data from Riskesdas (2018) shows that the behavior and level of knowledge of handwashing in Indonesians is still low, and only 17% of school-age children wash their hands with soap and clean water (Riskesdas, 2018). Where knowledge is the result of knowing and this occurs after people have sensorized a certain object, One of the health benefits to increase knowledge is information that can be obtained from health promotion, which is essentially a tool to convey health information and because these tools are used to facilitate the receipt of health messages for the community, while based on their function as a distributor of health messages, This media is divided into three, namely print media, electronic media and board media (Notoatmodjo 2012).

The Minister of Health of the Republic of Indonesia has made Guidelines for the Development of Clean and Healthy Living Behaviors contained in the Regulation of the Minister of Health of the Republic of Indonesia Number: 2269/MENKES/PER/XI/2011 which regulates efforts to improve clean and healthy living behaviors throughout Indonesia by referring to the PHBS management pattern. These indicators are childbirth assistance by health workers, babies given exclusive breastfeeding, weighing toddlers every month, availability of clean water, availability of healthy latrines, eradicating mosquito larvae, washing hands with clean water and soap, not smoking in the house, doing physical activities every day, and eating fruits and vegetables.

There are still many people who think that washing hands with soap is a trivial activity. They wash their hands simply by putting their hands in water, rinse, finish. Awareness that health must start and be worked on from an early age. An explanation can be given about the importance of washing hands with soap and how to wash hands with soap correctly through health education, by providing health education on washing hands with soap which aims to make children gain knowledge about the importance of washing hands with soap.

RESEARCH METHODS

This type of research is descriptive and analytical With design Cross Sectional, was carried out to study how the description of knowledge, attitudes and actions of washing hands with soap in elementary school age children in Kampung Hegar Sari RT 04 RW 05, which was carried out in September 2021. The population in this study is elementary school age children in RT 04. The sample in this study was all children who participated in a teaching class of 32 children, sampling was carried out by conducting counseling on washing hands with soap in the teaching class. The Sampling Technique uses Probability Sampling with Cluster or Area Sampling. The instrument used is in the form of a questionnaire for data collection, after the data is obtained, the data is processed using descriptive analysis.

RESULTS AND DISCUSSION

Respondent Characteristics

Table 1. Gender Variables

Gender	Frequency	Presentase %	N	Total	%
Male	17	53%	32		100%
Women	15	47%			

Based on the above results from 32 respondents, 17 respondents were male (53%) and female respondents were 15 respondents (47%).

Table 2. Age Variables of Elementary School Children

Age	Frequency	Presentase %	N	Total	%
6 years	9	28%			
7 years	6	19%			
8 years	12	37%	32		100%
9 years	4	13%			
12 years	1	3%			

Of the 32 respondents obtained, 9 respondents were 6 years old (28%), 7 years old as many as 6 respondents (19%), 8 years old as many as 12 respondents (37%), 9 years old as many as 4 respondents (13%) and 12 years old as 1 respondent (3%).

Results of Knowledge, Attitudes and Actions

Table 3. Variables of Knowledge of Handwashing with Soap

Knowledge	Frequency	Presentase %	N	Total	%
Good	32	100%			
Enough	0	0	32		100%
Less	0	0			

Of the 32 respondents had a level of knowledge about Hand Washing with Soap in the Good category.

Table 4. Variables of Hand Washing Attitude with Soap

Attitude	Frequency	Presentase %	N	Total	%
Good	6	19%	32		100%
Enough	20	62%			
Less	6	19%			

Of the 32 respondents, 6 of them had the Good category (19%), while 20 of them were in the Fair category (62%) and 6 of them had the Poor category (19%).

Table 5. Variables of Soap Hand Washing Action

Actions	Frequency	Presentase %	N	Total	%
Good	32	100%	32		100%
Enough	0	0			
Less	0	0			

Of the 32 respondents, all of them already have Good Actions regarding Washing Hands with Soap. The limitations of the research are that the number of samples is limited so that it has not been able to represent the results of the research as expected.

CONCLUSIONS

There are still many people who consider washing hands with soap trivial, including elementary school-age children. The role of parents is very important to provide an understanding of the importance of washing hands with soap from an early age. For this reason, the selected sample is elementary school age children with an age range of 6-12 years. The most respondents were 8-year-olds with 12 respondents (37%) out of 32 respondents.

1. Most of the respondents are elementary school age children with a good level of knowledge and handwashing with soap in the good category (100%), they already know the importance of washing their hands both before or after eating, as well as after handling objects around them.
2. Even though they already have good knowledge and actions about washing hands with soap, in their implementation their attitude to wash hands with soap is only in the category of sufficient (62%).

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