

Overview of Poor Phbs Behavior in Elementary School Students: The Impact of Home and School Environment on Children's Health

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ABSTRACT

Clean and Healthy Living Behavior (PHBS) is a set of actions based on awareness gained through learning, enabling individuals, families, and communities to take care of their own health and actively contribute to creating a healthy environment. PHBS is one of the important indicators in efforts to improve the health level of the community, especially among school-age children. Children who are in school age are a group that is very vulnerable to many health problems, such as respiratory infections, diarrhea, and skin diseases, which are usually closely linked to personal and environmental cleanliness. That's why it's very important to develop clean and healthy habits from an early age. Schools, as educational institutions, play an important role in shaping behavior through learning processes, habit formation, and by providing a supportive environment.

A clean and healthy school environment, along with proper facilities like handwashing stations, clean water supply, and suitable waste disposal areas, is an important factor in supporting the implementation of PHBS. However, the presence of adequate facilities does not necessarily ensure that students will consistently practice clean and healthy lifestyles. This is greatly influenced by the level of knowledge, awareness, attitude, and habits of students in their daily lives.

INTRODUCTION

Clean and Healthy Living Behavior (PHBS) is a set of behaviors that are practiced on the basis of awareness as a result of learning, which allows a person, family, and community to be able to help themselves in the health sector and play an active role in realizing a healthy environment. PHBS is one of the important indicators in efforts to improve the degree of public health, especially in the school-age group of children.

Based on the observation activity carried out on April 20, 2026 at SDN 1 Telaga Biru, it was obtained that in general the condition of the school environment looks clean, neat, and well organized. The school yard seems to be maintained, and not much garbage is found scattered. In addition, PHBS supporting facilities such as hand washing stations are also quite adequate, with the availability of several points equipped with clean water.

However, the results of observations show that the use of these facilities by students is not optimal. There are still students who do not wash their hands before and after activities, and do not maintain personal and environmental hygiene consistently. Some students are also seen throwing garbage out of place. This shows that there is a gap between the availability of facilities and the real behavior of students in implementing PHBS.

The results of interviews with teachers show that the school has so far emphasized academic learning activities and the formation of discipline in general, such as order in the classroom and student attendance. Meanwhile, coaching related to clean and healthy living habits has not been carried out optimally and has not become a structured priority program. The teacher also said that there are still students who need guidance in terms of daily habits, especially related to personal hygiene and the environment.

On the other hand, the results of interviews with students show that some students do not understand the importance of implementing PHBS in a comprehensive and sustainable manner. Some students admitted that they rarely wash their hands before eating or after activities, and still lack discipline in maintaining environmental cleanliness. This shows that the level of knowledge and awareness of students about PHBS is still relatively low.

If this condition is not treated immediately, it can have an increased risk of various health problems in students, which can ultimately interfere with the learning process and reduce the quality of life of students. Therefore, more systematic and sustainable efforts are needed to improve the implementation of PHBS in the school environment.

One of the efforts that can be made is through promotive and preventive activities in the form of socialization or health education about PHBS. This activity is expected to increase knowledge, form positive attitudes, and encourage changes in student behavior to be more concerned about personal hygiene and the environment.

Based on this description, the author is interested in conducting a study on the implementation of PHBS at SDN 1 Telaga Biru and designing interventions in the form of PHBS socialization as an effort to improve clean and healthy living behaviors in students.

Activity Objectives

The objectives of the Clean and Healthy Living Behavior (PHBS) specialization activity at SDN 1 Telaga Biru are as follows: Increase students' knowledge about the importance of implementing Clean and Healthy Living Behaviors (PHBS) in daily life. Increasing students' awareness to be more concerned about personal hygiene and the school environment. Accustoming students to implement clean and healthy living behaviors, such as washing their hands before and after activities and disposing of garbage in its place. Optimizing the use of PHBS supporting facilities that are already available in the school environment, such as hand washing stations. Forming positive attitudes and behaviors of students in maintaining cleanliness consistently and sustainably. Providing health education through socialization activities that are interesting, interactive, and easy to understand for elementary school students. Supporting the creation of a clean, healthy, and comfortable school environment as a place to learn. Prevent health problems in students caused by the lack of implementation of clean and healthy living behaviors. Encourage the active role of students in maintaining personal hygiene, the environment, and being an example for peers.

Benefits of Activities

For Students: Increase students' knowledge about the importance of maintaining personal and environmental hygiene. Forming clean and healthy living habits from an early age. Reduces the risk of developing diseases such as diarrhea, flu, and skin infections. Fostering an attitude of discipline and responsibility towards personal and environmental hygiene.

For Schools: Creating a clean, healthy, and comfortable school environment for the learning process. Supporting school programs in improving students' health degrees. Assisting teachers in fostering clean and healthy living behaviors in a more targeted and structured manner.

For Students: Develop the ability to teach and interact with the community. Improving experience in providing health education to the community, especially school-age children. Develop communication skills, counseling, and promotive-preventive approaches. Apply community nursing science directly in the field.

For the Community: Increase public awareness about the importance of clean and healthy living behaviors. Helping to form a healthier generation so that it has an impact on improving the quality of life of the community.





IMPLEMENTATION METHOD

Assessment Level

The assessment stage is the first step taken to identify real conditions in the field related to the implementation of Clean and Healthy Living Behavior (PHBS) in elementary school students. The assessment was carried out at SDN 1 Telaga Biru on April 20, 2026 with a target of 27 grade 5 students.

The methods used in the assessment included direct observation, interviews with teachers and students, and the distribution of simple questionnaires prepared in language that was easy for children to understand. The questionnaire contained questions related to students' daily habits, such as washing hands, disposing of garbage, maintaining personal hygiene, and basic knowledge about PHBS.

The results of the observation show that the condition of the school environment in general is relatively good. The school yard looks clean and tidy, and supporting facilities such as handwashing stations are available at several points and are equipped with clean water. This shows that in terms of facilities and infrastructure, the school has supported the implementation of PHBS.

However, the results of observations also show that the use of these facilities is not optimal. There are still students who do not wash their hands before and after activities, do not dispose of garbage in its place, and do not maintain personal hygiene.

The results of interviews with teachers show that school activities are more focused on academic aspects and general discipline, so coaching related to PHBS has not been a top priority. Meanwhile, the results of interviews with students show that some students do not understand the importance of PHBS as a whole and are not used to applying it in their daily lives.

Based on all the data obtained, it can be concluded that even though the school facilities and environment are adequate, there is still a gap in the aspects of knowledge and student behavior in implementing PHBS. Therefore, the main problem identified is the lack of knowledge and practice of students related to PHBS, especially in the habit of washing hands.

Planning Stage

The planning stage is carried out as a follow-up to the results of the assessment to determine the steps to be taken in overcoming the problems found. Based on the priority of the problem, it is determined that the low practice of correct handwashing in students is the main focus of the intervention.

The general purpose of this activity is to improve the knowledge and behavior of 5th grade students of SDN 1 Telaga Biru in implementing PHBS. Meanwhile, the specific objectives to be achieved include: students are able to explain the importance of washing their hands, students are able to practice the correct way to wash their hands according to the recommended steps, and students show changes in clean and healthy living behavior in daily life. The educational materials prepared include various aspects of PHBS, including the definition of PHBS, the importance of washing hands using clean water and soap, choosing healthy food, maintaining environmental cleanliness, using clean latrines, regular exercise, and disease prevention through mosquito larvae.

In this stage, educational media is also prepared that is used to support the delivery of material, such as PHBS posters and presentations using PowerPoint (PPT). The selection of this media aims to make the delivery of material more interesting, easy to understand, and able to increase student attention and participation during the activity. With careful planning, it is hoped that socialization activities can run effectively and be able to achieve the goals that have been set.

Organizing Stage

The organizing stage is carried out to regulate the implementation of activities so that they run in a structured and systematic manner. At this stage, tasks and responsibilities are distributed to all team members according to their respective roles, such as the chairman, secretary, treasurer, presenter, and observation team.

In addition to the division of duties, the preparation of the committee structure and the division of tasks are also carried out in the preparation of reports for each chapter. This is so that each member has clear responsibilities and can work effectively in supporting the implementation of activities.

Coordination is also carried out with the school, including the principal and the teacher council, to obtain permission and support in the implementation of socialization activities. Support from the school is very important in creating a conducive atmosphere and facilitating the implementation of activities in the school environment.

With good organization, it is hoped that the entire series of activities can run according to the plan that has been set and achieve optimal results.

Implementation Stage

The implementation stage is the implementation stage of all the plans that have been prepared. The PHBS socialization activity was held on April 23, 2026 at SDN 1 Telaga Biru with a total time of about 55 minutes.

The activity began with an opening, which included greetings, team introductions, and perceptions to find out students' habits related to PHBS. Furthermore, the purpose of the activity was conveyed so that students understand the importance of clean and healthy living behaviors.

At the stage of delivering the material, the presenter explained the meaning of PHBS, the benefits of PHBS, and examples of its application in schools, such as washing hands with soap, disposing of garbage in its place, eating healthy food, using clean toilets, and doing regular exercise. The delivery of material was carried out interactively with the help of poster media to make it more interesting and easy to understand.

The activity continued with a demonstration of the correct handwashing practice according to the six steps, as well as an example of waste sorting. This demonstration aims to make students not only understand in theory, but also be able to practice directly.

Furthermore, discussion and question and answer sessions were held to increase student participation. Students were also given short quizzes as a form of initial evaluation of their understanding. To increase motivation, simple rewards were given to active students. Activity ended with a closing in the form of a summary of the material, the delivery of health messages, and an invitation to implement PHBS in daily life.

Overall, the implementation activities went well and the students showed quite high enthusiasm during the activity.

Evaluation Stage

The evaluation stage was carried out to assess the success of PHBS socialization activities in increasing knowledge, participation, and changes in student behavior.

The evaluation method used included direct questions and answers, short quizzes both oral and written, and observation of student behavior after the activity. The questions given included the definition of PHBS, examples of the implementation of PHBS, and the right time to wash hands.

The results of the evaluation showed that most students experienced an increase in their understanding of PHBS, especially in terms of the importance of washing hands and maintaining environmental cleanliness. Students were also able to practice how to wash their hands properly according to the steps that had been taught.

In addition, the level of student participation during the activity is relatively good, as can be seen from their activeness in answering questions, participating in demonstrations, and engaging in discussions.

However, there are several obstacles faced during the activity, such as students who lack focus and old habits that have not completely changed. This shows that behavior change takes time and continuous coaching.

Therefore, follow-up in the form of repeated education and support from schools and teachers is needed so that the implementation of PHBS can become an inherent habit for students.

RESULTS AND DISCUSSION

Based on the results of the socialization of Clean and Healthy Living Behavior (PHBS) that has been carried out at SDN 1 Telaga Biru, an analysis can be carried out on several important aspects, namely increasing knowledge, changing attitudes, and student behavior after being given educational interventions.

From the results of the initial assessment, it is known that although PHBS supporting facilities in schools are available quite well, such as hand washing stations and a clean environment, students' behavior in implementing PHBS is still not optimal. This shows that there is a gap between the availability of facilities and their use in daily life.

After the socialization activity was carried out, there was an increase in students' knowledge related to PHBS. \This can be seen from the students' ability to answer questions during the evaluation session, such as the definition of PHBS, the importance of washing hands, and examples of clean and healthy living behaviors in the school environment. In addition, students are also able to practice how to wash their hands correctly according to the six steps that have been taught.

In terms of participation, students showed quite good enthusiasm during the activity. This is shown through the activeness of students in participating in demonstrations, answering questions, and engaging in discussions. The use of educational media such as posters and demonstration methods has proven to be effective in attracting students' attention and facilitating the understanding of the material

However, changes in student behavior have not been seen optimally in a short time. Some students still show old habits, such as lack of consistency in washing their hands and disposing of garbage in their place. This is in line with the theory that behavior change requires a continuous process and is influenced by various factors, such as habits, environment, and support from people around them.

Supporting factors in this activity include the existence of adequate facilities and support from the school. Meanwhile, inhibiting factors include the lack of students' habits in implementing PHBS and limited time for socialization.

Thus, it can be concluded that PHBS socialization activities have a positive impact on increasing student knowledge and awareness, but continued efforts and coaching are needed so that behavior changes can be formed optimally.

CONCLUSION

Based on the socialization activities of Healthy Living Behavior (PHBS) that have been carried out at SDN 1 Telaga Biru, it can be concluded that environmental conditions and facilities such as handwashing stations are available, but student behavior in implementing PHBS is still not optimal. After the socialization activity was carried out, there was an increase in students' knowledge about the importance of living clean and healthy, especially in terms of washing hands properly and maintaining the cleanliness of the school environment. Students also showed good participation during the activity and were able to practice the steps of washing hands correctly. However, behavior change takes time where continuous coaching and education from teachers and schools are still needed so that clean and healthy living habits can become stable daily habits for students.

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