

---

**Journal Management of Sport**

**Volume 3 Number 1 (2024)**

**E-ISSN: 2963 – 8003**

available online at <https://jurnal.stokbinaguna.ac.id/index.php/JSSB>

---

**ANALYSIS OF THE ROLE OF PHYSICAL EDUCATION  
IN THE MANAGEMENT OF CLEAN AND HEALTHY LIVING BEHAVIOR  
IN JUNIOR HIGH SCHOOL**

**Heru Kuswantono<sup>1</sup>, Donny Setiawan<sup>2\*</sup>, Wawan Setiawan<sup>3</sup>**

<sup>1 2 3</sup> Universitas PGRI Banyuwangi, East Java, Indonesia

\* Corresponding Author: [donnysetiawaneva@gmail.com](mailto:donnysetiawaneva@gmail.com)

---

**Information**

**Abstract**

---

History:  
Submitted; July 2024  
Revised; August 2024  
Accepted; September 2024

---

Keywords:  
Physical Education;  
Management;  
Clean;  
Healthy;  
Living Behavior;  
Junior High School.

---

---

One important factor that can affect the quality of human resources in supporting the development of a country is the health status of the community. This research uses descriptive qualitative method by describing or describing a social symptom, in other words, this research aims to describe something that is ongoing at the time of the study. The results showed that the lifestyle in class VIII students of SMP N 7 Jember is quite high in understanding clean and healthy living behaviour; lifestyle towards personal hygiene is quite high; lifestyle towards environmental hygiene is quite high; lifestyle towards illness and disease is less high; and lifestyle towards habits that damage Jember's health is quite high.

---

---

Copyright © 2024

**Heru Kuswantono – Donny Setiawan – Wawan Setiawan**

## INTRODUCTION

Sport is one way to improve the quality of Indonesian people through their physicality by building character and personality, discipline, and high sportsmanship, as well as increasing a sense of achievement that can be the pride of the nation (Millah et al., 2018). Sport is very important for humans because it can improve fitness (Lubis & Nugroho, 2020). However, many people do not realize the importance of exercise. One way to improve student fitness in Indonesia is to provide sports and health education (Salsabilla & Jatmiko, 2021). Meanwhile, according to Jonasson (2013) sport is a form of participation in systematic physical activity that aims to express or improve physical and mental health, establish social relationships, or get results in competition at all levels and fields (Ramadan et al., 2023).

Health is a very important need for everyone, regardless of age, gender, ethnicity, or class (Nugraheni et al., 2024). If a person's condition experiences a disturbance that causes illness, there will be consequences of not being able to work, which allows a person to leave work, which ultimately results in a decrease in productivity and income (Herlan et al., 2020). One of the important factors that can affect the quality of human resources in supporting the development of a country is the health status of the community (Fuadaturrahmah & Munawar, 2023). The country will run optimally if its population has a good public health status (Sulistiari, 2018). According to Septianto et al., (2020) everyone must follow all the rules of a healthy lifestyle, because health maintenance will not succeed without changes in attitude and behavior. Starting from ourselves, a healthy lifestyle will automatically follow, and the environment around us will also be healthy. People strive to stay physically and mentally healthy by adopting a healthy lifestyle (Wulan & Syaleh, 2023).

Everyday dietary decisions involve more than just ensuring that a person has enough nutrients to survive or energy to function properly. The field of food choices involves many disciplines, including food science, psychology, sociology, anthropology and nutritional science (Adeningsi & Rusman, 2019). Food choices can also impact the nutrients and other chemicals the body absorbs, which can lead to mortality, morbidity and health (Suarya et al., 2017).

Nutrition is an important part of the growth and development process, and during growth and development, children need nutrients such as protein, carbohydrates, fat, minerals, vitamins, and water (Potter & Perry, 2010). The choice of food and beverages also affects nutrition in the body such as: protein, carbohydrates, vitamins and also mineral water, milk, even energy drinks or ion drinks are also often consumed by the public because they are familiar and easily available. Food, supplements, and also drinks are now developing more and more variants as a support for exercise, advertisements on television as well as social media have many kinds. Sports events are the target of most producers for the promotion of these drinks, it is clear that the public is no stranger to various kinds of energy drinks and ions as well as milk as a body builder.

Food is a daily necessity that is required to fulfill the nutrition needed to fulfill basic human needs. Food habits will shape repeated consumption behavior. People want everything instant because of the fast-paced mindset of society and supported by technological advances (Alfora et al., 2023). The habit of consuming fast food regularly can adversely affect the health of children, adolescents and adults. Excessive consumption of fast food can increase the risk of hypertension, obesity, diabetes and blood fat disorders. In addition, fast food can also damage teeth (Laksono et al., 2022).

Problems in hygiene are also often encountered by those who do sports activities override this, such as not immediately changing clothes exposed to sweat until the clothes are dry, rarely changing the socks they wear. These habits that we often encounter certainly make diseases easily lodged in the body. When I was still in junior high school, PJOK was one of the favorite subjects at school, those of us who liked PJOK considered that this subject was a refreshing from other subjects, some considered it just the same as other subjects, the goal was only to complete the grades. For people outside the realm of school, sports activities are also one of the activities for

refreshing and guyup rukun (Javanese language which means gathering by doing activities with friends to establish friendship).

There are also those who exercise because it has become their hobby but only done in their spare time not by joining a sports club. Some people also do sports activities to maintain or get a good posture or body shape or commonly called bodygoals according to them. As an athlete they do sports activities aimed at developing talent as well as achievement.

## **METHODS**

This research uses descriptive qualitative research, namely by describing or describing a social phenomenon, in other words, this research aims to describe something that is going on at the time of the study. Literally, descriptive research is research that intends to make a description (description) of situations or events. The purpose of qualitative descriptive research is to help readers know what is happening in the environment under observation, what the views of participants are like in the research setting and what events or activities are happening in the research setting.

The instrument used for this research is a questionnaire. Based on the opinion of Ghozali, (2006) “one shoot or measurement once, the measurement is only done once and then the results are compared with other statements or measure the answers between statements”. In this study using a questionnaire used by researchers is a closed questionnaire, because respondents only need to choose one of the answers that have been provided on the answer sheet. The data collection technique is that the respondent only needs to choose one of the options in the answer choice or place in accordance with the questionnaire, directly using a Likert scale.

Population is the whole subject of research (Sudijono, 2013). The population in this study was class VIII SMP N 7 Jember which amounted to 120 students. The sample is part or representative of the population studied. Sampling in this study used purposive sampling technique so that some members of the population were taken to serve as research samples totaling 32 students. The research instrument was in the form of a questionnaire. The research data analysis technique used descriptive analysis with percentages and samples for research, namely in class VIII SMP N 7 Jember to be able to answer research problems. The research was conducted from June 3 to June 15, 2024 and data collection at 08.00 WIB to 10.00 WIB (adjusted to the schedule of PE subjects in class). The research was conducted in class VIII SMP N 7 Jember Jember school year 2023/2024.

Data analysis technique is a tool used to present data in a form that is easier to observe, namely by using descriptive statistics with percentages, so that it will make it easier for researchers to provide answers to the problems that have been formulated.

## **RESULTS & DISCUSSIONS**

### **Results**

The results of statistical analysis of the overall research data on understanding of clean and healthy living behavior in class VIII SMP N 7 Jember in this study were measured by 40 statement items with a score range of 1-4 and obtained data by processing using the help of ms. excel obtained results that can be seen in the following table:

**Table 1:** Statistical Results of Analysis of the Role of Physical Education in Understanding Clean & Healthy Living Behavior

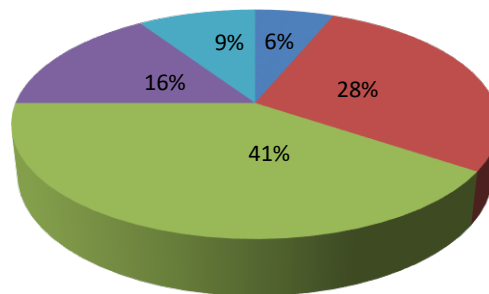
Statistics	Score
<i>Mean</i>	106
<i>Median</i>	107
<i>Std. Deviation</i>	9
<i>Minimum</i>	78
<i>Maximum</i>	118

---

Based on the results of the calculation of the table above, the maximum value is 118 and the minimum value is 78, the mean is 106, the median is 107, the standard deviation is 9. The distribution of the research results will be displayed in tabular form and the percentage is in accordance with the distribution categories as below:

**Table 2:** Statistical Results of Analysis of the Role of Physical Education in Understanding Clean & Healthy Living Behavior

No.	Norm Range		Category	Frequency	%	
1	X	$\geq$	115	Sangat Tinggi	2	6%
2	110,5	$\leq X <$	115	Tinggi	9	28%
3	101,5	$\leq X <$	110,5	Cukup Tinggi	13	41%
4	92,5	$\leq X <$	101,5	Kurang Tinggi	5	16%
5	X	$<$	92,5	Sangat KurangTinggi	3	9%
Total				32	100%	



**Figure 1:** Diagram of Understanding Clean & Healthy Living Behavior towards Personal Hygiene

Based on the distribution table above and presented in the form of diagrams, it can be described as a clean and healthy lifestyle towards personal hygiene with a very high category of 25%; high 25%; quite high 38%; less high 6%: and very less high 6%. these results indicate a lifestyle towards personal hygiene in class VIII students of SMP N 7 Jember is quite high.

Understanding of Clean & Healthy Lifestyle towards Environmental Hygiene

**Table 3:** Statistical Results of Understanding Clean & Healthy Living Behavior towards Environmental Hygiene

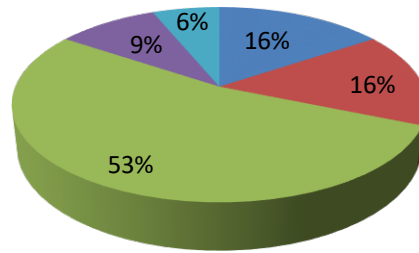
Statistics	Score
Mean	24
Median	24
Std. Deviation	2
Minimum	17
Maximum	28

Based on the results of the calculation of the table above, the maximum value is 28 and the minimum value is 17, the mean is 24, the median is 24, the standard deviation is 2. The distribution of the research results will be displayed in tabular form and the percentage is in accordance with the distribution categories as below:

**Table 4:** Frequency Distribution of Clean & Healthy Living Behavior towards Environmental Hygiene

No	Norm Range		Category	Frequency	%	
1	X	$\geq$	26	Sangat Tinggi	5	16%
2	25	$\leq X <$	26	Tinggi	5	16%
3	23	$\leq X <$	25	Cukup Tinggi	17	53%
4	21	$\leq X <$	23	Kurang Tinggi	3	9%
5	X	$<$	21	Sangat Kurang Tinggi	2	6%
Total				32	100%	

If displayed in diagram form as follows:



**Figure 2:** Diagram of Understanding Clean & Healthy Living Behavior towards Environmental Hygiene

Based on the distribution table above and presented in the form of diagrams, it can be described as a clean and healthy lifestyle towards food and drinks with a very high category of 16%; high 16%; quite high 53%; less high 9%; and very less high 6%. These results show that the lifestyle towards environmental cleanliness in class VIII students of SMP N 7 Jember is quite high. Understanding a Clean & Healthy Lifestyle Against Illness and Disease

**Table 5:** Statistical results of understanding of clean and healthy living behavior towards illness and disease

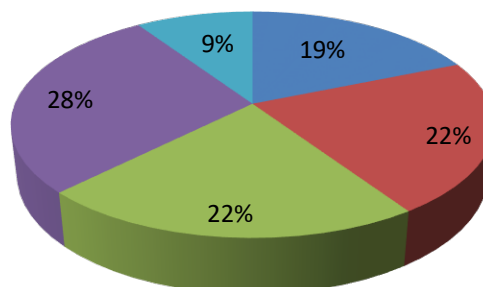
Statistics	Score
Mean	22
Median	22
Std. Deviation	3
Minimum	15
Maximum	27

Based on the results of the calculation of the table above, the maximum value is 27 and the minimum value is 15, the mean is 22, the median is 22, the standard deviation is 3. The distribution of the research results will be displayed in tabular form and the percentage is in accordance with the distribution categories as below:

**Table 6:** Frequency Distribution of Understanding of a Clean & Healthy Lifestyle towards Sickness and Disease

No	X	Norm Range	Score	Category	Frequency	%
1	X	$\geq$	25	Sangat Tinggi	6	19%
2	23,5	$\leq X <$	25	Tinggi	7	22%
3	21,5	$\leq X <$	23,5	Cukup Tinggi	7	22%
4	17,5	$\leq X <$	21,5	Kurang Tinggi	9	28%
5	X	$<$	17,5	Sangat Kurang Tinggi	3	9%
Total					32	100%

If displayed in diagram form as follows:



**Figure 3:** Diagram of Understanding Clean & Healthy Living Behavior Towards Illness and Disease

Based on the distribution table above and presented in the form of diagrams, it can be described as a clean and healthy lifestyle towards food and drinks with a very high category of 19%; high 22%; quite high 22%; less high 28%: and very less high 9%. These results show that the lifestyle towards illness and disease in class VIII students of SMP N 7 Jember is less high.

Understanding a Clean & Healthy Lifestyle Against Habits that Damage Health

**Table 7:** Statistical Results of Understanding Clean & Healthy Living Behavior on Habits that Damage Health.

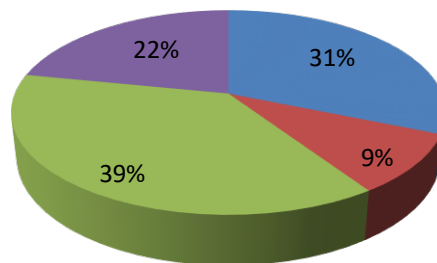
Statistics	Score
<i>Mean</i>	14
<i>Median</i>	12,5
<i>Std. Deviation</i>	5
<i>Minimum</i>	7
<i>Maximum</i>	21

Based on the results of the calculation of the table above, the maximum value is 21 and the minimum value is 7, the mean is 14, the median is 12.5; standard deviation is 5. The distribution of the research results will be displayed in tabular form and the percentage is in accordance with the distribution categories as below:

**Table 8:** Frequency Distribution of Understanding of Clean & Healthy Living Behavior towards Habits that Damage Health

No.		Norm Range		Category	Frequency	%
1	X	$\geq$	19	Sangat Tinggi	10	31%
2	16,5	$\leq X <$	19	Tinggi	3	9%
3	11,5	$\leq X <$	16,5	Cukup Tinggi	13	38%
4	6,5	$\leq X <$	11,5	Kurang Tinggi	6	22%
5	X	$<$	6,5	Sangat Kurang Tinggi	0	0%
Total					32	100%

If displayed in diagram form as follows:



**Figure 4:** Diagram of Understanding Clean & Healthy Living Behavior towards Habits that Damage Health

Based on the distribution table above and presented in the form of diagrams, it can be described as a clean and healthy lifestyle towards habits that damage health with a very high category of 31%; high 9%; quite high 35%; less high 22%: and very less high 0%. These results indicate a lifestyle towards habits that damage health in class VIII students of SMP N 7 Jember is quite high.

### Discussions

The data from this study are intended to describe the results of data collection, namely about respondents' answers to the questionnaire given to 32 respondents. Through the results of the research description, it can be used to analyze the lifestyle of class VIII students of SMP N 7 Jember in the 2023/2024 academic year in understanding clean and healthy living behavior based on predetermined categories so that it can be seen what factors are in the category of very high, high, high enough, less high, very less high. Factor analysis is divided into five, namely factors of understanding clean and healthy living behavior towards food and the environment, clean and healthy living behavior towards personal hygiene, understanding clean and healthy living

behavior towards the environment, understanding clean and healthy living behavior towards illness and disease, understanding clean and healthy living behavior towards habits that can damage health.

Based on various factors that can be seen from the research results, lifestyle in understanding clean and healthy living behavior in class VIII students of SMP N 1 Umbulsari occupies a fairly high category because some students have begun to realize that understanding clean and healthy living behavior can support their achievements.

Students of class VIII SMP N 7 Jember have high enough results of 47%, this indicates that they also pay attention to the food and drinks they consume daily to support their activities such as paying attention to diet, paying attention to food hygiene, paying attention to the nutrients in the food they consume, drinking 6-8 glasses of water per day, consuming ionic drinks to speed up recovery after training, and not leaving food open for too long. Facilities such as the canteen at school also support students' needs such as drinks, fruit and some fresh vegetable menus, side dishes, wrapped snacks that are sufficient for students' nutrition.

Based on the results of research data, students of class VIII SMP N 7 Jember categorized quite high at 38% of several factors of maintaining personal hygiene such as routine bathing 2 times a day, washing hands before eating and after activities, changing clothes after exercise, brushing teeth 2 times a day. Schools, homes, GORs or fields and several public places are also very supportive in terms of facilities, such as bathrooms, water taps in several public places, so that students can use to change clothes or clean themselves.

The factor of understanding clean and healthy living behavior towards the environment such as throwing garbage in its place, always flushing the toilet cleanly after use, not hanging or stacking clothes for too long is one of the supports for good health. The results in this category indicate less high, it indicates that there is still a lack of self-awareness by class VIII students of SMP N N 7 Jember about the importance of protecting the environment. However, the school continues to support with the availability of many trash cans and public places, the school environment also looks beautiful with many trees also very clean and well maintained.

Activities such as always maintaining a healthy body, diligently exercising regularly (3 times a week), a quick response if you are attacked by disease or are injured, namely by treating it. This behavior is a response that is both passive and active related to behavior towards illness and disease. The results of the research on behavior towards illness and disease in class VIII students of SMP N N 7 Jember show that it is not high enough, with the lack of health services and physiotherapists and not maximizing their training activities in their respective clubs further supporting the implementation of an understanding of clean and healthy living behavior towards illness and disease.

Based on the results of the statement which shows a fairly high category in class VIII students of SMP N N 7 Jember, efforts made such as not consuming cigarettes or vapor, not consuming alcohol and narcotics, using jackets or thick clothes when traveling and ensuring adequate and regular rest hours, such as sleeping at least 8 hours per day are always fulfilled. Clean and healthy behavior towards habits that damage health that are carried out to support health is an effort to make a good lifestyle.

## **CONCLUSION**

Based on the results of the study, data obtained where clean and healthy lifestyles during the COVID-19 period of class VIII students of SMP N 7 Jember with a very high category of 6%; high 28%; quite high 41%; less high 16%: and very less high 9%. Clean and healthy lifestyle towards personal hygiene with a very high category of 25%; high 25%; high enough 38%; less high 6%: and very less high 6%. A clean and healthy lifestyle towards food and drink with a very high category of 16%; high 16%; high enough 53%; less high 9%: and very less high 6%. A clean and healthy lifestyle towards illness and disease with a very high category of 19%; high 22%; high enough 22%; less high 28%: and very less high 9%. And a clean and healthy lifestyle towards

---

habits that damage health with a very high category of 31%; high 9%; quite high 35%; less high 22%; and very less high 0%.

### REFERENCES

- Adenengsi, Y., & Rusman, A. D. P. (2019). Hubungan Food Choice Terhadap Kesehatan Mental Pada Remaja di Kota Parepare. *Jurnal Ilmiah Manusia Dan Kesehatan*, 2(3), 410–422.
- Alfora, D., Saori, E., & Fajriah, L. N. (2023). Pengaruh konsumsi makanan cepat saji terhadap gizi remaja. *FLORONA: Jurnal Ilmiah Kesehatan*, 2(1), 43–49.
- Fuadaturrahmah, F., & Munawar, A. Al. (2023). Learning Process Management in Post-Pandemic Early Childhood Education. *Journal Management of Sport*, 1(2). <https://doi.org/10.55081/jmos.v1i2.1781>
- Ghozali, I. (2006). *Aplikasi analisis multivariate dengan program SPSS*. Badan Penerbit Universitas Diponegoro.
- Herlan, H., Praptantya, D. B. S. E., Juliansyah, V., Efriani, E., & Dewantara, J. A. (2020). Konsep Sehat dan Sakit pada Budaya Etnis Dayak Kebahan. *ETNOREFLIKA: Jurnal Sosial Dan Budaya*, 9(1), 24–38.
- Jonasson, K. (2013). *Sport has never been modern*.
- Laksono, R. A., Mukti, N. D., & Nurhamidah, D. (2022). Dampak Makanan Cepat Saji Terhadap Kesehatan pada Mahasiswa Program Studi “X” Perguruan Tinggi “Y.” *Jurnal Ilmiah Kesehatan Masyarakat: Media Komunikasi Komunitas Kesehatan Masyarakat*, 14(1), 35–39.
- Lubis, A. E., & Nugroho, A. (2020). First Aid Training Model for Physical Education Teachers. *TEGAR: Journal of Teaching Physical Education in Elementary School*, 4(2), 73–80.
- Millah, H., Sudjarwo, I., & Subekti, N. (2018). Sosialisasi Aturan Berolahraga Yang Benar Sesuai Dengan Rumus  $\hat{A} \hat{E} \hat{C} \hat{t} \hat{k} \hat{p} \hat{e} \hat{a} \hat{e}$ . *Jurnal Pengabdian Siliwangi*, 4(2).
- Nugraheni, W., Andriyany, S., & Nurudin, A. A. (2024). Physical Fitness Management of Madrasah Ibtidaiyah Students. *Journal Management of Sport*, 2(2). <https://doi.org/10.55081/jmos.v2i2.2191>
- Potter, P., & Perry, A. G. (2010). *Fundamental Of Nursing: Consep, Proses and Practice*. Edisi.
- Ramadan, R., Lubis, A. E., & Abdurrahman, E. (2023). School Health Enterprise Management. *Journal Management of Sport*, 1(2). <https://doi.org/10.55081/jmos.v1i2.1796>
- Salsabilla, A., & Jatmiko, T. (2021). Perbandingan Pemahaman Dan Kompetensi Instruktur Kebugaran Lulusan FIO dan Non FIO tentang Kondisi Fisik. *Jurnal Prestasi Olahraga*, 4(2), 19–28.
- Septianto, A., Wahyu, W., Nurmutia, S., Feblidiyanti, N., & Junaenah, J. (2020). Sosialisasi pentingnya pola hidup sehat guna meningkatkan kesehatan tubuh pada masyarakat desa
-

kalitorong kecamatan randudongkal kabupaten pemalang provinsi jawa tengah. *Dedikasi Pkm*, 1(2), 55–62.

Suarya, L., Rustika, I. M., Astiti, D. P., Lestari, M. D., Indrawati, K. R., & Susilawati, L. K. (2017). Bahan Ajar Psikologi Nutrisi. *Denpasar: Universitas Udayana*. Diakses Di [https://simdos.unud.ac.id/uploads/file\\_pendidikan\\_1\\_dir/1f88d468d269c4fa7e0d559333796dc9.pdf](https://simdos.unud.ac.id/uploads/file_pendidikan_1_dir/1f88d468d269c4fa7e0d559333796dc9.pdf).

Sudijono, A. (2013). *Pengantar evaluasi pendidikan*.

Sulistiarini, S. (2018). Hubungan perilaku hidup sehat dengan status kesehatan pada masyarakat Kelurahan Ujung. *Jurnal Promkes*, 6(1), 12.

Wulan, D. S. A., & Syaleh, M. (2023). The Influence of Education Management on Learning Motivation in Early Childhood. *Journal Management of Sport*, 1(2). <https://doi.org/10.55081/jmos.v1i2.1794>