
Journal Management of Sport

Volume 3 Number 2 (2025)

E-ISSN: 2963 – 8003

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

**SOCIALIZATION OF CLEAN & HEALTHY LIVING
BEHAVIOR MANAGEMENT
FOR THE SCHOOL COMMUNITY**

**Arfa Adha ^{1*}, Salsabilah ², Rahmad Diyanto ³, Aidil Syaputra ⁴, Purwanto ⁵, Agung
Hilmi Wahdi ⁶, Ade Evriansyah Lubis ⁷**

^{1 2 3 4 5 6 7} Universitas Riau, Riau, Indonesia

* Corresponding Author: arfa.adha@lecturer.unri.ac.id

Information

Abstract

History:
Submitted; January 2025
Revised; February 2025
Accepted; March 2025

Keywords:
Clean;
Healthy;
Living;
Behavior;
Management;
School;
Community.

The purpose of this activity is to increase students' knowledge and awareness about PHBS in schools and always apply it in everyday life. The method of implementing Community Service activities is in the form of socialization with the lecture method to participants at SMK Migas Bumi Melayu Riau, then given leaflets about socialization about PHBS in Schools as many as 30 participants. Based on the results of the evaluation of students' knowledge and understanding of PHBS in schools during community service, it shows an increase in knowledge and understanding with a total score of more or equal to 90%. The material presented can be understood by all socialization participants and is felt to be very useful, which in turn can change the behavior of students at SMK Migas Bumi Melayu Riau in a better and positive direction, namely realizing the importance of implementing PHBS in schools and in everyday life. The conclusion is that the increased knowledge and understanding of the socialization participants about PHBS in schools. It is recommended to all participants who do not know and understand about PHBS in schools, so that they can increase their knowledge and understanding of PHBS at SMK Migas Bumi Melayu Riau.

Copyright © 2025

**Arfa Adha – Salsabilah – Rahmad Diyanto – Aidil Syaputra – Purwanto – Agung
Hilmi Wahdi – Ade Evriansyah Lubis**

INTRODUCTION

Education plays an important role and position in the development process (Sayati, 2024). One of these roles is to prepare children to have a role in the future (Suhendy et al., 2023). Education provides opportunities for each child to grow and develop according to their potential, so as to create an accomplished and successful generation (Nurmahmudah et al., 2018). Clean and healthy living behavior (PHBS) aims to increase awareness, awareness, motivation, and capacity of the community to live clean and healthy (Aulia & Suparman, 2023). In addition, it aims to inspire the community as a whole, including the business world and the private sector, to contribute actively to achieve optimal goals (Nabilah et al., 2023). This condition is a useful form of reflection to help the community identify, recognize, and correct problems faced by individuals in the household setting (Sitorus et al., 2022).

The impact that will arise if PHBS is not applied in schools is a decrease in achievement and enthusiasm for learning, reducing the image of the school, as well as an unsupportive learning atmosphere because of the dirty environment, dirty class conditions, the number of unhealthy snacks and unorganized garbage disposal will cause various kinds of diseases (Nazirun et al., 2023). Another impact that will arise is the emergence of diseases such as diarrhea as data from the Indonesian health profile in 2024 the number of diarrhea cases recorded in the range of 7,000,000 cases, with the number of cases that can be handled by the government only in the range of 3,500,000 cases (50%). For Riau Province in 2024 the number of diarrhea cases recorded in the range of 250,000 cases, which were found and handled by the government only in the range of 100,000 cases or only 40%. Data from the health profile of Pekanbaru City in 2024, the number of diarrhea cases in Pekanbaru City in 2024 recorded in the range of 50,000 cases. This number is a potential outbreak disease that is often accompanied by death.

Based on data from the Ministry of Education and Culture in 2024, two out of five education units at all levels (40%) or equal to 250,000 education units do not have handwashing facilities equipped with soap and running water, the gap in access to hygiene facilities in education units is still very high. In urban areas, almost 1 in 2 education units (50%) have access to handwashing facilities with soap and running water. In contrast, in rural areas about 3 out of 8 schools or 30% have access or hand hygiene. Based on the results of a preliminary survey conducted by researchers at SMK Migas Bumi Melayu Riau through observations and interviews with the school, it was found that the garbage disposed of was not selected and was still disposed of in the same place, this shows that the attitudes and actions of students are still not optimal in the application of PHBS and students' responses that PHBS is very important for health are also quite slow (Suskha et al., 2024).

The results of the research conducted by the researcher obtained information that the students and students have not optimally implemented the implementation of PHBS in schools, due to several influencing factors, one of which is knowledge about PHBS and indicators of PHBS in schools, resulting in health problems, such as diarrhea (Hotima, 2020). In other words, students' knowledge and awareness are still minimal about the importance and necessity of implementing PHBS in schools. Therefore, the extension worker will socialize about PHBS in schools. So that the purpose of this activity is to increase the knowledge and understanding of students about PHBS at SMK Migas Bumi Melayu Riau School.

The gap between existing reality and desired expectations is a problem. Therefore, every problem needs to be solved through the best solution. Based on the background, it is known that there is an incidence of diarrheal disease, due to the low knowledge of students about PHBS at school, so the formulation of the problem is that the socialization of PHBS in schools is not optimal (Nurfadillah, 2020).

METHODS

The implementation of Community Service (PKM) activities carried out in the form of socialization or counseling using lecture and demonstration methods. This activity aims to provide a deeper understanding of a clean and healthy lifestyle (PHBS) to students at SMK Migas Bumi Melayu, Riau. This activity involved 40 students who were the main target of this extension program. In its implementation, the participants were given the opportunity to interact and ask questions about the material presented, so as to deepen their understanding of the importance of maintaining health and hygiene in everyday life.

The equipment used in this activity included leaflets containing important information about PHBS and an attendance list to record the participants' participation. The leaflet was designed with easy-to-understand language and covered all indicators of PHBS that are important to implement in the school environment. The materials presented refer to the guidelines from the Ministry of Health of the Republic of Indonesia (Kemenkes RI), which explain the various indicators of PHBS that should be implemented in schools.

Some of the PHBS indicators explained in the material include Handwashing with Soap (CTPS), the importance of consuming healthy snacks or food, and the obligation to dispose of garbage in its place. In addition, students are also taught to exercise or do physical activity regularly, as well as weigh themselves and measure their height regularly every six months. This aims to monitor their physical growth optimally.

Other indicators that are also socialized are freeing themselves from cigarette smoke, maintaining the cleanliness of the school environment by disposing of large and small water in the school latrines that have been provided, and eradicating mosquito larvae to prevent the spread of vector-borne diseases such as dengue fever. With this socialization, it is hoped that students will not only understand the importance of maintaining personal health, but also be able to apply a healthy lifestyle in daily life at school.

RESULTS & DISCUSSIONS

Results

Recapitulation of the attendance list data of 40 students, the results showed that 50% were female and 50% were male and the average age of participants was 16 years to 19 years. Based on the results of socialization activities in the form of health education about PHBS in schools in order to improve the ability of students to apply PHBS indicators so that they can have healthy and comfortable conditions and avoid disease while studying at school. Evaluation of the results of the implementation of activities is measured using questionnaires about knowledge and actions about PHBS in schools. Based on the results of the evaluation of students' knowledge about PHBS in schools during community service, students showed an increase in knowledge and understanding of the material provided. This was addressed by oral questions after the counseling was given, and could be answered by the socialization participants, compared to the reaction when extracting how far the students' knowledge of PHBS in Schools at the time before and at the beginning of the socialization was given. The material presented can be understood by all socialization participants and also the material provided is felt to be very useful.

Discussions

Socialization of PHBS in schools is an educational approach to be able to increase students' knowledge and understanding and can change students' behavior and attitudes in the form of positive behavior, namely increasing students' awareness and knowledge so that they can practice Clean and Healthy Living behavior in their daily lives (Meiwanda et al., 2022) (Priono et al., 2022) (Farhaini et al., 2022) (Hijriani et al., 2022). Health counseling is a planned effort to disseminate information and generate confidence so that people are aware, know and are willing to provide information that is expected to improve health, prevent disease and maintain health. Indicators of Clean and Healthy Living Behavior (PHBS) in Schools according to the Indonesian

Ministry of Health, namely: 1) Wash hands under running water and use soap. Use running water from a sink or tap to wash your hands. This is necessary to end the practice of washing hands in a basin. Using soap also aims to remove germs and bacteria. Use a towel or cloth that is changed frequently during the day to dry your hands. You can also use paper towels. Healthy living starts with washing your hands with soap; 2) Eat healthy snacks in the school canteen. Episodes of food poisoning in schools are still common. Eating unhealthy food can cause a number of diseases, especially in the digestive system. Snacks from the school canteen are definitely tastier for you, cleaner and more nutritious. In addition, designated areas in the school canteen should have running water and soap to clean hands. Teachers at school should also pay attention to the various snacks that students eat and how they snack. Trying to maintain a healthy lifestyle often means bringing supplies from home; 3) Using clean and healthy latrines. Latrines that do not contaminate water are considered clean. There should be a minimum distance of ten meters between the septic tank and the well, and waste should not be discharged into ponds, lakes, rivers, or the sea. Peeing in gardens or yards can contaminate topsoil, so avoid doing so. A healthy and clean latrine should be insect-free, safe, odorless, and easy for users to clean. To avoid appearing disrespectful, latrines need to have doors and walls; 4) Regular and measured exercise. Schools already provide a number of sports facilities. To encourage young people to be more active, these facilities should be fully utilized. By incorporating green areas into the school environment, instructors and students can participate in cooperative sports activities that will enhance everyone in the school; 5) Eradicate mosquito larvae. Mosquito Nest Eradication (PSN) can be completed (burying used items, draining water reservoirs, and covering water reservoirs) at least 3M. To disrupt the life cycle of mosquitoes, mosquito nest eradication activities must be carried out at least weekly. The implementation of PSN Jumantik School Children and Mosquito Nest Eradication (PSN), also known as jumantik cadres, is intended to support government efforts in this regard; 6) No smoking in schools. According to Law No. 36 of 2009 paragraph 115 on Health, there are 7 No Smoking Areas (KTR), namely health facilities, education and learning process areas, children's playground areas, places of worship, transit hubs, business locations, and public places. Schools are another KTR sector that requires careful implementation. If necessary, sanctions will be imposed to prevent students from smoking in schools; 7) Weighing and measuring height every month. Every month, each student's weight and height are weighed to determine their health and nutrition. If a student's malnutrition is verified, schools and medical institutions can work together to provide supplementary food. Physical exercise can be a way to restore nutritional status if a child is found to be overweight; 8) Dispose of garbage in its place. Garbage is sorted into three groups: B3, Non-Inorganic, and Organic (Hazardous and Toxic Materials). Vegetables, fruits, leaves, and food waste are all considered organic waste for green bin purposes. Paper, plastic, and mica are examples of non-organic waste that goes into the yellow bin. Hazardous waste, on the other hand, is a mixture of glass, cans, metals, batteries, bottles, and glass that goes into the red bin. Students who just want to receive or know the existence of PHBS facilities but do not want to act or practice using PHBS facilities can have an impact on this attitude. To complete their PHBS, students will continue to obey their teachers' instructions and use the available resources. According to theory, practice, or action, especially guided response, is what happens. Using the cut-off point approach, PHBS was categorized. If the mean/median value is considered to have very good PHBS, and if the mean/median value is considered to have very good PHBS, it is considered to have very good PHBS.

CONCLUSION

The results of community service activities can be concluded that the socialization participants know and understand about PHBS in schools. And can increase the knowledge and understanding of participants by 90%. It is hoped that the results of this activity can increase knowledge and understanding of PHBS in schools, then be applied optimally and can support government policies in achieving optimal health status, so as to achieve the quality of Indonesian

people. As well as the entire school community, in order to further improve counseling about PHBS in the formal education environment routinely both in general from health institutions and from schools in particular, so that it can change behavior by wanting to carry out the government's appeal by implementing PHBS in the school environment.

REFERENCES

- Aulia, S., & Suparman, A. (2023). Sosialisasi Perilaku Hidup Bersih dan Sehat (PHBS) pada Anak Usia Dini di SPS Teratai Kelurahan Soklat Kecamatan Subang Kabupaten Subang. *Abdimas Galuh*, 5(1), 259–267.
- Farhaini, A., Puspitasari, C. E., & Ridwan, S. (2022). Sosialisasi perilaku hidup bersih dan sehat pada tingkat remaja di Pondok Pesantren Nurul Hakim Kediri. *Jurnal Pengabdian Magister Pendidikan IPA*, 5(4), 274–277.
- Hijriani, B. I. H., Pertiwi, A. D., & Suhada, A. (2022). Sosialisasi Penerapan Perilaku Hidup Bersih Dan Sehat Pada Masyarakat Desa Lantan, Nusa Tenggara Barat. *Jurnal Pengabdian Masyarakat Sehati*, 1(1), 27–32.
- Hotima, S. H. (2020). Perilaku hidup bersih dan sehat era new normal. *Majalah Ilmiah Pelita Ilmu*, 3(2), 188–205.
- Meiwanda, G., Untsadewan, Q. N., Paulina, R., Cahyani, S. I., Bashiroh, A., Lilian, D., Salsadila, D., Silalahi, C. D., Rahmana, Z. A., & Hakim, A. N. (2022). Edukasi penerapan perilaku hidup bersih dan sehat di sekolah untuk menghadapi Era New Normal. *Unri Conference Series: Community Engagement*, 4, 73–77.
- Nabilah, F. A., Firdaus, M., Naharuddin, A., Febriansyah, B. R. D., Ikbar, M. B., & Wahyudi, K. E. (2023). Sosialisasi dan Pelaksanaan Aksi Perilaku Hidup Bersih dan Sehat (PHBS) sebagai Wujud Edukasi Masyarakat terhadap Penyakit Stunting di Desa Pohsangit Leres. *KARYA: Jurnal Pengabdian Kepada Masyarakat*, 3(2), 164–169.
- Nazirun, N., Sari, M., & Kumalaricyi, C. (2023). Sosialisasi Dan Perilaku Hidup Bersih Dan Sehat (PHBS) Pada Masa Adaptasi Baru (New Normal) Di Lingkungan Siswa/i SMP Negeri 8 Pekanbaru. *Jurnal Pengabdian Mandiri*, 2(11), 2279–2284.
- Nurfadillah, A. (2020). Perilaku Hidup Bersih dan Sehat di Sekolah Pada Masa Adaptasi Kebiasaan Baru (New Normal). *Jurnal Pengabdian Kesehatan Masyarakat*, 1(1), 1–5.
- Nurmahmudah, E., Puspitasari, T., & Agustin, I. T. (2018). Perilaku hidup bersih dan sehat (PHBS) pada anak sekolah. *ABDIMAS: Jurnal Pengabdian Masyarakat*, 1(2), 46–52.
- Priono, J., Rahman, A., & Stevani, M. (2022). Sosialisasi Pola Hidup Sehat dan Senam Kebugaran Jasmani (Skj) Pada Siswa SMK Negeri 1 Perbaungan Kabupaten Serdang Bedagai. *Journal Liaison Academia and Society*, 2(4), 125–131.
- Sayati, D. S. (2024). -Sosialisasi Tentang Perilaku Hidup Bersih Dan Sehat (Phbs) Di Sekolah. *Khidmah*, 6(2), 224–232.

- Sitorus, M. D., Sinaga, S. K. B., Yupika, Y., Efalingga, Y., Khunaivi, A. S., Nurhasanah, A. S., Elvira, E., Suratman, R. S., Firdausi, A. J., & Cania, W. (2022). Sosialisasi perilaku hidup bersih dan sehat (PHBS) sebagai upaya meningkatkan kualitas kesehatan masyarakat di Kelurahan Batu Panjang Rupal. *Jurnal Abdi Masyarakat Indonesia*, 2(5), 1479–1488.
- Suhendy, H., Putri, D., Putri, L. D., Ameliya, L., Sabrina, N. K., & Yuniar, P. (2023). Sosialisasi perilaku hidup bersih dan sehat (PHBS) di lingkungan Sekolah Dasar Negeri 01 Bantar. *Indra: Jurnal Pengabdian Kepada Masyarakat*, 4(2), 90–94.
- Suskha, F., Sugiarta, C., Octavia, A. L., Putri, M. R., Rosdiyanti, D., & Wulandari, F. A. (2024). “Sekolah Sehat”: Sosialisasi Tentang Perilaku Hidup Bersih Dan Sehat Di Sekolah. *SEMAR: Jurnal Sosial Dan Pengabdian Masyarakat*, 2(4), 50–58.