

# The Effect Of Health Promotion On Clean And Healthy Living Behavior(CHLB) "Handwashing With Soap" To School Children Using Various Methods And Media

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## Abstract

CHLB is a collection of behaviors that are carried out on the basis of individual awareness in order to prevent the emergence of health problems. Improving correct hand washing behavior (washing hands using soap and running water) is one of the four keys to CHLB activities in increasing achievement health degree. Childhood is a very important period in the process of developing and forming a personality to become a person who can be responsible for oneself and socially. In addition to act as a place of learning, school can also be a danger of disease transmission if they are not managed properly. besides that, school age for children is also a time prone to various diseases Clean and Healthy Living Behavior (CHLB) is one part of the development of health promotion for school children. The origin of the word media comes from medius which means middle, intermediary or introduction. Media are all channels and forms that can be used to convey information and messages. Providing methods and also media helps school children to more easily learn the knowledge that has been given. Washing hands with soap can kill as much as 73% of germs and is more effective at killing disease germs than using a hand sanitizer which only kills as many as 60% of germs. Every year an average of 100 thousand children die from diarrhea, washing hands with soap can reduce diarrhea rates by up to 47% From the several interventions that have been given, it was found that there was an increase in clean and healthy living behavior (CHLB) "washing hands with soap" after being given the intervention. Health promotion influences changes in clean and healthy living behavior (CHLB) regarding hand washing with soap for school children.

*Keywords:* CHLB, Handwashing, Health promotion, Children

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## Introduction

Behavioral factors, health services, environment, and heredity greatly influence health problems <sup>[1]</sup>. The achievement of public health degrees can be achieved, one of which is by carrying out a Clean and Healthy Behavior (CHLB) program. Improving correct hand washing behavior (washing hands using soap and running water) is one of the four keys to CHLB activities in increasing achievement health degree. Washing Hands with Soap is an act of hygiene by cleaning hands and fingers using running water and soap so that hands are clean <sup>[2]</sup>. The CHLB program is an effort made to provide a learning experience or create conditions for families, individuals, groups and communities, biased by opening lines of communication, conducting education and providing information, in order to improve attitudes and behavior, knowledge, bias through atmosphere building (Social Support), leadership approaches (Advocacy), and community empowerment (Empowerment). CHLB is a collection of behaviors that are carried out on the basis of individual awareness in order to prevent the emergence of health problems. CHLB is practiced based on awareness and learning outcomes, which enables families or individuals to help themselves in the health sector and can play an active role in realizing the health of their community. CHLB policy is an important component in an area as an indicator of regional success, to reduce the incidence of diseases that can be caused by unhealthy behavior<sup>[3]</sup>.

Childhood is a very important period in the process of developing and forming a personality to become a person who can be responsible for oneself and socially <sup>[4]</sup>. In addition to act as a place of learning, school can also be a danger of disease transmission if they are not managed properly. besides that, school age for children is also a time prone to various diseases <sup>[5]</sup>. Various types of diseases can come as a result of poor health behavior in children. Some of these diseases such as ARI and diarrhea, these two diseases are the main causes of child death. School-age children are vulnerable to various diseases, especially those related to the stomach, such as worms, diarrhea, and others. The habit of children not washing their hands with soap before eating and consuming snacks freely will result in various disease-causing germs easily entering the body, because hands are the part of our body that is most polluted by dirt and germs <sup>[6]</sup>. School-age children have less awareness about good and correct hand washing with soap. Usually, school-age children only understand that washing their hands is just using water and their hands are wet, even though washing their hands

with water alone still leaves germs on their hands, so that cannot be said to be washing hands properly and correctly [7].

Clean and Healthy Living Behavior (CHLB) is one part of the development of health promotion for school children [8]. The origin of the word media comes from *medius* which means middle, intermediary or introduction. Media are all channels and forms that can be used to convey information and messages. Media is needed to carry out health promotion to become an intermediary between students and extension workers, but the use of media also cannot be used arbitrarily, which means that the suitability of the media must really be considered, namely between the characteristics of students, the material to be delivered, and the existing situation [9]. Props or media in carrying out health promotion can be interpreted as a tool for carrying out health promotion that can be heard, seen, felt, touched or smelled, in order to facilitate communication and information dissemination [10].

The purpose of health promotion is washing hands with soap because washing hands with soap can kill as much as 73% of germs and is more effective at killing disease germs than using a hand sanitizer which only kills as many as 60% of germs [18]. Every year an average of 100 thousand children die from diarrhea, washing hands with soap can reduce diarrhea rates by up to 47% [19].

### **The Influence Of Health Promotion Of Handwashing With Soap To School Children Using Various Methods And Media**

Selection of a media to carry out and attract interest in carrying out health promotion is something that can make it easier to convey information and help encourage students to know and understand the message conveyed [11]. The following are the results of a study on hand washing health promotion conducted by several researchers using the methodology:

1. Through the sorogan and peer education methods, it was found that there was an increase in hand washing behavior, but the sorogan method experienced faster behavior changes than the peer education method [10].
2. Media booklets can be an effective choice that can be used in health promotion activities because they can providing health information in the form of a book containing pictures and writing. Based on the results of the study, it showed that there was an increase in students' knowledge after being given an intervention in the form of health promotion using video media, this increase was indicated by an

- increase in knowledge scores. In providing health promotion interventions with booklet media it was also successful in increasing student knowledge <sup>[12]</sup>.
3. Games as a medium for providing learning can bring joy to children, snakes and ladders games about hand washing can instill values about hand washing habits and are applied in hand washing practices at schools, from the results of interventions in the form of snakes and ladders games, the percentage from the practice of hand washing there is an increase <sup>[13]</sup>.
  4. There was an intervention in the form of using the hand washing demonstration method while singing using a hand washing song, the result was an increase in the attitude of the respondents about hand washing behavior, this increase was influenced by the knowledge of the respondents who also experienced an increase <sup>[14]</sup>.
  5. Changes in handwashing practices and knowledge obtained are the result of providing health promotion using the singing method. The singing method is one method that is very fun for children, so that children become more creative and active, as well as the lessons given are more effective for children to accept. In addition, the practice of washing hands using the singing method allows children to directly practice the interventions that have been given, so that the material provided is more easily accepted by children <sup>[15]</sup>.
  6. Counseling was carried out using demonstration and lecture methods, using power point media and leaflets which were then carried out by practicing washing hands using soap and running water, giving results. The level of behavior and knowledge of children has increased after being given interventions in the form of counseling and demonstrations and practicing washing hand <sup>[16]</sup>.
  7. Health promotion by using video media and leaflets, the results of increasing knowledge were obtained after carrying out health promotion interventions by washing hands with soap <sup>[7]</sup>.
  8. Through the provision of health education and demonstrations of washing hands with soap properly and correctly, it can increase students' abilities and knowledge to change behavior in washing hands with soap properly <sup>[17]</sup>.
  9. There is a significant difference in the level of knowledge before and after being given counseling about handwashing with Soap with the Audiovisual method <sup>[9]</sup>.

## Conclusion

From the several interventions that have been given, it was found that there was an increase in clean and healthy living behavior (CHLB) "washing hands with soap" after being given the intervention. Health promotion influences changes in clean and healthy living behavior (CHLB) regarding hand washing with soap for school children. Providing methods and also media helps school children to more easily learn the knowledge that has been given.

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