
THE RELATIONSHIP BETWEEN KNOWLEDGE AND ATTITUDES WITH THE PRACTICE OF CLEAN AND HEALTHY LIVING IN RANCAGOONG TANJUNGWANGI VILLAGE, TANJUNGMEDAR DISTRICT, SUMEDANG REGENCY IN 2022

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ABSTRACT

PHBS in schools is an activity to empower students, teachers and the school community to adopt a healthy lifestyle to create healthy schools. This study aims to determine the relationship between knowledge and attitudes with clean and healthy living practices at SD Negeri Rancagoong, Tanjungwangi, Tanjungmedar, Sumedang in 2022. This type of research is cross sectional. The population in the study was all school residents at SD Negeri Rancagoong with a total of 127 people, and the research sample found 56 respondents. The instrument used by distributing questionnaires to respondents. Data were analyzed using chi square. It was found that there was a relationship between knowledge ($p = 0.006$) and attitudes ($p = 0.007$) with the practice of PHBS in schools. There is a significant relationship between knowledge and attitudes with PHBS practices in schools. For school residents to be able to apply Clean and Healthy Behavior (PHBS) in the school environment.



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1. INTRODUCTION

Clean and healthy living behavior PHBS is one of the national policies, namely health promotion to support the achievement of the vision of a healthy Indonesia (Kemenkes RI, 2004). Health development is aimed at realizing healthy, intelligent and productive human beings. Health needs to be maintained, maintained and improved by everyone (Depkes 2007)

PHBS in schools is a set of behaviors practiced by students, teachers and the school community on the basis of awareness as a result of learning, so that they can independently prevent disease, improve their health, and play an active role in creating a healthy environment (Aswandi, 2017). There are several indicators that are used as a measure to assess Clean and Healthy Living Behavior in schools, namely: wearing clean and neat clothes, Keeping hair clean and tidy, keeping nails short, wearing clean and neat shoes, exercising regularly and measuredly, not smoking. at school, not using illegal drugs, eradicating mosquito larvae, using clean latrines and senate, using clean water, washing hands with running water and using soap, disposing of garbage

in segregated places (dry, wet, and dangerous waste), consuming snacks healthy people in a healthy canteen and weigh their weight and TB every month to the nearest health service place (Yuningsih, 2019).

1.1. Data analysis

The implementation of PHBS in schools is an absolute necessity along with the emergence of various diseases that often attack school-age children (6-12 years) such as intestinal worms, diarrhea and acute respiratory infections (ARI). According to the World Health Organization (WHO, 2016) the incidence of diarrhea is often associated with polluted water sources, inadequate sanitation and poor hygiene practices, as many as 100,000 Indonesian children die from diarrheal diseases each year, while the Ministry of Health data shows that out of 1,000 residents there are as many as 300 people who suffer from diarrheal disease throughout the year. In addition, worm infection is the biggest cause of disease among children aged 5-14 years, there are still as many as 40-60% of school-age children who suffer from intestinal worms (Afany, 2017). ARI is a disease that is in the top ten diseases in Sumedang Regency based on the report of the Top 10 Diseases, the coverage of ARI case finding in Sumedang Regency in 2019 was 53.23%.

In the research conducted by Ratna (2018), the results showed that students' knowledge of PHBS was mostly sufficient as many as 29 people (55.8%), and less knowledgeable as many as 13 people (25.0%). The results showed that the students' attitudes about PHBS were mostly quite supportive of 33 people (63.5%) and 13 people were not supportive (25.0%). The results showed that the majority of PHBS practices were sufficient as many as 24 people (46.2%) and low PHBS practices as many as 18 people (34.6%). There is a relationship between students' knowledge of PHBS and PHBS practices in students at SDN Jepalo, Gunung Wungkal District, Pati Regency, with a p value of 0.025. There is a relationship between students' attitudes about PHBS and PHBS practices in students at SDN Jepalo Kec. Gunungwungkal Pati Regency in 2018 with p value > 0.001.

1.2. Preliminary Studies

The results of preliminary research through observations and interviews with 63 students at SD Negeri Rancagoong showed that 35 of the 63 students did not know about Clean and Healthy Life Behavior. Among the 63 students interviewed, 41 students had long and black nails, 39 students did not use running water to wash their hands before eating, while 20 other students said that they wash their hands when they remember. School Health Efforts (UKS) exist but are not used properly.

2. METHOD

The type of research used in this study is quantitative, with a cross sectional approach. the variables in this study are independent variables, namely Knowledge and Attitudes in the application of PHBS and the dependent variable is the practice of PHBS in the School Order. The population in this study were all residents of the Rancagoong Elementary School with a total population of 127 people. In this study, sampling using the formula according to Slovin Taking into account the time and effort that tends to be in terms of an error tolerance level of 10%, the number of samples obtained from the total population is 56 people. The technique used in sampling is simple random sampling.

The research instrument used was a questionnaire containing knowledge and attitudes of clean and healthy living behavior (PHBS) and PHBS practices at SD Negeri Rancagoong. The questionnaire used in this study has been used before, therefore there is no need to test the validity and test reliability.

The Maternal and Infant Cohort was chosen as the research instrument. Data analysis was carried out univariate and bivariate. Univariate analysis will produce a frequency distribution table. Meanwhile, bivariate analysis with Chi-Square test (p-value 0.05 interpretation and 5% precision) and Odds Ratio (table 2x2 and 95% CI) used SPSS for windows version 25.0 program.

3. RESULTS AND DISCUSSION

3.1. Results

3.1.1. Frequency distribution based on respondent characteristics

Table 1
Frequency distribution by gender and age of respondents
At Rancagoong State Elementary School

Toddler Characteristics	n	%
Gender		
Male	25	44,6
Female	31	55,4
Total	56	100
Age		
10 years	6	10,7
11 years	22	39,3
12 years	20	35,7
13 years	3	5,3
28 years	1	1,8
32 years	1	1,8
42 years	1	1,8
54 years	2	3,6
Total	56	100

Source: primary data, 2022

Based on table 1, it is known that most of the respondents in this study were female as many as 31 people (55.4%), and most of them were at the age of 11 years as many as 22 people (39.3%).

3.1.2. Univariate Analysis

1. Frequency distribution based on respondent's level of knowledge

Table 2
Frequency distribution based on respondent's level of knowledge
At Rancagoong State Elementary School

Knowledge	N	%
Good Knowledge	31	55,4
Sufficient Knowledge	25	44,6
Poor Knowledge	0	0
Total	56	100,0

Based on the table above, it is known that most of the respondents in this study have good knowledge as many as 31 respondents (55.4%).

2. Frequency distribution based on respondent's attitude

Table 3
Frequency distribution based on respondent's Attitude
At Rancagoong State Elementary School

Attitude	N	%
Good attitude	36	64,3
Sufficient attitude	20	35,7
Poor attitude	0	0
Total	56	100,0

Based on the table above, it is known that most of the respondents in this study have a good attitude as many as 36 respondents (64.3%)

3. Frequency distribution based on respondents' PHBS practices

Table 4
Frequency distribution based on respondent's Attitude
At Rancagoong State Elementary School

Practice	N	%
Good Practice	37	66,1
Sufficient Practice	18	32,1
Poor Practice	1	1,8
Total	56	100,0

Based on the table above, it is known that most of the respondents in this study have good practices, namely 37 respondents (66.1%)

3.1.3 Bivariate Analysis

1. The relationship between PHBS knowledge level and PHBS practice at Rancagoong State Elementary School

Tabel 5
 The relationship between PHBS knowledge level and PHBS practice at SD Negeri Rancagoong

Knowledge Level	PHBS practice						Total	p-value
	Good		Sufficient		Poor			
	N	%	N	%	N	%	N	
Good	26	46,4	5	8,9	0	0	31	55,4
Sufficient	11	19,6	13	23,2	1	1,8	25	44,6
Poor	0	0	0	0	0	0	0	0
Total	37	66,1	18	32,1	1	1,8	56	100,0

The results of the Chi Square test with a significance level = 0.05, it was found that the p value was 0.006, where $0.006 < 0.05$ which means the null hypothesis (H0) is rejected or in other words statistically based on a significant relationship between knowledge and PHBS practice in elementary school. Rancagoong Country, Tanjungwangi Village, Tanjungmedar District, Sumedang Regency in 2022.

2. The relationship between PHBS attitudes and PHBS practices at SD Negeri Rancagoong

Tabel 6
 The relationship between PHBS attitudes and PHBS practices at SD Negeri Rancagoong

Attitude	PHBS practice						Total	p-value
	Good		Sufficient		Poor			
	N	%	N	%	N	%	N	
Good	29	51,8	7	12,5	0	0	36	64,3
Sufficient	8	14,3	11	19,6	1	1,8	20	35,7
Poor	0	0	0	0	0	0	0	0
Total	37	66,1	18	32,1	1	1,8	56	100,0

Based on the results of the Chi Square test with a significance level of = 0.05, it was found that the p value was 0.007, where $0.007 < 0.05$ which means the null hypothesis (H0) is rejected or in other words there is a statistically significant relationship between attitudes and PHBS practices. at SD Negeri Rancagoong, Tanjungwangi Village, Tanjungmedar District, Sumedang Regency in 2022.

3.2 Discussion

3.2.1 Univariate Analysis

1. Knowledge

Based on the results of the frequency distribution of respondents' knowledge at SD Negeri Rancagoong, it shows that 56 respondents in this study include 31 respondents (55.4%) having good knowledge and 25 respondents (44.6%) having sufficient knowledge. According to (Notoadmodjo, 2012) in the book (Kholid, 2015), knowledge is the result of "knowing" and this happens after people sense a certain object. Most of human knowledge is obtained from the eyes and ears. Knowledge is also obtained from education, self-experience and the experience of others, the mass media and the environment.

According to research conducted by Syahputri (2017) which shows a significant relationship between knowledge and the practice of implementing PHBS in students with a value of 0.001 or less than 0.05. There is a relationship between the two variables which is a form of the level of student knowledge about PHBS which is more than the sufficient category, this shows that students do not fully know about PHBS in school.

According to the researcher, the level of knowledge of the school community at SD Negeri Rancagoong is in the fairly good category. Because, looking at the facts that most of the respondents answered the questionnaire without understanding the contents of the questions on the questionnaire, there were also those who directly answered the questions, without reading the questionnaire and answered according to what the respondents experienced. Knowledge can be acquired both internally and externally. Internal knowledge is knowledge that comes from oneself based on life experience. Knowledge externally is knowledge obtained from other people or from outside. Knowledge gained internally and externally will increase the knowledge of school residents about clean and healthy living behavior (PHBS).

2. Attitude

Based on the results of the frequency distribution of respondents' attitudes at SD Negeri Rancagoong from 56 respondents, respondents with good attitudes were 36 respondents (64.3%), while respondents with sufficient attitudes were 20 respondents (35.7%). Attitude is a general evaluation that humans make of themselves or others for their reactions or responses to stimuli (objects) that cause feelings accompanied by actions that are in accordance with the object (Randi in Imam, 2011).

According to research conducted by (Nieke et al, 2017) shows there is a relationship between student attitudes and the practice of clean and healthy living behavior, with the value of the Chi square test obtained a probability value of 0.009 or less than 0.05. There is a relationship between the two variables, which is a form of attitude about PHBS practices where many respondents fall into the category of good attitudes, this shows that students already know about PHBS at school.

According to the researcher, the attitude of the school community at SD Negeri Rancagoong is in the fairly good category. This is because there are still some respondents who do not agree that they must keep their nails short and the statement that before going to school shoes must be wiped and cleaned. Meanwhile, most of the respondents had a good attitude towards the statement that they agreed to use school latrines to defecate and urinate and dispose of garbage in the trash cans available at the school.

3. Practice

Based on the results of the frequency distribution of respondents' attitudes at SD Negeri Rancagoong from 56 respondents, respondents with good practice are 37 respondents (66.1%), respondents who practice enough are 18 respondents (32.1%) and respondents who practice less are 1 respondent (1.8%).

Walgito (2010), states that practice is an action that arises as a result of a stimulus. Walgito further explained that the action is divided into 2, namely reflective and non-reflective. Effective action occurs in a spontaneous reaction to the stimulus obtained. non-reflective actions occur from the control of the center of consciousness or the brain.

According to research conducted by Sulastrri 2017 based on data on the Clean and Healthy Behavior of schoolchildren, it shows that 42.2% are categorized as well-behaved and 57.8% have bad behavior. This is due to the internal factors of students, namely the lack of ability to behave in a clean and healthy manner. It's like students still throwing trash away even though there are trash bins available.

According to researchers, some school residents at SD Negeri Rancagoong have sufficient PHBS behavior without knowing how important health is for us and if PHBS is not implemented properly it can have a negative impact on our health such as some students throwing garbage in desk drawers because of external factors so they are lazy to do it. standing or going out to throw garbage outside the classroom and this can cause mosquitoes to nest so that it can create mosquito nests that have an impact on dengue fever. In addition, many respondents do not keep their nails clean because they are lazy to cut their nails regularly.

3.1.2 Bivariate Analysis

1. The relationship between PHBS knowledge level and PHBS practice at Rancagoong State Elementary School

Based on the results of the Chi Square test with a significance level of $= 0.05$, it was found that the p value was 0.006, where $0.006 < 0.05$ which means the null hypothesis (H_0) is rejected or in other words there is a statistically significant relationship between knowledge and PHBS practice. at SD Negeri Rancagoong, Tanjungwangi Village, Tanjungmedar District, Sumedang Regency in 2022.

Based on research conducted by Vinka (2017), the results show that there is a relationship between the level of student knowledge and the practice of clean and healthy living behavior, with the value of the Chi square test obtained a probability value of 0.042. So from these results it can be concluded that there is a relationship between students' knowledge and clean and healthy living behavior.

Researchers assume that knowledge about PHBS has a close relationship with PHBS practices in school settings. Respondents with good knowledge will tend to practice PHBS well, and vice versa, respondents with sufficient knowledge tend to practice PHBS quite well. Good knowledge can be a psychological impetus in growing good attitudes and behavior every day, so it can be said that knowledge is a stimulus to one's actions.

2. The relationship between PHBS attitudes and PHBS practices at the Rancagoong State Elementary School

Based on the results of the Chi Square test with a significance level of $= 0.05$, it was found that the p value was 0.007, where $0.007 < 0.05$ which means the null hypothesis (H_0) is rejected or in other words there is a statistically significant relationship between attitudes and PHBS practices. at SD Negeri Rancagoong, Tanjungwangi Village, Tanjungmedar District, Sumedang Regency in 2022.

Based on research conducted by Belliani (2018), the results show that there is a relationship between attitudes and actions towards clean and healthy living behavior because p value $= 0.021 = 0.05$. In this case, there is a significant relationship between attitudes and PHBS of respondents with the level of closeness of relationship with actions. This shows that the positive attitude of the respondents shown by the attitude of accepting, responding, appreciating, and being responsible for the Clean and Healthy Life Behavior will also have a positive impact on their PHBS (Notoadmodjo, 2012)

The researcher assumes that a person's PHBS attitude is related or related to the practice of PHBS in the school setting. Respondents with good attitudes tend to behave well too, while respondents with moderate attitudes tend to behave fairly as well. This is because attitude is a general evaluation made by humans against themselves or others for reactions or responses to stimuli (objects) that cause feelings accompanied by actions that are in accordance with the object, then a good attitude will cause feelings that are accompanied by actions. good and vice versa.

4. CONCLUSION

1. Characteristics of gender and age of school residents at SD Negeri Rancagoong amounted to 56 respondents, the number of male respondents was 25 respondents (44.6%) and female respondents were 31 respondents (55.4%). Respondents consisting of age 10 years as many as 37 respondents (10.7%), age 11 as many as 22 respondents (39.3%), age 12 as many as 20 respondents (35.7%), age 13 as many as 3 respondents (5.3 %), age 28 is 1 respondent (1.8%), age 32 is 1 respondent (1.8%), age 42 is 1 respondent (1.8%) and age 54 is 1 respondent (3.6%)
2. The level of knowledge of respondents at SD Negeri Rancagoong in the good knowledge category was 31 respondents (55.4%), the sufficient category was 25 respondents (44.6%) and the less category was 0 respondents.
3. Attitudes of respondents in SD Negeri Rancagoong in the good attitude category were 36 respondents (64.3%), the sufficient attitude category was 20 respondents (35.7%) and the attitude category was less as many as 0 respondents.
4. The practice of respondents at SD Negeri Rancagoong in the good practice category is 37 respondents (66.1%), the sufficient practice category is 18 respondents (32.1%) and the less practice category is 1 respondent (1.8%)

5. There is a significant relationship between knowledge and PHBS practice at SD Negeri Rancagoong, Tanjungwangi Village, Tanjungmedar District, Sumedang Regency in 2022, based on the results of the Chi Square test with a p value of 0.006.
6. There is a significant relationship between attitudes and PHBS practices at SD Negeri Rancagoong, Tanjungwangi Village, Tanjungmedar District, Sumedang Regency in 2022, based on the results of the Chi Square test with a p value of 0.007

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