

The Relationship between the Level of Knowledge of Students on the School Health Effort Program and the Role of Physical Education, Sports, and Health Teachers in Clean and Healthy Living Behavior of Elementary School Student



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ABSTRACT: This study aims to determine the relationship between the level of knowledge of students on the UKS program on clean and healthy living behavior of elementary school students. The relationship between the role of physical education teachers to the clean and healthy living behavior of elementary school students. The relationship between the level of knowledge of students on the UKS program and physical education teachers on the clean and healthy living behavior of elementary school students. The method used in this research is the quantitative research method. The data used is primary data collected using a questionnaire. The subjects in this study were elementary school students of Gugus 3 and 5 in Kapanewon Sleman and physical education teachers of Gugus 3 and 5 elementary schools in Kapanewon Sleman. Data analysis techniques using correlation and multiple regression analysis with a significance level of 5%. The results of the analysis in hypothesis test 1 show the price of r count = $0.753 > r(0.05)(12) = 0.576$, it is concluded that there is a positive and significant relationship between the level of student knowledge of the school health effort program on the clean and healthy living behavior of elementary school students. Based on the results of hypothesis 2 testing, the price of r count = $0.607 > r$ table $(0.05)(12) = 0.576$, it is concluded that there is a relationship between the role of physical education, sports, and health (PJOK) teachers on the clean and healthy living behavior of elementary school students. Based on the results of hypothesis test 3, it is known that the price of F count is $5.915 > F$ table (3.07) at the 5% significance level, it is concluded that there is a significant relationship between the relationship between the level of knowledge of students in the school health effort program and the role of physical education, sports and health (PJOK) teachers on clean and healthy living behavior of elementary school students.

KEYWORDS: UKS program, the role of PJOK teacher, clean and healthy living behavior

I. INTRODUCTION

Health is organized to improve the ability of students to live healthy lives in a healthy environment so that students can learn, grow, and develop harmoniously and optimally into quality human resources. Law No. 36 of 2009 on Health states first, that health is a human right and one of the elements of welfare that must be realized by the ideals of the Indonesian nation. Secondly, every activity to maintain and improve the highest degree of public health is based on the principles of non-discrimination, participation, and sustainability in the context of the formation of Indonesian human resources and improving the degree of health. Third, things that cause public health problems will cause great economic losses for the country. Fourth, every development effort must be based on health insights because it is the responsibility of both the government and the community. Fifth, Law No. 23 of 1992 is no longer to the development, demands, and legal needs of society so a new health law needs to be replaced. UKS was established as an effort to carry out health education which is carried out in an integrated, conscious, planned, good, and responsible manner by schools [1].

Schools as the main facility where the teaching and learning process takes place are expected to be able to become schools that can improve the health status of their school community. This goal will certainly be achieved if the school and its environment are fostered and developed optimally, among others, through School Health Efforts (UKS), School Health Efforts (UKS) are activities carried out to improve the health of school-age children in every path, type, and level of education. The basic concept consists of curriculum, teaching and learning practices, school organization, clean and safe environment, and services.

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Schools are convenient places to implement health promotion interventions targeting children [2]. The government program to improve health services, health education, and fostering a healthy school environment or the ability to live a healthy life for school residents is carried out through UKS. This is done through the UKS program which includes health education to maintain clean and healthy living behavior in the school environment, provide health services, and develop healthy school coaching [3]. The importance of UKS activities is supported by the fact that in Indonesia the school-age group is the largest age group in the population. School Health Effort is part of a school-age child health program that has three main programs, namely health education, health services, and fostering a healthy school environment.

The form of government programs in school children's health services is implemented with TRIAS UKS. School Health Efforts are a vehicle for learning to increase the ability to live a healthy life and shape the healthy behavior of school-age children who are in school to higher education [4]. State that UKS is an effort to provide health care to registered students, carried out by medical personnel or individuals who have related expertise such as social workers, visiting nurses, counselors, psychologists, and dentists [5]. It is a program established by the government to help schools achieve success in supporting children's health, knowledge, attitudes, and behavior. It runs from elementary school to high school but is now primarily implemented in elementary schools. The purpose of School Health Efforts (UKS) is to improve the quality of education and learning achievement of students through improving physical and spiritual clean living behavior so that students can grow and develop harmoniously and optimally along with independence in activities and ultimately become quality human beings (Kurnia Hidayat, 2020). This is because elementary schools are very large communities (groups), vulnerable to various diseases, and are the basis for further education.

Through direct observation in the field conducted on Saturday, May 13, 2023, researchers found various problems that exist in Primary Schools in Gugus 3 and 5 in Kapanewon Sleman, among which the UKS program has not been implemented properly, only has a room without a clear management structure. Other problems that arise in schools are the condition of students' bathrooms that are not kept clean, there is still garbage in the yard and school environment that is not disposed of in its place, the pattern of snacks and snacks available in the school environment is sometimes not controlled by teachers, the lack of medicines in the UKS room. The use of the UKS room that is not by its function, such as the UKS is used by students as a place to relax or play during breaks, a place to put toys, can have bad consequences for students who, for example, are seriously injured because they cannot be treated immediately. There is a delay in first aid if there is no teacher responsible for handling it. UKS should be implemented as an effort to improve students' ability to live a healthy life in a healthy environment, so that students can learn, grow, and develop harmoniously, and as optimally as possible in quality to become human resources [6].

Through interviews conducted by the researcher on May 13, 2023, at 11:00 a.m.-finish which took place in Primary Schools of Gugus 3 and 5 in Kapanewon Sleman which amounted to 13 primary schools, the researcher found several explanations. Various answers were expressed by several teachers, namely the condition of the UKS room which did not have a health care structure, especially UKS, the absence of a special coach who helped provide knowledge about UKS in schools and the lack of teacher knowledge about health in schools was one of the factors that caused the UKS program to not run optimally, and the UKS room was too neglected. The decline in the implementation of UKS programs and activities is partly due to the non-implementation of UKS programs, coaching, and development of UKS in the school.

Through a preliminary study conducted, by Suganda, a teacher is a title of an office, position, and profession for someone who serves himself in the field of education through patterned, formal, and systematic interactions. The situation of teachers in Primary Schools in Gugus 3 and 5 in Kapanewon Sleman when interviews were conducted only provided health education in outline, there was no further emphasis on providing education and examples so that nothing was applied in everyday life by students in the school and home environment.

However, what happens in the field has a significant comparison, this is evident from the results of observations showing that 75% of students do not know what UKS and PHBS are, in terms of knowledge they only know the UKS room but in terms of the knowledge they do not understand. PHBS is a healthy lifestyle based on the principle of maintaining health [7]. "Clean and Healthy Living Behavior is a set of behaviors that are carried out with awareness as a result of learning that allows individuals or families to help themselves in the field of health and play an active role in creating the highest possible health" [8]. Based on Law number 36. of 2009 concerning Health article 79 states that "School Health is organized to improve the ability of healthy living of students in a healthy living environment so that students learn to grow, develop harmoniously.

Awareness of clean and healthy living behaviors that are still minimal is likely to cause various diseases that often attack school children. Several factors that affect physical health include the child's own health, the physical and social environment at school, the quality of life of parents, children's knowledge about health, and health services in their environment [9]. So that the

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learning process can run optimally and students are able to maximize learning achievement at school. Therefore, the importance of instilling health needs through a health approach is the most appropriate solution. Clean and Healthy Living Behavior (PHBS) is all health behaviors carried out on awareness so that family or family members can help themselves in the health sector and play an active role in health activities in the community. [10] states that "The Clean and Healthy Living Behavior Program (PHBS) is one of the health promotion efforts that aim to enable everyone to live in a clean and healthy environment by creating a conducive condition for individuals, families, groups and communities." Clean and Healthy Living Behavior (PHBS) is a habit that must be instilled from an early age and supported by all parties [11]. The realization of PHBS in the school setting needs to be pursued, especially in increasing the self-awareness of its targets, namely students and school residents, and supported by the existence of facilities and infrastructure. This self-awareness arises because of the knowledge gained through the school health promotion program in the form of UKS. UKS has a dominant role that can help improve students in implementing clean and healthy living behavior, especially in the school environment.

Healthy living behavior must be carried out with full awareness anywhere and anytime so that it can provide examples to others about the importance of clean and healthy living behavior. Healthy living habits require diligence in habituation in every child and must be started from an early age [12]. After students have a high awareness and understanding of PHBS, fewer students will be found sick in the school environment. In several journals, it can be concluded that schools that implement and implement the UKS program in accordance with the provisions will have a major effect on student behavior, especially in PHBS, and be able to increase student learning motivation. Indicators of environmental health coaching referring to PHBS coaching data by Puskesmas amounted to 15 indicators including cutting nails, not smoking, brushing teeth, using shoes, there is a UKS room with first aid equipment, there are youth health cadres, healthy funds, using clean water, throwing garbage in its place, healthy school stalls, regular exercise and washing hands with soap (CTPS), and measuring TB / BM regularly.

Implementing PHBS in the school environment aims to empower students, teachers, and the community to have the understanding, intention, and skills to carry out PHBS and play an active role in developing a healthy school environment. The implementation of PHBS should start from an early age so that it becomes a habit that is carried over to adulthood. Since children in elementary school are still at a young age, support from individuals around them, such as parents, teachers, and friends, is needed.

Based on the results of observations and interviews conducted by researchers, it can be concluded that in the school environment, especially in Primary Schools in Cluster 3 and 5 in Kapanewon Sleman, there are still many students who do not understand UKS, especially the UKS program and lack of concern in carrying out PHBS, as well as the lack of teacher roles in UKS programs and clean and healthy living behavior, so researchers want to conduct thesis research entitled the relationship between the level of student knowledge on school health effort programs and the role of physical education teachers on clean and healthy living behavior of primary school students in cluster 3 and 5 Kapanewon Sleman.

II. METHOD

Type of Research

This study uses a correlation analysis research method chosen because the focus is to investigate the relationship between two or more variables, namely how variations in one variable relate to variations in other variables (Zaenal Arifin, 2011: 48). In this study, the researcher is looking between the two independent variables of students' level of knowledge on the UKS program and the role of PJOK teachers to one dependent variable of Clean and Healthy Living Behavior.

In addition, the statement says that correlation research involves collecting data to determine whether there is a relationship and how strong the relationship is between two or more variables. The approach in this study uses a quantitative approach [13]. Is research with a positivist foundation that aims to examine certain populations or samples [14]. Data analysis in quantitative is statistical with the aim of describing and testing predetermined hypotheses. In this study, researchers will collect data on the UKS program, the role of the PJOK Teacher, and the clean and healthy living behavior of students at Murten State Elementary School using research instruments that have been previously designed. The data will then be analyzed statistically to test hypotheses and look for relationships or influences between the variables studied. This quantitative research method provides clarity and objectivity in collecting and analyzing data so that research results can be interpreted more accurately and can be used as a basis for decision-making or program development in the future.

Place and Time of Research

The place of this research was at elementary schools in Gugus 3 and 5 in Kapanewon Sleman, Sleman Regency, Yogyakarta Special Region 55511. Gugus 3 itself has six (6) elementary schools, namely, Pendowoharjo Elementary School, Nyaen 1

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Elementary School, Nyaen 2 Elementary School, Jetisjogopaten Elementary School, Tlacap Elementary School, and IBS Elementary School. Cluster 5 consists of SDN Kadisobo 2, SDN Kadisobo 3, SDN Trimulyo, SD Muh Mantaran, SDN Sidomulyo, MI Al Ihsan. This research will be conducted in September 2023.

Research Population and Sample

Population

The population in this study were all Physical Education, Sports, and Health teachers of Gugus 3 and 5 elementary schools in Kapanewon Sleman, students of Gugus 3 and 5 elementary schools in Kapanewon Sleman.

Sample

This research will use purposive sampling. Purposive sampling is a sampling technique carried out with the aim of selecting respondents who have certain characteristics relevant to the research. The criteria in this study are (1) upper grade students, (2) PJOK teachers who have been teaching for one year. This study used samples of fourth, fifth, and sixth-grade students of Primary Schools in Gugus 3 and 5 in Kapanewon Sleman, as well as Physical Education, Sports, and Health teachers of Primary Schools in Gugus 3 and 5 in Kapanewon Sleman, (3) for students, students who have been UKS administrators at the school, (4) students who have visited the UKS.

Research Instruments and Research Techniques

Tests are one of the important research instruments in obtaining data on students' knowledge in an educational program. The UKS (Usaha Kesehatan Sekolah) program is one of the programs launched by the Indonesian government to improve the health of students and the school environment.

Tests used in research on knowledge of the UKS program must be well-designed to measure students' knowledge precisely and accurately. Overall, tests are one of the important research instruments in measuring the knowledge of primary school students in Gugus 3 and 5 in Kapanewon Sleman about the UKS program. In designing a test, researchers need to consider several factors, such as research objectives, program context, test format, difficulty level, and test validity and reliability. Thus, the research results obtained can provide accurate information about students' knowledge in the UKS program and can help improve effectively.

Table 1. Score Acquisition

Questions	Value
Correct	1
False	0

Questionnaire

A questionnaire is a research instrument used to collect data from respondents through a series of structured questions. This instrument can be used in various types of research, both qualitative and quantitative. In quantitative research, questionnaires are used to collect large amounts of data and allow researchers to analyze the data with statistical methods. Whereas in qualitative research, questionnaires are used to obtain data from respondents involved in the research.

In this study, questionnaires or questionnaires were filled in according to their respective roles. Questionnaires or questionnaires on the role of physical education, sports, and health teachers were filled out by PJOK teachers, while the clean and healthy living behavior questionnaire was obtained by fourth, fifth, and sixth-grade elementary school students in Gugus 3 and 5 in Kapanewon Sleman.

Technical Data Analysis

After the data has been collected, the next step is to analyze the data to reach conclusions from this study. To process the data, we used statistical techniques, specifically descriptive analysis with percentages. The data will be explained through tables, graphs, and diagrams, as well as calculations of mean, mode, median, decile, percentile, data distribution, average, standard deviation, and percentage.

$$P = \frac{f}{N} \times 100\%$$

Description:

P: Percentage sought

F: Frequency

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N: Number of respondents

After that, the next step is to classify the scores obtained from each variable. The score will be divided into three categories. This classification is carried out based on the calculated mean and standard deviation (SD) values.

Table 2. Variable tendency

NO	Interval Formula	Category
1	$X > (M + 1,5 SD)$	Very Good
2	$(Mi + 0,5 SD) < X < (M + 1,5 SD)$	Good
3	$(Mi - 0,5 SD) < X < (M + 1,5 SD)$	Good enough
4	$(Mi - 0,5 SD) < X < (M - 1,5 SD)$	Not Good
5	$X > (M - 1,5 SD)$	Not Very Good

X: Score

M: Mean

SD: Standard Deviation

Prerequisite Test

Normality Test

The normality test is used to determine whether the data distribution follows a normal distribution pattern or not. Data that is considered good and suitable for supporting research models is data that has a normal distribution. The basic concept of the Kolmogorov-Smirnov normality test is to compare the distribution of the data to be tested (sample data) with a standard normal distribution. The advantage of this test is its simplicity and the lack of differences in perception between observers, which often occurs in normality tests that use a graphical approach.

Table 3. Normality Test

Variabel	Z	p	Sig.	Description
UKS Program	0,606	0,856	0,05	Normal
The Role of the PJOK Teacher	0,536	0,936	0,05	Normal
Clean and Healthy Living Behavior	0,769	0,596	0,05	Normal

From the table above, it shows that the significance value (p) of all variables is greater than 0.05, so, the data is normally distributed. Since all data are normally distributed, the analysis can proceed with parametric statistical analysis.

Linearity Test

The linearity test is used to determine whether the independent variable and the dependent variable have a linear relationship or not. Researchers use the help of statistical programs to process the data. The criteria can be met if Fcount compared to Ftable

$$F_{hitung} = \frac{S_{TC}^2}{S_G^2}$$

at the 5% significance level has a smaller value so it can be concluded that it has a linear relationship.

Table 4. Linearity Test

Relationships	P	Sig 5 %	Description
Relationship between students' knowledge level on the UKS programme and PHBS	0,355	0,05	Linear
Relationship between the role of physical education teacher and PHBS	0,822	0,05	Linear

Simple Regression Analysis

The simple regression equation can be used to predict how high the causal relationship between one independent variable and one dependent variable is. The steps in performing a simple regression analysis are:

Creating a simple linear line

$$Y' = a + bX$$

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Description:

Y': Allowable values

a: Constant or if the price $X = 0$

B: regression coefficient

X: independent variable value

Testing the significance of the t-test is conducted to test the significance of the constant and each independent variable will affect the dependent variable, namely with the formula:

$$F_{hitung} = \frac{S_{TC}^2}{S_G^2}$$

Description:

t: t count

r: correlation coefficient

n: nth sum

The t-test basically indicates how much impact the independent variables individually have in explaining the dependent variable. If the calculated t value is greater than or equal to the t table value, for example, 1.645 with a significance level of 5% and a sample size of n (df = n-2), then the impact is considered significant and the hypothesis can be accepted. Conversely, if the calculated t value is smaller than the t table value (e.g. 1.645 at 5% significance level), then the impact is considered insignificant and the hypothesis is rejected.

Multiple Regression Analysis

This analysis was used to test the effect of understanding the UKS program and the role of parents in explaining healthy living behavior. In multiple regression analysis, the steps to be taken are as follows:

Make a line equation with two predictors, with the formula:

$$Y = a_1X_1 + a_2X_2 + k$$

Description :

Y: criterium

X_1X_2 : predictor 1, predictor 2

a_1 : coefficient predictor 1

a_2 : coefficient predictor 2

k: constant number

Looking for the coefficient of determination between the predictor X_1X_2 and the criterion Y, with the formula:

$$R^2 = \frac{(a_1\sum X_1Y + a_2\sum X_2Y)}{\sum Y^2}$$

Description:

R^2 : coefficient determination between Y and X_1, X_2

a_1 : coefficient predictor X_1

a_2 : coefficient predictor X_2

$\sum X_1$: sum of products between X_1 and Y

$\sum X_2$: sum of products between X_2 and Y

III. RESEARCH RESULT

Clean and Healthy Living Behavior (PHBS) is a habit that must be instilled from an early age and supported by all parties [15]. PHBS includes a series of behaviors that are carried out with awareness as a result of learning, which allows individuals or families to help themselves in the field of health and play an active role in creating public health.

Clean and Healthy Living Behavior (PHBS) continues to be a major concern of the government, as evidenced by the inclusion of PHBS as one of the main indicators in achieving health improvement in the 2015-2030 Sustainable Development Goals (SDGs) program. In the SDGs, PHBS is considered a prevention strategy with a positive impact that can be seen in a short time at three levels of society, namely in the school, family, and community environment [16]. Optimal PHBS in schools is of course influenced

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by the role of the UKS program that is optimally implemented and the role of the PJOK teacher who is able to provide health education and guide it.

1. The relationship between the level of knowledge of students on the UKS program on the clean and healthy living behavior of elementary school students

The results of the analysis in hypothesis test 1 show the price of $r_{count} = 0.753 > r_{(0.05)}(12) = 0.576$ these results mean that there is a significant relationship between the school health effort program and the clean and healthy living behavior of school students. Clean and healthy living behavior is a health behavior that is carried out on awareness so that everyone can help themselves in the field of health and play an active role in health activities in the community.

Schools should be given special attention as a target of PHBS in the educational environment because school age in children is a time that is vulnerable to various diseases, and often these diseases appear at the age of 6-10 years the role of school health efforts (UKS) becomes important in this context (Center for Health Promotion, 2010). Schools are one of the main institutions in supporting PHBS of primary school-age children. Through this learning process, it is expected that students' knowledge will increase, enabling them to analyze and understand the situations they face, and making them competent in communicating and applying this knowledge in their daily lives (Tambuwun et al., 2019). In this case, the role of the UKS program is very important, so that PHBS in schools can be implemented properly. This significant relationship indicates that the UKS program is directly proportional to the application of PHBS for students, if the UKS program can run well, the application of PHBS will also have good results.

UKS (School Health Effort) is a health program implemented in the school environment to improve the health of students and school communities. The UKS program is based on health and education theories related to health promotion and disease prevention. Health is the key to early development that must be implemented from an early age, especially in elementary schools. Libraries in schools can also be optimized to become infrastructure in supporting knowledge by providing books that discuss clean and healthy living behaviors.

2. The Relationship between the Role of Physical Education Sports and Health Teachers (PJOK) Towards Clean and Healthy Living Behavior of Elementary School Students

Based on the results of the second hypothesis test, the price of $r_{count} = 0.607 > r_{table}(0.05)(12) = 0.576$, these results mean that if there is a significant relationship between the role of physical education, sports, and health (PJOK) teachers and the Clean and Healthy Living Behavior of Elementary School Students. WHO health is a condition in which a person is not only free from disease or weakness, but also balanced between physical, mental, and social functions. Therefore, measuring the quality of life related to health involves three areas of function, namely physical, psychological (cognitive and emotional), and social.

Lifestyle or health behavior problems in elementary school-age children are usually related to personal hygiene, the environment, and the birth of various diseases that often attack school-age children, making it clear that the values of PHBS in schools are still minimal and have not reached the expected level, therefore an intervention activity is needed that can improve knowledge, attitudes, and actions about PHBS in school children [17]. In the application of clean and healthy living behavior in students, it cannot be separated from the role of teachers at school. Physical education, sports, and health teachers not only play a role in the field but also provide knowledge and support in terms of healthy behavior [18]. As previously described, clean and healthy living behavior is a set of behaviors that implement self-awareness related to health and cleanliness so as to achieve a healthy living environment.

All problems can be solved with one word, namely education. To familiarize healthy living is done by maintaining personal hygiene and environmental hygiene. By improving environmental health, it is hoped that it can also improve personal health because there are so many benefits. PJOK is a series of physical or psychomotor activities based on understanding (cognitive) and implementation, which aims to shape individual behavior related to attitudes or affections (such as honesty, confidence, sportsmanship, and discipline), as well as social behavior [18]. One of the strategic efforts to mobilize and empower schools to live clean and healthy can be done by implementing clean and healthy living behaviors in the school. School health education works well because children spend most of their time there. In addition to being a learning environment, schools need to be a place to improve student health by encouraging clean and healthy living behaviors (PHBS) and creating a healthy environment [19]. For this reason, it is still necessary to have direction and guidance from teachers regarding the importance of clean and healthy living behavior in the school environment. In this regard, teachers should be able to set an example for the habituation of a clean and healthy lifestyle in the school environment by applying the role of a teacher, where the role of the teacher can be said to be not only teaching. In education, teachers have an important role in making the knowledge taught acceptable to students. The role of the teacher will always describe the expected pattern of behavior in his various interactions, whether with

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students, fellow teachers, or others. Teachers are among the main formers of prospective citizens [20]. The role of the teacher is not only limited to teaching (conveying knowledge), but also as a guide, developer, and manager of learning activities that can facilitate student learning activities in achieving predetermined goals. Teachers as people whose duties are related to efforts to educate the nation's life in all its aspects through optimizing the various potentials possessed by students.

3. The relationship between the level of knowledge of students on the UKS program and the role of physical education teachers in the clean and healthy living behavior of elementary school students.

Based on the results of the third hypothesis test, it is known that the price of F count is $5.915 > F$ table (3.07) at the 5% significance level, thus meaning that there is a significant relationship between the relationship between the level of student knowledge on the UKS program and the role of the PJOK teacher on the clean and healthy living behavior of elementary school students. In efforts to promote a healthy lifestyle, there are several factors that play a role. PJOK teachers have a strategic role in forming a strong foundation for the quality of healthy life of future generations. This task is related to development in the school environment, so there are several competencies that need to be possessed by a PJOK teacher, such as understanding and knowledge of the purpose and benefits of School Health Efforts (UKS), skills in the field of UKS, and the ability to compile reports on UKS activities [21].

In order for UKS to run well, physical education, sports, and health teachers must have a good role in the UKS program and have good efforts. Efforts to improve students' understanding of PHBS are carried out through the use of videos. In this case, the efforts of PJOK teachers are to provide health education and create an environment and mentality for students to grow and develop with interesting things that make students enthusiastic [22]. A PJOK teacher is an individual who has the knowledge, skills, and authority to teach PE subjects. With this knowledge, skills, and authority, they are responsible for the management of School Health Efforts. The implementation of UKS programs is a way to improve the quality of student health. Therefore, the success of the UKS program can be achieved when PE teachers are able to manage it well.

These results show that if the continuity between the UKS program and the role of the teacher must be in line, meaning that the role of the teacher in running the UKS program can run well, then the PHBS of elementary school students also runs well. Knowledge and behavior about clean and healthy lifestyles (PHBS) are important factors in improving and forming healthy living habits in the future. Measurement of knowledge and PHBS is done to obtain information about the child's profile as soon as possible with the aim of improving and developing the child's ability to create a good quality of life.

V. CONCLUSIONS

Based on the results of research and discussion, the conclusions of this study can be drawn as follows:

There is a significant relationship between students' level of knowledge about the School Health Program (UKS) and clean and healthy living behavior in elementary schools. Students who have better knowledge about UKS tend to have better clean and healthy living behaviors. In addition, the role of physical education, sport, and health (PJOK) teachers also has a strong influence on the clean and healthy living behavior of students in primary schools. PJOK teachers who are active in providing health education and creating an environment that supports PHBS are able to positively influence student behavior. The continuity and cooperation between the UKS Program and the role of PJOK teachers are very important in achieving effective PHBS. Both complement each other in shaping students' clean and healthy living behavior. Thus, health education in schools has a vital role in shaping the clean and healthy living behavior of the younger generation, creating a healthier environment, and improving their quality of life.

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