

Level of Knowledge of Healthy Clean-Living Behavior (PHBS) on Personal Hygiene of Trayu Muhammadiyah Elementary School Students

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ABSTRACT: The problem in this study is that some students of SD Muhammadiyah Trayu still do not know what is Clean Healthy Living Behavior (PHBS), it is proven that some of these students do not maintain personal hygiene. This study aims to determine how high the level of knowledge of students at SD Muhammadiyah Trayu about PHBS. This research is a descriptive study using the survey method. The population in this study were all students totaling 42 students. The *sampling* technique in this study used *total sampling* technique, so that all members of the population were selected as research samples. The research instrument was in the form of a written test with multiple choices. The research data analysis technique used descriptive analysis with percentages. The level of knowledge of students at SD Muhammadiyah Trayu about PHBS can be categorized into 3 categories, namely good, sufficient, and lacking. The results showed that as many as 66.7% or 28 students were in the good category; 31.0% or 13 students were in the sufficient category; and 2.4% or 1 student was in the less category.

KEYWORDS: Knowledge, Clean and Healthy Living Behavior, Elementary School Learners

I. INTRODUCTION

The school age period is a time when children will learn physical skills, and build a healthy physique. The development of children in school age is part of the next development, so that every slightest abnormality will reduce the quality of human resources in the future. Children in school age are referred to as the intellectual period, where children begin to learn to think concretely and rationally. The developmental task of children in school age is to learn to develop habits to maintain the body including health and personal hygiene and a high positive relationship between body and achievement. Children at school age can adjust to the environment and can identify the need for personal hygiene and clean and healthy living behavior is very important for themselves. PHBS (Clean and Healthy Living Behavior) in elementary school students is considered the initial stage towards a healthy adult lifestyle (Fakhrurozi et al, 2024).

Factors that affect individual health and public health are heredity, environment, behavior and community services (Widia & Yustati, 2024). In addition to factors that affect health, there are factors that affect clean living behavior, including social class and economic class, knowledge, attitudes, health status and personal habits. In connection with this, not only the role of schools, this unhealthy behavior can also cause more serious problems such as the threat of infectious diseases. Schools are a source of transmission of infectious diseases in schools including: hand and mouth infections, eye infections, dengue fever, chickenpox, measles, *rubella*, and mumps. If elementary school students do not understand clean and healthy living behaviors, it is not impossible to reduce the high rate of these diseases. So the existing knowledge in schools needs to be improved by providing opportunities to practice once a week or by deepening the material about clean and healthy living behavior.

As a result of students' knowledge of healthy living behavior is low, it is not impossible that students cannot apply healthy living behavior correctly or even do not apply it in everyday life, so that it will affect the low degree of body health. The need for handling and solutions for that by increasing their knowledge, understanding, and practicing it in the school environment and for themselves. Learners' knowledge about healthy living behavior is very important, because high knowledge of healthy living behavior will encourage the emergence of students' conscious efforts to maintain and improve their health through healthy living behavior, according to Marini Iskandar et al, health counseling about PHBS in school settings has proven effective in increasing students' knowledge about PHBS. SD Muhammadiyah Trayu is an elementary school that has implemented healthy living in schools by providing material on school environmental health. But in reality, SD Muhammadiyah Trayu in 2025, namely: Less clean and tidy in dressing and shoes, picket cleaning classrooms that must always be reminded, some throw garbage out of place, students

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do not wash their hands after exercise and before eating, students suffer from cavities, students have long and unclean nails, and students have less clean hair (there are lice).

Based on the existing phenomena, it can be concluded that in Kraton State Elementary School students about problems related to Clean Healthy Living Behavior (PHBS) that have been implemented but there are still students who pay less attention to the health of the school environment, especially to their own personal hygiene. These problems make research interested in knowing how "Knowledge of students about Clean Healthy Living Behavior (PHBS) of 4th and 5th grade students at Muhammadiyah Trayu Elementary School.

II. METHOD

The research used in this study is quantitative descriptive research. The method used in this study is with data collection techniques using multiple choice tests with the aim of finding how high the knowledge of healthy clean living behavior is on the personal hygiene of students.

A. Population and Research Sample

Population is the entire research object or observed object, the researcher only takes part of the object under study, but the results can represent or cover all objects studied according to Zainuddin Iba, 2023. The population in this study were all students of SD Muhammadiyah Trayu, totaling 42 students. A population is used as a research sample. Sampling in this study was carried out by total *sampling*, so that the sample size was 42 students.

B. Procedure

This study uses a test answering multiple choice questions (single answer), by testing the questions and getting valid all of the 36 questions. Followed by data collection one time research.

C. Instruments and Data Collection Techniques

The research instrument used in this study is a Multiple Choice Test. The aspect of knowledge given is a closed question with a single choice, namely choosing one answer provided and the respondent is only asked to put a cross (X) on the answer that the respondent believes to be true, the following is a lattice of PHBS knowledge instruments on personal hygiene:

1. Hand washing knowledge
2. Knowledge of nail hygiene
3. Knowledge of clothing hygiene
4. Knowledge of dental and oral hygiene
5. Knowledge of hair hygiene
6. Knowledge of putting garbage in its place
7. Knowledge of sports

Data collection techniques using descriptive analysis are carried out to determine the description of the data to be analyzed. The data is in the form of the results of filling out the questionnaire to the respondent in the form of an assessment score. Processing of data is carried out through the following process (Hildawati et al, 2024: 106-107):

- a. Editing (data editing),
- b. *Scoring*,
- c. *Coding Sheet* (making code sheets),
- d. *Data Entry* (entering data),
- e. Tabulating, and
- f. Data analysis.

D. Data Analysis Technique

a. Validity

According to Iba, Z. & Wardhana, A (2024: 12-39) states that validity is the level of the instrument concerned being able to measure what is to be measured. This validity test aims to determine the validity or accuracy of the instrument of each variable. The compiler conducts construction testing on the aspects to be measured to *experts* (*expert judgment*), in this case the compiler asks for expert assistance in the field of health and sports at the Yogyakarta State University Sports Education and Health Education lecturer, namely Mr. Sriawan, M.Kes and Mrs. Indah Prasetyawati Tri Purnama Sari, M.Or to validate the validity and suitability of the instrument with the subject to be studied. This is in line with Eureka Education's opinion that:

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To test the validity of the construction, *expert judgment* can be used. In this case, after the instrument is constructed about the aspects to be measured based on certain theories, it is then consulted with experts. Experts are asked for their opinions about the instrument that has been prepared. Maybe the experts will give a decision: the instrument can be used without improvement, and maybe completely overhauled according to Eureka Education, 2024. Validity testing using *expert judgment* is carried out by reviewing the instrument grids whether they are in accordance with the research objectives.

b. Reliability

Reliability refers to an understanding that an instrument can be trusted enough to be used as a data collection tool because the instrument is good. Reliability refers to the level of reliability of something (Suharsimi Arikunto, 2013: 221). The reliability test was carried out using KR 20 (Kuder Richardson). The KR 20 formula is used because the scores obtained are dichotomous scores of 1 and 0.

III. RESEARCH RESULTS

PHBS knowledge of personal hygiene of Muhammadiyah Trayu Elementary School students is obtained through the ability of respondents to correctly answer 36 question items contained in the knowledge test on PHBS personal hygiene of students. Each question item answer has the opportunity to score 0 (wrong answer) and score 1 (correct answer). Based on the results of calculations carried out using the help of *Microsoft Excel* and *SPSS* programs, the maximum value is 94.44 and the minimum value is 38.89. The average value is 80.10 while the standard deviation is 9.86. The data is then categorized according to the formula whose categorization is divided into three, namely: good, sufficient and less.

Table 1. PHBS Knowledge of Personal Hygiene of Muhammadiyah Trayu Elementary School Students

N	Interval	Categor	Number	Percent
1.	76-100%	Good	28	66,7%
2.	56-75%	Fair	13	31,0%
3.	<56%	Less	1	2,4%
	Total		42	100%

Visually, PHBS knowledge of personal hygiene in Muhammadiyah Trayu Elementary School students is as follows:



Figure 1. Bar Diagram of PHBS Knowledge of Personal Hygiene of Muhammadiyah Trayu Elementary School Learners.

Based on the results above, it can be seen that the knowledge of students is good, but it needs to be given additional knowledge thoroughly for students who do not know.

knowledge thoroughly for students who do not know at all. This certainly cannot be separated from good enough educational support. In this case, the PE teacher is an educator who provides health material on an ongoing basis, especially material about healthy hygiene behavior at school.

Knowledge of healthy hygiene behavior needs to be given to school students to create a healthy environment and self that will make conditions comfortable for learning. Knowledge about PHBS should be given early, starting from oneself. Children's knowledge is basically the family environment is the most basic educational vehicle where in the family environment a child learns a lot about various kinds of things including learning about hygiene and health knowledge. It should be emphasized that

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knowledge and observations in the field are not balanced (good knowledge is not necessarily practiced). The knowledge provided provides the impact and consequences that occur if we do not do it, coherently the reasons need to be given in the PHBS material will make students know and apply it by themselves. Thus, students will get used to living clean and always keep themselves and the environment clean. So it can be said that if the level of knowledge about clean and healthy living behavior is high, it can be said that students are able to maintain good body, hand hygiene (Fakrurrozi et al, 2022). The following is an explanation of this research.

a. Knowledge of Hand Washing Learners

Based on the research that has been done, the results show that the majority of respondents have good category knowledge, namely as many as 26 children, 14 children have enough categories, and 2 children have less categories. Thus it can be interpreted that not all students of SD Muhammadiyah Trayu know about hand washing. This situation is caused because each learner has different thinking power. Therefore, teachers must be able to provide knowledge about hand washing to students. The form of knowledge can be the benefits, methods and consequences, thus learners will also be able to apply knowledge and apply it to themselves.

b. Knowledge about Nail Hygiene of Learners

The results of research obtained by the author on the knowledge of students about nail hygiene at school can be categorized as students who have good category knowledge, namely only 9 students, 26 students in the sufficient category, the remaining 7 students in the less category. The majority of learners fall into the moderate category. This causes students to be less aware that long nails are nails that store a lot of bacteria. Some students think that long nails have many benefits such as scratching, cleaning the nose and ears, and as a *trend* or good to look at. Therefore, teachers must be able to provide knowledge to students. Because nail hygiene is one of the ways we avoid worms and diarrhea.

c. Learners' Knowledge of Clothing Hygiene

Learners' knowledge about clothing hygiene efforts at school based on the results of the calculation obtained the results that students who have good category knowledge are 24 students, as many as 16 students have a sufficient category and 2 students in the less category. Based on this categorization, it can be interpreted that many learners' knowledge is in the good category. Because the rules that have been given since the beginning of school entry have an effect until now. The need for rules and knowledge given early on is very useful and influential in life. Cleanliness of clothing and neatness in school is the main capital to make students look good. Families also play a very important role in the cleanliness of learners' clothing.

d. Knowledge of Learners' Dental and Oral Hygiene

Learners' knowledge of dental and oral hygiene efforts based on the results of the calculation obtained that students who have good category knowledge are only 19 students, 18 students in the sufficient category, and 5 students in the poor category. Based on the categorization of knowledge of dental and oral hygiene, students have good and sufficient categories that are almost the same knowing how good it is to maintain oral hygiene. Learners take care of their teeth not only at school but at home before bed is very important to do. Many students have porous, cavities, and black teeth, they know but are lazy to do. The need for self-awareness to keep teeth healthy and clean. PE teachers also need to do ways so that learners can apply at home.

e. Knowledge of Hair Hygiene

Learners' knowledge about hair hygiene efforts based on the results of the calculation obtained that students who have good category knowledge are 19 students, 13 students in the sufficient category, and 10 students in the poor category. Thus it can be interpreted that not all participants know hair hygiene. This situation is caused because each student does not practice at school. Do not know how to shampoo and care for hair properly. A situation that needs and needs to be considered by parents at home. Knowledge at school is also very important so that learners know the consequences of not taking care of hair hygiene.

f. Knowledge about disposing of rubbish in its place

Learners' knowledge about efforts to dispose of garbage in its place at school based on the results of the calculation obtained the results that students who have good category knowledge are 33 students, as many as 7 students have a sufficient category and 2 students in the less category. The results in the good category are high. This categorization means that the knowledge of disposing of waste in its place, students already know how to manage, the impact of the waste itself and the benefits of disposing of waste in its place.

The role of the teacher in accustoming students to behave and be responsible for the cleanliness of the school environment must be instilled as early as possible to students, so that students are able to maintain the cleanliness of the school environment with their own awareness without orders from the teacher. Awareness and other knowledge about waste also needs to be increased so that students can be creative with waste that can be recycled, because waste will never end.

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Knowledge about sports

Students' knowledge about sports based on the results of the calculation obtained the results that students who have good category knowledge are 32 students, 6 students in the sufficient category, and 4 students in the less category. Based on the categorization of sports knowledge that can be interpreted from the results of the categorization is that students know the purpose of sports is very important in education at school. The sport itself students really like and some students answered that almost all knew the benefits of sports, namely making the body healthy, not weak, eliminating boredom in class.

IV. CONCLUSIONS AND SUGGESTIONS

Conclusion

Based on the results of research and discussion of researchers on Muhammadiyah Trayu Elementary School students presented, it can be concluded that 66.7% or 28 students at Muhammadiyah Trayu Elementary School are in the good category, 31.0% or 13 students are in the sufficient category and 2.4% are in the less category or 1 student. Thus it is necessary to have in-depth knowledge and practice repeatedly so that Muhammadiyah Trayu Elementary School students about Clean Healthy Living Behavior (PHBS) towards personal hygiene can run continuously.

Suggestion

1. Learners are advised to increase awareness about the importance of a healthy living culture, especially personal hygiene for the sake of creating health in the school environment.
2. Educational management at SD Muhammadiyah Trayu is also advised to hold a routine school hygiene program for students. This can be done through the activity of checking every Monday clean which is every Monday students after school holidays. These activities are expected to stimulate and familiarize students with clean living.

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