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International Journal of Health Sciences (IJHS)Journal Homepage: <https://jurnal.agdosi.com/index.php/IJHS/index>

Volume 3 | Number 1 | March 2025 |

**Behavioral Relationship Life Clean And Healthy On Knowledge Of Hygiene Personal Students Of State Elementary School Of Gowa District, South Sulawesi**Yanti Mustarin^{1*}, Rahmat Pannyiwi², Sarifudin Andi Latif³, Samila⁴, Andi Kamal M. Sallo⁵¹ Study Program Nursing Science, STIKes Gunung Sari Makassar, Indonesia² Faculty of Medicine and Health Sciences, Indonesian Defense University, Indonesia^{3,4} Nursing Study Program, STIKes Amanah Makassar, Indonesia⁵ Nursing Study Program, St. Fatimah Health and Business Institute, Mamuju, Indonesia**Abstract**

In Law Number 36 of 2009 Article 79 concerning health, it is emphasized that "School Health" is held to improve the ability of healthy living of students in a healthy environment so that students can learn, grow, and develop harmoniously and as high as possible so that they are expected to become quality human resources. The purpose of the study is to determine whether there is a relationship between knowledge about clean and healthy living and students' personal hygiene. The research method used is analytical study research, stratified random sampling method, the research population is all students of State Elementary Schools in Gowa Regency, South Sulawesi, while the sample to be taken is 44 respondents. The results of the study from 44 respondents, the independent variable is knowledge and the dependent variable is student hygiene, data obtained from respondents using a questionnaire, chi-square statistical test with a level of confidence $p = \alpha$ (0.05) namely knowledge about clean and healthy living behavior ($P = 0.00$). The conclusion of the study is that there is a relationship between knowledge about clean living and personal hygiene of elementary school students.

Keywords: Relationship, Clean and Healthy Living Behavior, Knowledge, Personal Hygiene, Students, Gowa, South Sulawesi

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1. Introduction



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Clean and Healthy Living Behavior is an effort to provide learning experiences or create a condition for individuals, families, groups and communities by opening communication channels, providing information and conducting education to improve knowledge, attitudes and behaviors to help communities recognize and overcome their own problems so that communities are aware, willing and able to practice PHBS through a leadership approach (Advocacy), atmosphere building (Social Support) and community empowerment (Empowerment) (Ministry of Health of the Republic of Indonesia, 2007).

Based on Law No. 36 of 2009, Health is a healthy state, both physically, mentally, spiritually and socially that allows everyone to live productively socially and economically. Clean and Healthy Living Behavior is a government program launched in 2006 that aims to change unhealthy community behavior into healthy behavior.

According to the Indonesian Ministry of Health (2007), instilling Clean and Healthy Living Behavior (PHBS) to everyone is not easy, but requires a long process. Everyone lives in their own order and influences and interacts with each other in that order. Monitoring, assessing, and measuring the level of progress of the system is easier than with individuals. Therefore, the development of Clean and Healthy Living Behavior is carried out through an approach to five community systems, namely household systems, schools, public places, workplaces, and health institutions. The programs implemented in the five systems are different, based on the needs and circumstances faced.

According to the Indonesian Ministry of Health (2007), the things that influence PHBS partly lie within the individual themselves, which are called internal factors, and partly lie outside themselves, which are called external factors (environmental factors).

a. Internal Factors

- 1) Heredity A person behaves in a certain way because it is inherited from his parents. The traits he has are traits that are obtained from his parents or grandparents and so on.
- 2) Motives Humans do something because of a certain drive or motive. This motive or drive arises because it is based on needs, which Maslow groups into biological needs, social needs, and spiritual needs.

b. External Factors





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External factors are factors that exist outside the individual concerned. These factors influence the individual so that within the individual the elements and impulse to do something arise.

- 1) The behavioral elements for individuals include understanding or knowledge about what they will do, belief or trust about the benefits and truth of what they do, the means needed to do it, and the drive or motivation to act based on the needs they feel.
- 2) The behavioral elements for individuals as members of a group include understanding or knowledge about what they are going to do, belief or trust about the benefits and truth of what they are doing, the means needed to do it, the drive or motivation to act based on the needs they feel, and group norms or support that what they are going to do is right or acceptable to the group.

The target of PHBS in educational institutions is all members of the educational institution family and is divided into:

a. Primary target

Primary targets are the main targets in educational institutions whose behavior will be changed or students and teachers who have problems (individuals/groups in educational institutions who have problems).

b. Secondary targets

Secondary targets are targets that can influence individuals in educational institutions that are having problems, for example, school principals, teachers, parents of students, school health cadres, community leaders, health workers and related cross-sectors, PKK.

c. Tertiary targets

Tertiary targets are targets that are expected to be supporting elements in supporting or supporting funding, policies, and activities to achieve the implementation of PHBS in educational institutions, for example, village heads, sub-district heads, heads of health centers, the Ministry of Education, teachers, community leaders and parents of students.

2. Research Methods





Analytical Study research method that analyzes the relationship between students' education level on clean and healthy living behavior with students' personal hygiene. The population in this study were all public elementary school students totaling 79 students. The number of samples used in this study was 44 students of the State Elementary School of Gowa Regency, South Sulawesi, which was carried out on October 17, 2024. The research instrument used by the researcher was a previously created questionnaire. To analyze research data, researchers used two data analyses, the first of which was Univariate analysis. This analysis is used to provide a complete and comprehensive picture of each variable, both the independent variable (free variable) and the dependent variable (bound variable). The second is bivariate analysis. This analysis is to analyze whether there is a relationship between independent variables.

3. Results and Discussion

a. Results

- Characteristics Research Respondents

From results answer on questionnaire, respondent own characteristics different namely age and education. By because it's the following this will describe the characteristics of the research respondents.

1. Description Age Respondents

Table 1. Age Respondents

No	Age	Amount	Percentage
1	8	12	27.3
2	9	13	29.5
3	10	19	31.8
	Amount	44	100.0

Based on the data in the table above it can be seen that from 44 respondents, 12 people or 27.3% of respondents aged 8 years and 13 people or 29.5% of respondents aged 9 years and 19 people or 31.8% of respondents aged 10 years. The equality of age of these respondents is because the respondents taken is students of class II, III and IV so that their ages are all almost the same.

2. Description Student Personal Hygiene





Table 2. Cleanliness Self

No	Cleanliness Self	Amount	Percentage
1	Clean	26	59.1
2	No clean	18	40.9
	Total	44	100.0

Based on table 3 above, it can be seen that of the 44 respondents, 26 people or 59.1% were clean and 18 people or 40.9% were not clean.

3. Description knowledge About clean and healthy living behavior

Table 3. Knowledge Respondents

No	Knowledge	Amount	Percentage
1	Good	27	61.4
2	Low	17	38.6
	Total	44	100.0

Based on table 4 above, it can be seen that of the 44 respondents, 27 people or 61.4% had good knowledge. and there were 17 people or 38.6% of respondents whose knowledge was still low.

b. Discussion

It can be seen that the Chi-Square value is calculated from the variable knowledge is 25,669, while the value Chi- Square table for df 1 and alpha 0.05 is 3,841. Data This show that mark Chi-Square Calculate > Chi-Square value Table 25.669 > 3.841), which means that there is a difference in personal hygiene between students who have knowledge good clean and healthy living behavior with students whose knowledge is still low. This means that the better the students' knowledge about clean and healthy living behavior, the better their personal hygiene will be. In addition, it can also be seen that the Probability value (Asymp. Sig) of the knowledge variable is 0.000. This value is smaller than the alpha value ($\alpha = 0.05$) or $0.001 < 0.05$, which means that students' knowledge of clean and healthy living behavior has a very real (very significant) relationship with Student Hygiene.





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Action is a person's action towards an external situation based on his perception and knowledge. This action is the key to reflecting the behavior of an individual or society in general (Notoatmodjo, 2011). Based on the results of this study, it shows that students at SD Advent 01 have behaved in a clean and healthy way of life by (78.6 %). This shows that they have a high awareness of the importance of health for themselves and are accustomed to always behaving in a healthy way. In real terms, efforts to maintain their personal health are shown by the goodness of all aspects of personal and environmental health. This good action is obtained in addition to good knowledge and attitudes, the UKS work program is still being implemented, but there are facilities that are already damaged, such as scales and height meters, so that it affects students' behavior in weighing and measuring their height every month.

School facilities are very supportive in improving PHBS. In SD Advent 1 Tikala Manado has quite complete facilities, namely clean water facilities from filtered springs and has a good waste disposal system. In each class there is a trash can and the trash is then disposed of in a garbage dump in the form of a hole and some are transported by a garbage truck.

Good education about PHBS in schools is obtained from teachers, parents and also health centers supported by complete facilities to improve PHBS. In schools, teachers play a very important role in teaching and learning activities. As educators, teachers are not only tasked with providing and delivering subject matter, but must be able to guide, direct and set a good example for their students so that they can help foster and develop good behavior for all their students (Fitriawatiningsih, 2009).

4. Conclusion

The conclusions in this study are as follows:

- 1) There is a difference in students' personal hygiene between students who have good knowledge of clean and healthy living behavior and students whose knowledge is still low. This means that the better the students' knowledge of clean and healthy living behavior, the better their personal hygiene will be.
- 2) Student Knowledge Factor About clean and healthy living behavior has a very close relationship with students' personal hygiene. This is evidenced by the probability value





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(Asymp. Sig) of the knowledge variable of 0.000. This value is smaller than the alpha value ($\alpha = 0.05$) or $0.001 < 0.05$.

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