



Clean and Healthy Behaviors At Al-Jam'iyatul Wasliyah Orphanage

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ABSTRACT

Introduction: Clean and Healthy Life Behavior are all health behaviours carried out because of personal awareness so that families and all members can help themselves in the health sector and have an active role in community activities. An orphanage is a place to live or accommodate children who do not have family or parents while they still need the love and education they deserve. Al-Jam'iyatul Wasliyah Orphanage is an orphanage built to accommodate children, such as orphans, orphans, poor children, and abandoned children, to increase the knowledge of the orphanage children, a foundation was built to carry out their education, where this foundation is the same as schools in general, namely Madrasah, Junior High School, and Senior High School. The purpose of this study was to determine the extent to which children are familiar with healthy living and to know the motivating and inhibiting factors for implementing healthy living at the Al-Jam'iyatul Wasliyah orphanage. This study uses a qualitative descriptive method through interviews and questionnaires with children. From the research that has been carried out, it is obtained that from 24 samples, 20 children at the Al-Jam'iyatul Wasliyah Orphanage have implemented clean and healthy living behaviours, and four children in the orphanage are still not implementing healthy living due to the lack of awareness of teenagers themselves about behavioural health. However, this states that the Al Jami'iyatul Washliyah Orphanage children have been living a healthy life well..

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1. INTRODUCTION

Clean and Healthy Life Behavior are all health behaviours carried out because of personal awareness so that families and all members can help themselves in the health sector and have an active role in community activities (Anam, 2016; Efendi & Syifa, 2019). Clean and Healthy Living Behavior can be implemented on awareness or coercion of an individual or society where each individual or community feels that they need to maintain health before or after getting sick (Novitasari, 2018). Targets for Clean and Healthy Living Behavior include households, schools, workplaces, health facilities, public places, and where people often carry out daily activities (Mawan, 2017).

The focus of attention now is the low status of nutrition and sanitation. This can be caused by several things, such as the low awareness and understanding of each individual or community in the application of Clean and Healthy Living Behaviors and the lack of facilities and infrastructure that can support the implementation of Clean and Healthy Lifestyles properly (Fitriani, 2017). In this pandemic era, there are many causes of hunger, malnutrition, death, poverty, and births which cause new problems in the world of health (Adinda, 2020).

Because these problems cause hardship and misery for the community, especially children under the age of, therefore, the centre of attention in the Clean and Healthy Lifestyle; this time is in the orphanage, where most of those who live in the place are underage children who have financial deficiencies. According to Gospor Nabor (Bardawi Barzan: 1999: 5), "Orphanage is a social service institution established by the government and the community, which aims to assist or provide assistance to individuals, community groups to meet the needs of life".

2. METHODE

The research method used is a quantitative descriptive method by making direct observations to see the conditions that exist in the research area. The sample of this study was 20 respondents, where the respondents were orphans with education ranges from elementary to high school. Collecting data used in this study by collecting information on other people's responses. The instrument used in this research is a questionnaire

(questionnaire). Then the questionnaires were collected and the results were explained as research results. This research was conducted at the Al-Jam'iyatul Wasliyah Orphanage Medan on October 16, 2021. Where this research was carried out for 1 day from morning to evening.

3. RESULT

This research was conducted at the Al-Jam'iyatul Washliyah Orphanage, Medan Deli District, Medan City, North Sumatra by observing using a questionnaire sheet and knowing the motivating and inhibiting factors for the implementation of Clean and Healthy Living Behavior at the Al-Jam'iyatul Washliyah Orphanage. Based on the results of the study, there were 24 respondents consisting of education levels of elementary school (3 people), junior high school (6 people) and high school (15 people) and based on gender, male (5 people) and female (19 people).

Table 1. Clean and Healthy Life Behavior based on education at the Orphanage

Indicators (N=24 person)	Elementary school	Junior high school	Senior high school
Hand Washing Behavior	3	4	13
Smoke	0	0	1
Garbage Disposal Behavior	2	5	11
Hygienic Behavior	3	5	13
Physical Activity	1	5	14
Health services	2	5	8
Consumption of Nutritious Food/Drink	2	2	14
Eradication of mosquito larvae	2	4	9
Use of latrine	3	5	13

Based on the explanation in table 1 based on the level of education, the average result of the lack of Clean and Healthy Life Behavior in the Al-Jam'iyatul Washliyah Orphanage is the highest obtained at the junior high school level with an average of 0.352. Furthermore, at the elementary level, the average was 0.33 and the lowest average was obtained at the high school level with an average of 0.289. It means those who carry out a Clean and Healthy Lifestyle are best at the high school level..

Table 2. Clean and Healthy Life Behavior based on Sex at the Orphanage

Indicators (N=24 person)	Male	Female
Hand Washing Behavior	2	18
Smoke	1	0
Garbage Disposal Behavior	1	17
Hygienic Behavior	3	18
Physical Activity	4	16
Health services	2	13
Consumption of Nutritious Food/Drink	4	14
Eradication of mosquito larvae	3	12
Use of latrine	2	19

4. DISCUSS

Clean and Healthy Living Behavior or PHBS is an effort to strengthen the culture of a person, group or community to care for and prioritize health to create a higher quality of life. Children are more likely to imitate the behaviour of adults rather than carrying out commands (voices) or instructions from adults. Adults must practice clean and healthy living behaviours continuously (consistently) and correctly both at home and outside the home (Rofifah, 2018; Syahputra, 2016). That way, the children will have a clean and healthy lifestyle practised throughout their lives (Mawan, 2017; Anggraeni & Aslamiyah, 2018).

In this study, respondents based on education level from Elementary School-Junior High School-High School. Where based on the level of education is very influential on the behaviour of clean and healthy living. As for the nine indicators of clean and healthy living behaviour, 2 of these indicators became the main problem in our research, namely the behaviour of garbage disposal and eradication of mosquito larvae (Hotez et al., 2015; Hamidah Syukriah Lubis, 2017; Sunarya, 2019). At the elementary level, waste disposal behaviour is still low. Usually, the causative factor is a lack of knowledge and the habit of disposing of waste in its place. So there are still elementary school children who often throw garbage carelessly (Siregar, 2020); (Andita, 2016).

Furthermore, at the junior high school level, waste disposal behaviour is quite good. Because at the junior high school level, they are usually equipped with knowledge and rules regarding waste disposal from school and the environment where they live

(Wulandari, 2018; Syahputra, 2016). Finally, at the high school level, the behaviour of garbage disposal is getting worse than at the previous level. This can be influenced by environmental factors that influence the habit of not implementing this behaviour. Usually, this environmental factor comes from the circle of friends.

According to Friska Realita and Noveri Aisyaroh (2020:13-17) in scientific research, this type research states that "Most of the respondents in carrying out Clean and Healthy Life Behavior are influenced by friends as many as 53 respondents or 66.22%, while those whom friends do not influence are 27 respondents or 33.8%. Peers have a big enough role in forming a Clean and Healthy Lifestyle, especially in the school environment. Peers are role models or idols for other friends, meaning that if one of the children practices the messages of Clean and Healthy Living Behavior, he invites/reminds his friends. A child psychologically tends to imitate what he sees in his daily life, including the healthy behaviour that is carried out and practised by his friends at school, so these factors can also affect the inculcation of the practice of Clean and Healthy Living Behavior in children in the school environment. Informant behaviour towards friends who do not throw garbage in its place; in this research, the informant provides positive information, namely admonishing and recommending to dispose of garbage in its place".

From these data, it means that the friendship environment significantly impacts the application of Clean and Healthy Behavior, especially in disposing of waste. This is because good or bad habits can be seen and imitated by other friends. With the bad habit of lack of waste disposal behaviour, it is found that much garbage is not in its place in their environment, which can lead to the emergence of mosquito larvae. From all levels of education, it is evident that they still do not understand how to eradicate mosquito larvae. Some do not understand that mosquito larvae can come from the garbage they throw away.

In this group, the behaviour of garbage disposal and eradication of mosquito larvae can also have an effect based on gender, where men are more dominant in disposing of garbage improperly compared to women. According to Zarkasi (2019), there are differences in attitudes and knowledge about Clean and Healthy Living Behavior between men and women; environmental factors influence these differences. From the results of this study, the majority of respondents are female and have knowledge of Clean and Healthy Life Behavior in the good category. This is influenced because men pay less attention to environmental hygiene. They prefer to throw garbage where they are, even though the place is not a garbage dump. Usually, it is also often found that in their circle of

friends, they have cooler thoughts if they break the rules. In the female gender, they pay more attention to the cleanliness of their environment. So they get used to throwing garbage in its place.

With the different habits between men and women, the knowledge and concern about mosquito larvae are also different. Men do not know how to deal with mosquito larvae, so they are used to throwing garbage in the wrong place without thinking about the impact of this behaviour. As for women, they already understand waste control because they have sufficient insight into the consequences of indiscriminate garbage disposal that can cause mosquito larvae.

5. CONCLUSIOON

The implementation of clean and healthy living behaviours that have been carried out at the Al-Jam'iyatul Wasliyah Orphanage is from the nine indicators of Clean and Healthy Living Behavior based on the level of education that the behaviour of waste disposers and understanding of how to eradicate mosquito larvae is still lacking. Some do not yet understand that mosquito larvae can come from the garbage they throw away. This is due to a lack of knowledge and environmental factors that influence the habit of not implementing these behaviours. Based on gender, the behaviour of garbage disposal and eradication of mosquito larvae is also still lacking, but among men Whereas, men are more dominant in throwing garbage out of place compared to women. This is influenced because men pay little attention to the cleanliness of the environment.

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