



---

## The Clean And Healthy Life Education Socialization For Students At Kuprik Inpres Elementary School

Umiyati Haris<sup>1</sup>, Muhammad Novan Prasetya<sup>2</sup>, Najdah Thalib<sup>3</sup>, Parman Jasnur<sup>4</sup>  
Hubertus Oja<sup>5</sup>, Andri Irawan<sup>6</sup>, Nur Jalal<sup>7</sup>, Everitus Rikardus<sup>8</sup>

<sup>1,2,5,6,7,8</sup> Public Administration Science Study Program, Social and Political Science Faculty  
University of Musamus Merauke

<sup>3</sup> Economic Education Study Program, Teacher Training and Education Science Faculty  
University of Musamus Merauke

<sup>4</sup> Economic Development, Economy and Business Faculty  
University of Musamus Merauke

Korespondensi penulis : [umiyatih12@unmus.ac.id](mailto:umiyatih12@unmus.ac.id)

No. Hp: 085298838205

---

### Article History:

Received: 30 April 2023

Revised: 30 Mei 2023

Accepted: 30 Juni 2023

**Keywords:** *Clean and healthy living education, SD Inpres Kuprik, Merauke Regency*

**Abstract:** *This community service aims to increase students' awareness and understanding of the importance of clean and healthy life education (PHBS) at Inpres Kuprik Elementary School. PHBS is a concept that involves various healthy habits, such as washing hands, maintaining personal hygiene, and maintaining a clean environment. This service aims to provide socialization to students about PHBS and teach them practical steps to apply it in everyday life. The method used in this service is the delivery of PHBS material through lectures, group discussions, and direct practical activities. Students will be given an understanding of the importance of PHBS and the positive impact they will get if they adopt clean and healthy living habits. The expected results of this service are an increase in students' knowledge about PHBS and a change in behavior that leads to clean and healthy living habits. With this socialization, it is hoped that students will become agents of change who can influence their peers and the community around them to adopt clean and healthy living habits. In addition, this dedication is also expected to increase the participation of educators and parents of students in building a PHBS culture in schools and the surrounding environment. In conclusion, after this service has been done, students of Kuprik Elementary School are having understanding dan implementing the importance of PHBS in daily life.*

---

## INTRODUCTION

A type of activity called community service strives to help society as a whole. In this situation, community service may be used to inform and increase public awareness of the value of leading healthy lives. Their awareness of the value of health will be raised, but it will also equip them with the knowledge and abilities they need to live a healthy lifestyle every day.

Community service is a form of activity that aims to provide benefits to the community directly. One important form of community service is the socialization of Clean and Healthy Living Education (PHBS), especially for children at the Inpres Kuprik School. Clean and Healthy Living Education is a concept that encourages individuals to maintain personal hygiene, the environment, and a healthy lifestyle (Harvianto et al., 2023). Children at Kuprik Inpres School will gain a thorough awareness of the value of upholding cleanliness and health in daily life through PHBS socialization.

In today's world, living a healthy lifestyle is a concept that is becoming more and more significant. We need to actively encourage and practice healthy lifestyles in a time when diseases linked to lifestyle, such as obesity, diabetes, and heart disease, are on the rise. (Saputra et al., n.d.). Community service is one efficient approach to accomplish this.

Adopting a healthy lifestyle has an impact on society as a whole in addition to its benefits for the individual. A healthy society fosters a more productive, sustainable environment and has the ability to ease the strain on a healthcare system that is already overworked. (Lestari et al., 2021). As a result, performing community service with the emphasis on living a healthy lifestyle is a crucial first step toward improving one's health and wellbeing.

Various tasks can be completed as part of this community service. To impart knowledge and useful advice to the community, for instance, seminars or workshops may be held with the participation of health specialists and other associated professions. In addition, public campaigns can be undertaken to spread knowledge about healthy habits through social media, brochures, or announcements in open spaces. Spreading messages about healthy habits through local communities, such as local schools, mothers' clubs, or community organizations, can also be a successful tactic.

It is intended that community service projects emphasizing healthy living will gradually transform people's attitudes and behaviors. With this strategy, we may actively contribute to

raising people's quality of life while assisting in the prevention of illnesses that can be prevented by leading a healthy lifestyle.

Children's character development and the teaching of the value of hygiene and good health are major goals of Kuprik Inpres School. Children have the chance to learn and engage with their peers and qualified teachers in a school setting. (Safaria et al., 2018). Therefore, it is believed that through participating in this community activity, kids would fully comprehend and apply PHBS principles. Inpres Kuprik School will use a variety of engaging and participatory teaching strategies for PHBS socialization.

This seeks to inspire kids to learn the PHBS idea more actively and enthusiastically. Making posters, interactive lectures, educational games, and practical demonstrations of the value of good hygiene, the environment, and a healthy lifestyle are a few of the possible activities. It is intended that by actively immersing kids in PHBS socialization, both the school setting and the neighborhood will change for the better. Children will learn how to properly wash their hands, maintain a clean environment, care for their teeth, and practice healthy lifestyles such as eating nutritious food and exercising regularly.

For kids aged 7 to 12 years, introducing and learning about healthy living has the following goals (Hotima, 2020):

1. Create wholesome routines: Children in this age range are forming their daily routines. We can assist children develop wholesome habits that they will carry with them throughout their lives by introducing them to a healthy lifestyle. The necessity of maintaining a healthy lifestyle can be made clear to them by introducing concepts like balanced eating, frequent exercise, and enough sleep.
2. Preventing sickness and health issues is important since young children are still undergoing a period of rapid growth and development. By giving them a solid understanding of healthy behaviors, they can reduce their chance of later developing conditions like obesity, diabetes, and heart disease. Children who have grown up eating well and staying healthy have stronger immune systems and are more capable of fending off infections and diseases.
3. Enhances academic achievement: Children's learning capacities are positively impacted by good health. Children that lead healthy lifestyles have plenty of energy, improved focus, and ideal memory. They will be better equipped both physically and

psychologically to handle the demands of schoolwork. Thus, encouraging youngsters to lead healthy lifestyles can enhance their academic performance.

4. Gain social and emotional intelligence: Adopting a healthy lifestyle requires both social and emotional intelligence. Children who learn to live a healthy lifestyle also learn the value of teamwork, mutual respect, and stable relationships. They can grow in self-assurance, good self-esteem, and effective stress and emotion management.
5. Future generation health: By educating youngsters about healthy habits, we are making an investment in their future health. They'll grow up to be a generation that understands the value of health and is capable of taking care of itself. This will improve their general quality of life and contribute to the development of a society that is healthier in the long run.

Children can develop the knowledge and abilities necessary to preserve their health throughout life by being exposed to and learning about healthy living from an early age. In this process, it's critical to lead by example and encourage them to make healthy lifestyle choices.

Finally, the children's awareness and understanding of the value of PHBS will improve as a result of this community service at the Inpres Kuprik School. It is envisaged that kids would serve as role models and encourage their family and friends to include PHBS into their daily life. As a result, these initiatives may help to build a society that is healthier, cleaner, and more productive.

## **METHOD**

The supply of PHBS materials to students will mark the start of this service. Presentations, lectures, and the use of engaging audiovisual materials can all be used to teach this content. A clear knowledge of the idea of PHBS, as well as the value of maintaining personal hygiene, correctly washing hands, keeping an environment clean, and other health activities, is the goal of the material's delivery. This commitment will include practical exercises in addition to the delivery of material and group discussions. Students will be asked to participate in a variety of PHBS practice exercises, including correct hand washing, upholding personal hygiene, and keeping the school's environment. Students will put what they have learnt into practice in this practical assignment so they can internalize clean and healthy living habits.

Healthy lifestyle material can be conveyed through lecture methods, presentations, and the use of audiovisual media that attract students' attention for the following reasons (Hotima, 2020):

Better understanding is made possible by the structured and focused information delivery strategies used in lectures and presentations. The instructor or facilitator might methodically explain key ideas regarding a healthy lifestyle in lectures or presentations. As a result of the information being presented in an orderly and understandable way, pupils are better able to comprehend the subject matter.

Presenting actual examples: Using actual examples from experience or case studies in lectures and presentations can aid students in better understanding the ideas behind leading a healthy lifestyle. Students can witness actual instances of healthy food, physical activity, or good sleep patterns by using audiovisual resources, such as movies or images. These examples can help to clarify concepts and show how to incorporate a healthy lifestyle into daily activities.

Increase student interest and focus on the content being taught by using engaging audiovisual materials like movies, animations, or multimedia presentations. Student interest in the learning process can be maintained with the use of appealing graphics and music. This increases learning enjoyment and aids in maintaining student attention on the subjects being covered.

Encourage participation: Interaction with students is possible during lectures and presentations. Questions, requests for perspectives or personal experiences, and discussion starters are all tools that facilitators might use. Through the sharing of thoughts and experiences, this helps students to actively engage in their education and improves their comprehension of healthy lifestyles.

Promote critical thinking: Effective presentations can encourage students to ponder and think critically. Students can be encouraged to consider their ideas, analyze the facts they are given, and draw their own judgments regarding healthy lifestyles by providing them with pertinent information, data, and arguments. This can help students improve their critical thinking abilities and get an appreciation for the significance of making wise choices when it comes to looking after their own health.

In order to fulfill the unique needs of students, it is crucial to pay attention to a number of different learning strategies while teaching kids about healthy lifestyles. It is helpful to draw students' attention, make concepts clear, and promote active engagement in the learning of healthy lifestyles by using engaging lectures, presentations, and audiovisual materials.

## The Clean And Healthy Life Education Socialization For Students At Kuprik Inpres Elementary School

Along with kids, instructors and parents of students will also be partners in this program. In order to enlighten educators and parents about PHBS and the significance of their role in encouraging and overseeing its implementation in the school and home environment, the companion or facilitator will hold a meeting with them. Teachers and parents will be asked to commit to creating a PHBS culture and supporting kids in adopting clean and healthy living practices during this meeting. Students are anticipated to learn PHBS well with the usage of this method and be capable of incorporating clean and healthy living practices into their daily lives. This program is also anticipated to increase parental engagement through partnering with instructors to create an environment that supports and strengthens PHBS practices at Inpres Kuprik Elementary School..

### **RESULT AND DISCUSSION**

The execution of this act of community service took place on May 8, 2023, from 9:00 am to 2:00 pm at INPRES Kuprik Elementary School in Merauke Regency. In Kuprik Village, Sota District, Merauke Regency, young people who had never voted attended the community service event. raising students' understanding of the value of having a clean and healthy lifestyle. Students can learn about personal hygiene, environmental sanitation, wholesome eating habits, and the value of exercise through PHBS socialization. This may raise students' knowledge of the value of preserving their own health and hygiene as well as the environment. alterations in student behavior that promote health and cleanliness.

Students can comprehend the need of upholding personal hygiene by washing their hands with soap before eating or after using the toilet, following sanitation principles, and adopting a healthy diet. This can encourage students to change their behavior to be cleaner and healthier. Reducing the number of infectious diseases in schools. By implementing PHBS principles, such as washing hands properly, maintaining toilet cleanliness, and maintaining environmental sanitation, it can help reduce the spread of infectious diseases in the school environment. This has an impact on reducing student absenteeism due to illness and improving overall health.

The culture of PHBS being formed in schools. It is envisaged that a culture of clean and healthy living would develop in schools via ongoing socialization of PHBS. The PHBS ideals and practices will be internalized by the students, who will then use them in their daily lives. This PHBS culture has the potential to leave a lasting impression on upcoming student generations. raising the level of student participation in preserving cleanliness and health.

Actively involving students in PHBS socializing activities, such as hand washing procedures, waste management, or sporting events, can strengthen their commitment to upholding cleanliness and health. They grow in awareness and accountability for maintaining the school's cleanliness and having an impact on the neighborhood. It should be kept in mind that the outcomes of PHBS outreach initiatives may vary based on the context, duration, and approach used in the activity. Evaluation of activity results on a regular basis can help to evaluate the effectiveness and impact of the socialization of PHBS.

This activity begins with the registration of activity participants which starts at 09.00-09.30. The opening of this Community Service Activity begins with the reading of a prayer guided by Mr. Hubertus Oja, S.Sos., M.Sc. Then the remarks were delivered by the Principal School of Kuprik Elementary School and immediately followed by the delivery of material by Mr. Muhammad Novan Prasetya, M.H.I and Mrs. Umiyati Haris, S.IP., M.Si about PHBS for 60 minutes. After that a discussion session was held for question and answer participants and presenters guided by Mr. Everitus Rikardus, M.A.P. and Najdah Thalib, S.Pd., M.M.



Picture 1. The PHBS Poster

Participants in this activity were particularly excited to ask questions about PHBS in the classroom. Following that, it went on to include PHBS simulation exercises under the direction of Najdah Thalib, S.Pd., M.M. Through direct practice of hand washing,

## The Clean And Healthy Life Education Socialization For Students At Kuprik Inpres Elementary School

participants in this activity learn how to live a clean and healthy lifestyle. The duration of this exercise was 12.30. The participants in the activity were then given some time to recuperate and share a meal.



**Picture 2 and 3. The *PHBS* Practical**

At 14.30, the activity—a photo session with all of the participants—restarted. The cleanup of the activity site was then completed at 3:00 pm by the community service team and equipment from Kuprik Inpres Elementary School. The community service team bid farewell and left at 16.00 to return to campus before going to the principal's office to turn in an activity report.



**Picture 5. Documentation with Teachers and Students**



To provide a secure, healthy environment and support kids' optimal growth and development, it is crucial that schools develop a culture of PHBS (Clean and Healthy Living Behavior). There are a number of elements that help schools develop a PHBS culture, including the following:(Ariani & Venny, n.d.):

1. Strong school leadership and a strong commitment to PHBS are key components in creating a culture that values PHBS. Teachers, administrators, and other school personnel must set an example for students by promoting and modeling good living habits. They must also make sure that PHBS policies and initiatives are included into regular classroom activities.
2. Regular education and outreach activities for students, teachers, and parents regarding the significance of PHBS can be organized by schools. Students can learn PHBS practices—including good sanitation, personal hygiene, environmental hygiene, and eating habits—through this project. Students will be more able to incorporate healthy practices into their daily lives if they have a thorough understanding of PHBS.
3. Infrastructure that supports PHBS: Schools must offer resources and infrastructure that assist PHBS. For instance, a school environment that is clean and devoid of garbage, adequate handwashing stations with clean water and soap available in all school areas, and proper toilet cleanliness. A clean and safe environment will motivate students and faculty to preserve it.
4. Student involvement and active participation: It's crucial to involve students in creating a PHBS culture. Schools can encourage student involvement in projects like waste management, maintaining a clean campus, and serving as PHBS ambassadors. Students that actively participate will feel they have a duty to PHBS and act as change agents in the educational setting.
5. Collaboration with the community and parents: It's critical to involve the community and parents in developing a PHBS culture in schools. To discuss the value of PHBS and how to implement it at home and in the neighborhood, schools can host meetings, seminars, or joint activities with parents and the surrounding community. Through this partnership, PHBS practices at home and at school will become more consistent and PHBS messaging will be strengthened.
6. Monitoring and evaluation: The implementation of PHBS in schools needs to be frequently observed and assessed by schools. Observation, data gathering, and input from students, instructors, and school personnel can all be used to accomplish this. A

thorough evaluation will show where work needs to be done and ensure the long-term viability of the PHBS culture in schools.

By focusing on these elements, schools can develop a robust and long-lasting PHBS culture. A strong PHBS culture will enhance the long-term health and wellbeing of all school personnel, including teachers, students, and staff.

## CONCLUSION

- 1) PHBS socialization activities in schools can help students become more aware of the value of maintaining their personal hygiene and health. They learn more about the risks of disease and how to avoid them by practicing clean and healthy lifestyles.
- 2) Change in Behavior: Students' behavior can improve in terms of hygiene and health from the socialization provided by PHBS. They might begin doing proper hand washing, maintaining a clean environment, and changing their diet.
- 3) Cleaner and Healthier School Environment: PHBS socialization can result in a safer and cleaner school setting. The value of preserving cleanliness in schools, including keeping restrooms clean, disposing of garbage appropriately, and keeping classrooms clean, will be taught to students.
- 4) Reducing Communicable Diseases: It is intended that through raising awareness of PHBS and altering student behavior, the incidence of communicable diseases in schools will be reduced. Students can lessen the likelihood of spreading illness by practicing preventative practices like routine hand washing and maintaining good personal hygiene.
- 5) Improving Education Quality: Socialization of PHBS also helps to raise educational standards. Healthy, disease-free students will be more attentive and better able to follow the learning process. They won't miss class since they will take less sick days off. This study's findings demonstrate the necessity of PHBS socialization programs in schools for raising students' understanding of the value of having a clean and healthy lifestyle, as well as for other reasons.

## REFERENCES

- Ariani, R., & Venny, F. (n.d.). Peningkatan Derajat Kesehatan Melalui Sosialisasi Perilaku Hidup Bersih Dan Sehat Sejak Dini. *Prosiding Seminar Nasional Kewirausahaan, 1*(1). <https://doi.org/10.30596/snk.v1i1.3634>
- Harvianto, Y., Cukei, C., Wisman, Y., & William, G. (2023). Sosialisasi Pola Hidup Bersih dan Sehat (PHBS) bagi Siswa Sekolah Dasar di Kota Palangka Raya Pada Masa New

- Normal. *Jurnal Pengabdian Magister Pendidikan IPA*, 6(1).  
<https://doi.org/10.29303/jpmpi.v6i1.2668>
- Hotima, S. (2020). Perilaku Hidup Bersih Dan Sehat Era New Normal. *Majalah Ilmiah Pelita II*, 3(2). <https://doi.org/10.37849/mipi.v3i2.200>
- Lestari, D., Sulistiawati, F., & Naelasari, D. (2021). SOSIALISASI PERILAKU HIDUP BERSIH DAN SEHAT SERTA GIZI SEIMBANG PADA IBU HAMIL UNTUK MENINGKATKAN IMUNITAS PADA MASA PANDEMI COVID -19. *Abdonesia*, 1(1).
- Safaria, T., Eka, N., & Yustianti, F. (2018). *Manajemen emosi: Sebuah panduan cerdas bagaimana mengelola emosi positif dalam hidup anda*. Bumi Aksara.
- Saputra, N., Kalsum, U., & Ekawati, Y. (n.d.). UPAYA MENINGKATKAN PENGETAHUAN DAN KETERAMPILAN PERILAKU HIDUP BERSIH DAN SEHAT (PHBS) ORANG RIMBA MELALUI PEMBINAAN PHBS RUMAH TANGGA. *Jurnal Pengabdian Dan Pemberdayaan Masyarakat*, 2(2).  
<https://doi.org/10.30595/jppm.v2i2.2590>