

Implementation of A Clean and Healthy Lifestyle to Increase *Self Endurance* for Children Aged 5-6 Years at PG-TK Panca Budi Medan

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ABSTRACT

A clean and healthy lifestyle is very important to be taught to children from an early age. The school environment is one of the places where children meet and interact with many people. Therefore, it is necessary to pay attention to the implementation of a clean and healthy lifestyle at school, because it will have an impact on children's self-endurance or the child's immune system. This research aims to find out how the process of implementing a clean and healthy lifestyle at PG-TK Panca Budi Medan. This study uses a quantitative approach with. One group pre-test and post-test methods. The result of the average pretest score was 58 while the posttest was 77.83, it can be seen that there is a significant increase in children's self-endurance. Data was obtained through periodic observations, questions and answers to children, and documentation. The criteria for the subject of this study are children aged 5-6 years or the Kindergarten B group. The results of this study are: the application of a clean and healthy lifestyle to increase self endurance in children aged 5-6 years is successful, the child's ability to implement a clean and healthy lifestyle, and the self endurance increases well.

Keywords:

PHBS; Self Endurance; Early Childhood.

1. Introduction

Health is one of the important factors that greatly affect the quality of human life, especially in childhood. According to data from the Ministry of Health of the Republic of Indonesia, the prevalence of children with malnutrition and infectious diseases is still high, especially in areas with limited access to health information (Ministry of Health, 2023). Children aged 5-6 years are in the golden age where their physical, mental, and social growth develops rapidly. At an early age, children need special attention related to a clean and healthy lifestyle to support optimal growth. One of the efforts that can be made is the implementation of a clean and healthy lifestyle (PHBS) that can increase children's endurance or *self-endurance*.

A clean and healthy lifestyle is an important aspect in child development, especially at an early age at the age of 5-6 years. Children aged 5-6 years are a period where the formation of character, of course, shapes and builds character in children must start from an early age even when they are still in the womb (Salma Rozana, et al., 2021).

Implementing clean and healthy living behaviors in early childhood is an important step for their future health. Children are an investment in the future of the nation. A valuable investment in educating a child can only be made through education. (Ritonga & Munisa, 2022) In the early childhood education period, especially vulnerable 5-6 years old or children who are in school, if they are accustomed and taught with kindness, they will grow in kindness as well. And vice versa, if children are used to bad teaching, children will also be used to bad behavior. (Widya et al., 2023).

To support the implementation of a clean and healthy lifestyle (PHBS) in schools, it is important to increase the awareness of children and teachers, as well as provide facilities that support this habit. According to data from the World Health Organization (WHO), diarrhea is the cause of death for 2.5 million children under five worldwide every year. Therefore, efforts are needed to get children used to implementing clean and healthy living behaviors so that children are able to carry out daily activities.

Children's self endurance is also very important to pay attention to. If the child's immune system is not good, it also affects the process of children's fine motor development such as developing hand gestures, especially fingers, coordinating eye and hand speeds, and being able to control emotions. (Parapat, 2021). Basically, every parent's desire is to have a healthy child, both physically and mentally. They hope that the child born does not have disorders or abnormalities, either congenital or disorders that occur during their development. They make various efforts to care for and raise children in healthy conditions. (Munisa et al., 2022). In children's education, especially in the school phase, there are several factors that can support aspects of their development, such as PHBS which of course has an impact on children's health, because children aged 5-6 years are still susceptible to illness and are easily affected by infectious diseases, one of which is if the school has not effectively implemented the learning of healthy diets, this will have an impact on children's health. closely in fulfilling proper nutritional intake for children (Zannatunnisya et al., 2024).

In the context of early childhood, children's self-endurance is very important to maintain their health from various infectious diseases. Children at this age are very susceptible to diseases such as flu, diarrhea, and respiratory infections, which are generally caused by a poor lifestyle. Therefore, the introduction and application of PHBS early in school can be one of the important strategies to reduce the risk of disease while building a foundation for long-term health for children.

PG-TK Panca Budi Medan as one of the early childhood education institutions has a strategic role in supporting the implementation of PHBS. School is not only a place of learning, but also a place where children practice healthy behaviors in daily life. With a school environment that supports the implementation of PHBS, children can form sustainable healthy habits. But schools must also provide complete facilities to support early childhood PHBS.

Based on the results of observations made by researchers, PHBS at PG-TK Panca Budi Medan is still not effective, especially in implementing a healthy diet for early childhood. Especially at PG-TK Panca Budi Medan, children bring their own provisions from home. There are still children who bring unhealthy foods such as snacks or instant or unhealthy lunches, such as nuggets, sausages, white bread and snacks that contain msg. This can be seen that parents bring provisions according to the child's choice and desire, besides that there are also parents who are busy working so that they do not have time to bring healthy and nutritious food for their children and only bring children instant snacks. In this study, as many as 30 children will be involved.

In addition to instant food, such as washing hands after coming out of the bathroom is still not effective, there are still many children who go straight to class after coming from the bathroom, without washing their hands first, during learning in class as well, if there is a child who is sick and wears a mask from home, after arriving at class he does not wear his mask during learning, So that it makes other children easily infected with diseases such as flu, fever and diarrhea. This is the basis for researchers to conduct research on clean and healthy lifestyles for early childhood. With the implementation of a consistent clean and healthy lifestyle, it is hoped that children will not only avoid various diseases, but also have optimal health to support their learning process and overall development.

This study aims to examine how the application of a clean and healthy lifestyle can increase the self-endurance of children aged 5-6 years at PG-TK panca Budi Medan. Because the clean and healthy lifestyle at PG-TK Panca Budi has not been effective, it can be seen from the problems in the field, namely in kindergarten B there are 60 children, but only approximately 30 people attend school every month, therefore the focus of this research will look at the extent of the implementation of PHBS in schools, the role of teachers in teaching and accompanying children in implementing healthy behaviors, and its impact on children's immunity. The results of this study are expected to contribute to the development of more effective school health programs that can be applied sustainably in various other early childhood education institutions.

2. Methods

This study uses pre-experimental research methodologies and quantitative approaches. The design of this study uses a one-group-pretest-posttest design to determine the application of PHBS to increase children's *self-endurance* in PG-TK Panca Budi Medan. This study involved a group of 30 children aged 5-6 years. In simple terms, the research design used can be described as in the following Table 1:

Table 1. One-group-pretest-posttest design scheme

<i>Pre-test</i>	<i>Treatment</i>	<i>Post-test</i>
T1	X	T2

Information:

- T1 : *Pre-test* is carried out before treatment
- X : *Treatment* (Learning by applying PHBS)
- Q2 : *Post-test* is carried out after treatment

Table 2. Questionnaire Grid

Developmental Aspects	Basic Competencies	Indicators
Self Endurance	a. Learn and Troubleshooting	1. Children are able to participate in all physical activities at school such as gymnastics and outbound. 2. Children are able to apply the wash hand good and true 3. Children bring healthy food every time School Day 4. Children are able to apply knowledge or experience in a new context.
	b. Logical Thinking	Child can know because Result about the environment.

Source: Muthmainah (2019)

Data collection was carried out through questionnaires and observations. The questionnaire is given to children through direct questions and answers, containing questions that have been selected, there are several questions to be arranged based on the questionnaire grid as shown in Table 2. The improvement of children's *self-endurance* ability is analyzed using formula (1) and the assessment criteria are determined based on the assessment criteria for improving *children's self-endurance* as shown in Table 3:

Information:

$$P = \frac{F}{N} \times 100$$

P : Percentage value

F : The frequency at which the percentage is being sought

N : Number of individuals

Table 3. Assessment criteria for improving *children's self-endurance*

Category	Score	Presentation
Undeveloped (BB)	1	0-40%
Start Growing (MB)	2	41-55%
Developing as Expected (BSH)	3	56-75%
Very Well Developed (BSB)	4	76-100%



3. Results and Discussion

This study involved 30 children in the group of Kindergarten B PG-Kindergarten Panca Budi Medan with the age of 5-6 years. The data obtained from this study are the results of the children's self-endurance ability score before (pre-test) is given the application of PHBS and after (post-test) is given the application of PHBS. Table 4. shows the results before and after the treatment is applied.

Table 4. Pre-test and post-test self endurance results

It	Name	Pre-test	Post-test
		Score	Score
1	KAM	55	75
2	ZSY	60	80
3	KAP	60	80
4	AH	55	75
5	DIN	60	85
6	ZFK	50	85
7	APS	50	75
8	SDJ	55	70
9	CNP	65	85
10	ASN	65	80
11	MAR	55	80
12	DF	70	90
13	ZA	70	90
14	ASD	65	80
15	GEA	60	75
16	KZM	45	60
17	AHA	60	70
18	ZB	55	75
19	FAS	65	80
20	QS	55	70
21	AAB	60	85
22	FR	45	60
23	SA	65	80
24	RS	55	60
25	NR	50	80
26	RZ	70	90
27	AP	55	85
28	FYM	60	80
29	RNP	50	80
30	ARD	55	75

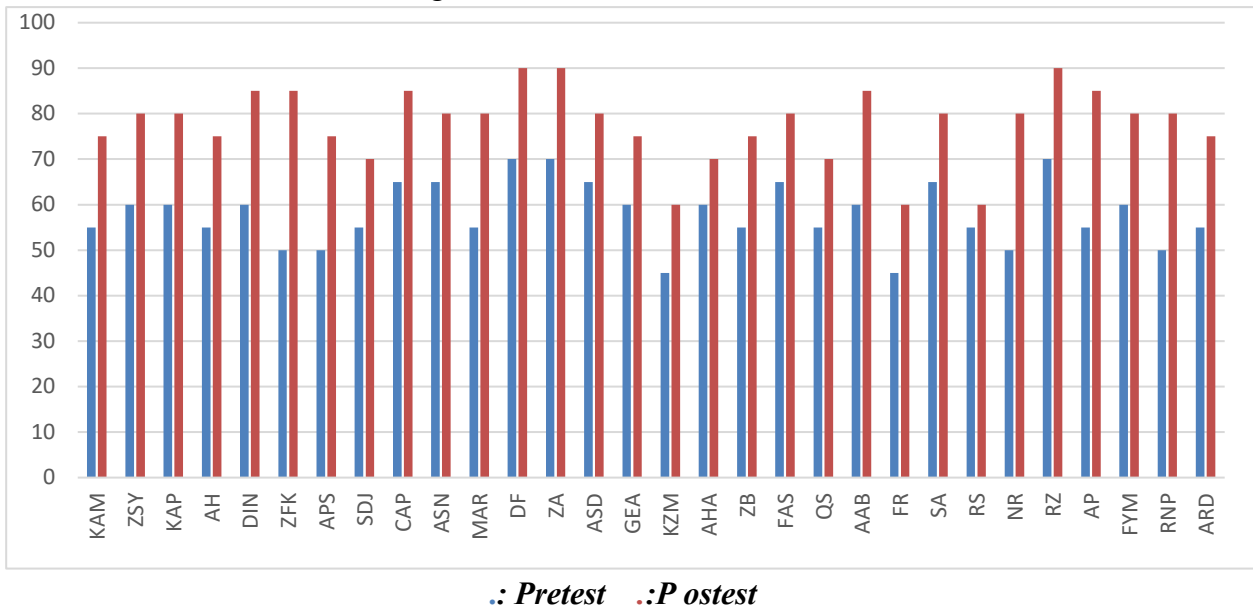
The average scores of the pretest and posttest above are:

$$\begin{aligned} \text{Pre-test} &\rightarrow \bar{x}_1 = \frac{\sum x_i}{n} \\ &\rightarrow \bar{x}_1 = \frac{1740}{30} \\ &\rightarrow \bar{x}_1 = 58 \end{aligned}$$

Postest $\rightarrow \bar{x}_1 = \frac{\sum x_i}{n}$
 $\rightarrow \bar{x}_1 = \frac{2335}{30}$
 $\rightarrow \bar{x}_1 = 77.83$

Source: (Nurhayati et al., 2022)

Based on the above results, the average score of children in the pre-test was 58, while the average score of children in the post-test was 77.83, therefore it can be concluded that there is an increase in children's understanding after the PHBS treatment.



Picture 1. Results of Pretest and Posttest Self Endurance for PG-TK Panca Budi Medan Children.

The results of the evaluation of the level of children's understanding were obtained with the results of *p-value 0.001*. If the result < 0.05 means that there is a significant difference in students' activeness or understanding before and after being given treatment. This is in line with research conducted by (Irma et al., 2021) to the students of Fajar Indah Kindergarten, Cipaku Village, that socialization and counseling carried out on children can increase their knowledge about PHBS. Application PHBS through socialization is carried out communicatively, singing, practicing washing hands directly, bringing healthy food and drinks. This is different from the socialization of PHBS carried out by (Jaja sudrajat, 2022) where Children are given several forms of games such as limb concentration and throwing a lucky ball. In the game, the children of course get several questions to complete the implementation of the game. Questions also asked about PHBS. If with communicative delivery, children will be more interested in learning about PHBS. There are several processes and methods that are carried out, of course, if the process is carried out well, then the results will be good too, giving PHBS to children aged 5-6 years is the right time, therefore how to apply it must be easy for children to understand.

4. Conclusion

This study shows the results that the implementation of a clean and healthy lifestyle can increase the Self Endurance of children aged 5-6 years at PG-TK Panca Budi Medan. Where there was a significant increase in children's self-endurance, with an average score that showed that it was developing as expected. The implementation of PHBS is very important to continue to be applied to support success and optimize children's self-endurance.

Research Documentation



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