



## PORTRAIT OF CLEAN AND HEALTHY LIVING BEHAVIOR (PHBS) OF BOARDING SCHOOL STUDENTS IN CILEGON CITY

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### Abstrak

Clean and Healthy Living Behavior (PHBS) is a manifestation of healthy living orientation in individual, family and community cultures with the aim of improving, maintaining and protecting their health, both physically, mentally, and spiritually and socially. This study aims to determine the description of Clean and Healthy Living Behavior (PHBS) in Madrasah Aliyah (MA) Boarding School students in Cilegon City in 2022. This study is a descriptive study with a research population of all Madrasah Aliyah class X and XI students as many as 208 students. The sample of this study was 160 respondents taken by simple random sampling. Method using proportional sampling technique. Research shows that 51.3% of students' PHBS includes poor hands, hand washing behavior with soap and flowing water in the poor category (29.1%), healthy snack consumption behavior in the poor category (37.5%), the use of clean and healthy latrines in the poor category (44.4%), garbage disposal behavior is included in the poor category (71.9%), as many as 20.6% of students smoke at school, as many as 61.3% of students do not spit anywhere. As many as 71.9% of students litter, mosquito larvae eradication behavior is not good (58.1%). Based on the results of the study, it can be concluded that more than 50% of PHBS MA Boarding School students in Cilegon City are categorized as poor.

**Keywords:** Clean And Healthy Living Behavior (PHBS), Hand Washing, Garbage Throwing Behavior, Smoking Behavior

### Introduction

Efforts to improve healthy behavior can be done by campaigning for clean and healthy behavior programs (PHBS) through health institutions and including educational institutions such as schools, colleges, and Islamic boarding schools<sup>1</sup>. Clean and Healthy Living Behavior (PHBS) is an orientation of healthy living in the culture of individuals, families and communities with the aim of improving, maintaining and protecting their health, both physically, mentally, and spiritually as well as socially. Clean and Healthy Living Behavior in educational institutions aims to encourage the creation of a clean and healthy environment so that it can support a conducive teaching and learning process<sup>2</sup>. Efforts to maintain PHBS in educational institutions include the following indicators: washing hands using soap, consuming healthy food and drinks, using healthy latrines, throwing garbage in the trash, not smoking, not consuming Narcotics, Alcohol, Psychotropic and other Addictive Substances (NAPZA), not spitting anywhere, eradicating mosquito larvae<sup>3</sup>.

Data shows that the percentage of districts/cities that have PHBS policies nationally in 2017 was 60.89% and this figure has reached the 2017 Strategic Plan target of 60%. A total of 9 provinces have reached the 100% target, namely West Sulawesi, Gorontalo, Bali, DI Yogyakarta, Central Java,

DKI Jakarta, Riau Islands and Bengkulu. Provinces with the lowest percentage are Papua 3.45%, West Papua 15.38% and East Nusa Tenggara 18.18%<sup>4</sup>. Data from the Riskesdas of Banten Province in 2013 states that of the 8 regencies/cities in Banten Province, it is known that the lowest proportion of PHBS criteria is in Lebak Regency (12.7%), followed by Serang Regency (20.8%), Serang City (30.1%), Tangerang Regency (35.9%), Cilegon City (37.1%) and Tangerang City (47.4%), while the highest PHBS coverage is found in Tangerang City at 56.1%<sup>5</sup>

Clean and healthy living behavior that is not maintained, especially personal hygiene, can have an impact on the emergence of infectious diseases that can occur in skin organs, respiratory tract, and digestive tract. The disease can be found in communities with dense residential environments, low socioeconomic levels and also low levels of environmental cleanliness in all environments. Both in the environment of homes, offices, public places and schools, especially schools that adopt a dormitory system.

Boarding school is a school system where students and also teachers and school managers live in dormitories within the school environment for a certain period of time<sup>6</sup>. Word net bag define boarding school is a private school where student are lodged and fed as well as taught, A private school where students are boarded, fed and given lessons. The boarding school education system adheres to the national curriculum system, the religious department curriculum and the typical boarding school supplementary curriculum. The educational process with the boarding system receives more optimal attention because the interaction time is more, the ratio of students and teachers is smaller.

Schools apart from being places of learning can also be a threat of disease transmission if not managed properly, more than that Islamic boarding school children are very vulnerable to disease attacks so that the implementation of PHBS in Islamic boarding schools which is one of the indicators of personal hygiene is an absolute necessity in order to make habits / traditions in daily life.<sup>7</sup>

Based on data from the Ministry of Religious Affairs of Cilegon City in 2021, the number of *boarding schools* in Cilegon City is 4 *boarding schools*, namely Madrasah Aliyah (MA) Al-Inayah with a total of 436 students, Al-Furqon with a total of 29 students, Al-Hasyimiah with 140 students. While infectious diseases that are often found in boarding schools are pulmonary tuberculosis, upper respiratory tract infections, diarrhea and skin diseases. Due to lack of discipline in carrying out clean and healthy living behaviors, many dormitory students suffer from scabies, upper respiratory tract infections, gastritis, worms and skin diseases. Even scabies can be said to be difficult to avoid by students. The main cause of scabies is due to the condition of students' personal hygiene and poor environmental sanitation<sup>8</sup>

Indicators of clean and healthy living behavior (PHBS) in schools as many as 8 indicators include washing hands using soap, consuming healthy food and drinks, using healthy latrines, throwing garbage in the trash, not smoking, not consuming narcotics, alcohol, psychotropic and other addictive substances, not spitting in any place and eradicating mosquito larvae.<sup>9</sup>

The Health Profile of Cilegon City in 2020 states that in school-age children, the indicators of Clean and Healthy Living Behavior (PHBS) are still low, including hand washing behavior using soap, dental caries, worms, refractive errors / visual acuity and gum problems. The percentage of high school / MA students who receive health services in Cilegon City is 34.30%. Refer to research Sri Hendrawati & Udin Rosidin (2020) stated that of the 8 indicators, there are two indicators that still have a bad percentage, namely the handwashing behavior indicator (CTPS) and the behavior of consuming healthy snacks<sup>11</sup>. The results of other studies stated that students who had a good category PHBS attitude as much as 47.8% and those who had a less category attitude as much as 52.2%<sup>12</sup>. In research Damarsari R, (2016) It shows that as many as 56.3% of waste disposal behavior is in the good category and snack consumption behavior in school-age children as much as 71.9% is included in the sufficient category.

Based on the background explanation above, researchers are interested in knowing more about Clean and Healthy Living Behavior (PHBS) in Madrasah Aliyah *Boarding School* students in Cilegon City in 2022. Based on a preliminary study of 7 respondents, it is known that 4 (57.1%) respondents misbehave in hand washing, 5 (60.2%) respondents consume snacks poorly, 4 (57.1%) respondents are not good at using latrines, 6 (70%) respondents are about throwing garbage out of place, 4 (57.1%) respondents spit in any place and 5 (60.2%) respondents are not good at eradicating mosquito larvae.

## Method

This research is a descriptive that aims to describe PHBS indicators in Madrasah Aliyah Boarding School students. The variables studied are PHBS indicators which include washing hands with flowing water and using soap, consumption of healthy snacks, use of healthy latrines, behavior of throwing garbage in its place, smoking behavior in the school, behavior of spitting in any place, eradication of mosquito larvae. This research was conducted in all Madrasah Aliyah that adheres to the Boarding School system in Cilegon City as many as three schools with a population of all grade X and XI students as many as 208 people. The research sample was calculated using the proportion difference test formula and obtained as many as 160 students who were taken by proportional Stratified random sampling. The study was conducted from April to June 2022.

This study used primary data obtained directly through interviews with respondents using questionnaires. The questionnaire used in this study refers to PHBS indicators adopted from the PHBS Guidelines of the Ministry of Health of the Republic of Indonesia. The collected data is analyzed univariately and presented in the form of tabulations. This research has received approval from the Ministry of Religious Affairs of Cilegon City with Number: 2842/KK.28.06.02/PP.00/04/2022. This research has also received ethical approval from the Health Research Ethics Committee of Faletehan Serang University with number: 083 / KEPK. UF/VII/2022.

## Result

Based on the results of the study, seven PHBS indicators are known as listed in the table 1:

**Table 1. Frequency Distribution Clean and Healthy Living Behavior Indicators (PHBS) in Madrasah Aliyah *Boarding School* students**

Variable	Amount	%
<b>CTPS</b>		
Not good	77	48,1
Good	83	51,9
<b>Consume healthy snacks</b>		
Less	60	37,5
Good	100	62,5
<b>Use of Latrines</b>		
Not good	71	44,4
Good	89	55,6
<b>Take out the trash</b>		
Not good	115	71,9
Good	45	28,1

<b>Smoking behavior</b>		
Not good	33	20,6
Good	127	79,4
<b>Behavior of spitting</b>		
Not good	62	38,8
Good	98	61,3
<b>Eradication of mosquito larvae</b>		
Not good	93	58,1
Good	67	41,9
<b>Sum</b>	<b>158</b>	<b>100</b>
Primary Data, 2022		

Based on the results of the study in table 1, it is known that the PHBS of Madrasah Aliyah students who live in boarding schools between good and less good categories are almost balanced. The same thing is also seen in the indicator of the use of latrines. The use of latrines with poor categories as much as 44.4%. Clean and healthy living behavior that is still not good is the behavior of throwing garbage and the behavior of eradicating mosquito larvae.

## Discussion

### Clean and Healthy Living Behavior (PHBS) in Madrasah Aliyah Boarding School Students

PHBS is all health behaviors carried out because of personal awareness so that families and all members are able to help themselves in the health sector and have an active role in community activities and basically an effort to transmit experiences about healthy living behaviors through individuals, groups or the wider community with communication channels as a medium of information sharing <sup>14</sup>.

Based on the results of the study, it was found that most respondents had poor PHBS as many as 82 (51.3%) people. The results of the study are not much different from previous research that has been done elsewhere. This shows that in general, PHBS upper secondary students are included in the poor category<sup>11</sup>. PHBS indicators that are still lacking include the behavior of throwing garbage in its place. As many as 71.9% of students did not dispose of their waste separately between wet and dry waste. Wet and dry waste must be sorted so as not to cause mixing of chemical compounds in the garbage and pollute the environment. Mixed garbage can cause unpleasant odors and dry waste cannot decompose easily so that it can cause soil damage.

Litter needs to be sorted before disposal. Unsorted waste can cause chemical compounds contained in waste to mix and pollute the environment. The impact of pollution is very diverse, such as can cause viral infections, diseases, environmental damage, and loss of ecosystem balance<sup>15</sup>. Another Clean and Healthy Living Behavior (PHBS) that is still lacking is mosquito larvae eradication behavior. A total of 131 respondents (81.9%) said they never drained the water reservoir because the water reservoir was in the form of a tower. A total of 121 respondents (76.9%) said that there were no used items buried in the school.

### Behavior of washing hands using soap and flowing water

Hands are the carriers of the most germs that cause diarrhea and respiratory infections such as pneumonia. Therefore, the habit of washing hands with soap can reduce the occurrence of diarrhea by almost 50% and respiratory infections by 25% among children under five years old. The habit of

washing hands effectively can break the chain of spread of infection caused by germs. Even this simple activity can reduce mortality significantly, especially in children due to bacteria<sup>16</sup>.

Based on the results of the study, it showed that respondents who washed their hands using soap and running water were slightly more, namely 82 (51.3%) than those who did not behave in hand washing using soap and running water. The results of this study are in line with research Pauzan Pauzan (2017) which states that 61.05% of students have good handwashing behavior. In schools, facilities have been provided that support students' handwashing behavior. The results showed that most students washed their hands after defecation and urination, after eating, when hands were dirty, washed hands after handling animals and washed hands using soap and running water under running water faucets. The percentage that is still low is washing hands using soap and running water. Students who exhibit such behavior have not reached 50%.

This shows that students' awareness of washing hands is very good. Good handwashing behavior is certainly influenced by several factors, one of which is students' knowledge about the benefits of washing hands with soap. All students have learned about the importance of washing hands with soap and have practiced how to wash their hands properly. In addition, another factor that also affects handwashing behavior is the availability of facilities. In the school, a sink and soap have been provided.

### **Consumption Behavior of Snacks/Healthy Food**

Consumption of healthy snacks/food is one of the indicators of clean and healthy living behavior (PHBS) in schools. Healthy food or snacks are foods that do not contain harmful ingredients and do not contain pathogenic microbacteria and do not contain ingredients that harm consumers<sup>18</sup>. Based on the results of the study that respondents who consume healthy food well are more (62.5%) than consumption of snacks / healthy food that is not good (37.5%). The results of this study are in line with previous research which stated that most students have fruit and vegetable consumption behavior in the good category<sup>19</sup>.

### **Use of Clean and Healthy Latrines**

Latrines are effective fecal disposal facilities to break the chain of disease transmission, feces are accommodated in private or communal septic tanks. One of the efforts to prevent the development of disease and keep the environment clean and healthy by building latrines in every house and school environment<sup>20</sup>. Based on the results of the study shows that the use of latrines is included in the good category. This research is in line with Fauziah et al (2017) research, which mentions that most of the students have used healthy latrines. The use of healthy latrines can be caused by the provision of counseling and information from health workers. The provision of health information is carried out through the UKS program so that students get information about the benefits of healthy latrines, the requirements for healthy latrines, diseases caused by open defecation and others. The use of good latrines is also supported by the availability of sufficient water.

### **Trash Behavior**

The behavior of throwing garbage is an individual physical activity that is clearly visible as a result of habituation formed by the environment. Waste is a major problem and enemy in the environment, especially the educational environment. A school environment that is polluted with garbage and not clean will make the teaching and learning process not optimal<sup>22</sup>. Based on the results of the study, it showed that respondents who behaved in throwing garbage in their place were more (71.9%) than those who behaved in littering (28.1%).

This research is in line with previous research which stated that the behavior of throwing garbage in its place in the category of poor is 47.92%<sup>23</sup>. Research found that many students assume

that throwing garbage without sorting first will not cause environmental pollution and disease transmission. Students also felt putting trash cans in each room was unnecessary. With their indifference and ignorance makes them still not pay attention to behave to dispose of garbage in its place properly.

The results showed that more than 80% of respondents stated that the trash can was not separated between wet and dry garbage, garbage had no cover in the trash can, there was no trash can in the room. This illustrates that students still behave in littering. In other words, students' awareness regarding the procedures for disposing of garbage is still lacking, so there is a need for coaching related to knowledge of the importance of disposing of garbage. There is a need for an important role from boarding school guardians in providing education about the impact of littering on health. Education also needs to be provided on how to manage waste.

### **Student Smoking Behavior**

Smoking behavior is one indicator of clean and healthy living behavior (PHBS). A cigarette is one of the tobacco products intended to be burned, smoked, and/or inhaled. Types of cigarettes include clove cigarettes, white cigarettes, cigars or other forms produced from plants *Nicotiana Tobacum*, *Nicotiana rustica* and other species or synthesizes whose smoke contains nicotine and tar, with or without additives <sup>24</sup>.

Based on the results of the study showed that as many as 79.4% of respondents had smoking behavior at school. This is in line with previous research which stated that most respondents did not smoke during their time in school <sup>25</sup>.

### **Behavior of Spitting**

The behavior of spitting in any place is the act of someone throwing spit out of the mouth in an improper place. Saliva contaminated by direct contact or not has the potential to transmit disease seeds into the human body. The best way to avoid transmitting diseases transmitted by spit is to throw spit in a sink, sewer or sewer or use a tissue that is directly disposed of in the trash can<sup>26</sup>. The results showed that most respondents did not spit anywhere. This research is in line with previous research <sup>27</sup>. This good behavior is due to encouragement from teachers and boarding school guardians who provide information to always maintain a clean environment and behave healthily. Most respondents stated spitting in the sewers, when spitting always dumped in the bathroom drain.

### **Mosquito Larvae Eradication**

Eradication of mosquito larvae is an activity carried out to eradicate eggs, larvae, and pupae of *Aedes aegypti* mosquitoes. This activity is carried out to control the population of *Aedes aegypti* mosquitoes, so as to reduce the transmission of dengue disease and is carried out in environments where mosquitoes can breed, such as in sewers, fish ponds and so on<sup>28</sup>. Based on the results of research at the *Cilegon City Boarding School* that there are still many respondents who eradicate mosquito larvae are not good. This study is in line with previous research which stated that 65.33% of students involved in eradicating mosquito larvae in schools were in the less category <sup>29</sup>. This is due to the lack of awareness of students to participate in mosquito larvae eradication activities and ignorance regarding procedures to eradicate mosquito larvae. Respondents understand that the bathroom tub does not need to be drained regularly and will not cause adverse effects on health. From the findings of the study it is known that most water reservoirs cannot be drained and never given abate, 76.9% stated that they never bury items in dormitories, 55.6% stated that sometimes water reservoirs are drained in a week, 50.0% stated that sometimes the school environment is cleaned of mosquito nests, 40.0% stated that sometimes in the room there are clothes hung behind the door, 35.0% said water reservoirs in schools/dormitories were closed.

## Conclusion

From the results of the study, it was concluded that PHBS Boarding School students in Cilegon City were slightly more in the poor category with PHBS indicators that were still low were garbage disposal behavior and behavior in eradicating mosquito larvae.

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