



## Hand Hygiene in Implementing Lifestyle Behavior Healthy On Child Age 4-5 Year

**Eka Setiawati**

STKIP Loyal Buddha Rangkasbitung, Lebak, Banten , Indonesia

[echasetia14@gmail.com](mailto:echasetia14@gmail.com)

**Abstract:** *The hand hygiene movement is an action that forms children's independent behavior to maintain their hands. health. The active role of parents in implementing healthy hand hygiene behavior in children is very necessary, The active role referred to is direct efforts towards children such as guiding, providing understanding, remind, And provide facility to child. Implementation behavior life Healthy hand hygiene in school is need absolute along emergence various disease Which often attack child, Which it turns out generally related to PHBS, especially related to hand washing practices (hand hygiene). The purpose of this study is to implement children's awareness of hand hygiene through the 5-day hand movement activity hygiene in Sajira District. This research method is qualitative research with data analysis using model Mills & Hubberman. Sample study as much as 12 Respondent Which taken from 5 institution school Which There is in Sajira District. Data collection techniques using observation sheets, interview notes and documentation. Results study show that role person old And school very much important in implementation behavior life healthywords*

**Keywords:** *hand hygiene, role person old, role school*

### 1. INTRODUCTION

Diseases are basically caused by four factors, namely environment, behavior, genetics, and access to health facilities. health services. Daily behavior can have a huge impact on a child's health condition, Wrong One behavior Which influence condition Healthy the is behavior wash hand. Seeds disease will easy enters the body if the hands are dirty which can cause several diseases, such as; diarrhea, ISPA (Upper Respiratory Tract Infection), worms, and typhoid fever. According to data obtained from the Health Center In Sajira District, in a one-year period in 2019, children aged 1-5 years who were infected with ARI were 914 children, 210 children were infected with diarrhea, 170 children were infected with dengue fever, and 131 children were infected with pebris. The data is amount disease Which most Which in experience by child in subdistrict sarah.

Wash hand is a action Which to form behavior independent child For guard his health. According to The Minister of Education's Regulation regarding Early Childhood Education Standards for *the golden age* can be taught health education about washing hands according to the level of achievement of self-care development themselves from the environment. Almost everyone understands the importance of washing hands with soap, but not get used to doing it right at the important time. Washing hands with soap is done on a number of time, for example on moment before And after process food, before And after Eat, after throw away water big And throw away water small, after touch animal, as well as after hold object or facility general.

## 2. MATERIALS AND METHODS

### Behavior life Healthy And clean

Personal hygiene comes from the Greek word *personale* which means individual and hygiene means healthy. Personal hygiene is an action to maintain a person's cleanliness and health for their well-being, physical and psychological. Personal hygiene is an effort made by individuals to maintain their personal hygiene so that avoid disease. Fulfillment of personal hygiene is influenced by various factors such as cultural factors, social values individual or family, knowledge about personal hygiene as well as perception to maintenance self. The Alumni (Asthiningsih, et al. 2019:85). Self-care is a disorder of the ability to perform self-care activities. (bathe, decorated, Eat, toileting).

According to The Syahreni (Novitasari, et al. 2018:226) behavior is activity Which done by individual (somebody), Good which is observed (seen) directly or indirectly. Healthy is a good condition or state, covers physique, mentally And social, So No only free from disease just. So that behavior Healthy is action somebody or activity Which done by somebody, Good in a way direct, and also No direct, For maintain and improve their health and prevent the risk of disease. Health according to the Law Republic of Indonesia concerning Health (No. 36 of 2009) is a state of health, both physically, mentally, spiritually as well as social and economic. In line with the Law on the definition of health put forward by the World Health Organization Organization (WHO) state health is condition prosperous physical, soul And social Which perfect And No only condition without disease. So, Healthy in a way comprehensive involving factor physique, mentally And social.

Based on the above understanding, it can be concluded that healthy behavior is a person's attitude towards the health system. service health, Sick And disease, food And drink, as well as environment, so that somebody must get nutrients that suit their needs, do regular exercise, have enough sleep or rest time. enough, maintaining personal and environmental cleanliness, to avoid various kinds of diseases. One of the programs The right and beneficial clean and healthy living behavior that can be done for early childhood is washing hands. hand with soap after finished do activity in the room, and also after play outside room.

Clean and healthy living behavior (PHBS) is a collection of behaviors that are practiced based on awareness. as effort so that himself Healthy And active help health public surrounding. Wiguna (in Dear, et al. 2017: 1). PHBS is one of the government's priority programs implemented through health centers. PHBS at school is an effort to empower students, teachers and the school community so that they know, want and capable to practice PHBS And play a role as well as active in realize school Healthy (Ministry of Health, 2011).

Planting PHBS at school is need absolute And can done through approach Business Health School (UKS).Maryunani (in Dear, et al. 2017: 1).

### **Cleanliness hand (hand hygiene)**

*Hand Hygiene* is the most important basic technique in prevention and control. infection. The purpose of *hand hygiene* is to remove dirt and organisms that stick to the hands and to reduce total number of microbes at that time. Hand hygiene *is* an effort or action to clean hands, either by using antiseptic soap under running water or by using an alcohol-based handrub. alcohol with systematic steps in sequence, so that it can reduce the number of bacteria present. on the hands. Hand hygiene is the most important basic technique in prevention and control infection (Potter & Perry, 2003). According to Van And Enk (2006), hand hygiene is method Which most effectiveFor prevent infection nosocomial.

Priyono (Novitasari, et al. 2018:226) explains that washing hands is the activity of cleaning the palms, the back of the hand, fingers and fingernails, the aim is to make them cleaner from dirt and kill disease-causing germs which can be detrimental to health. In addition, the Ministry of Health of the Republic of Indonesia explains that washing hands with soap is one of the sanitation measures by cleaning hands and fingers using water and soap by humans to be clean and break the chain of germs. From this understanding, the author concludes that cleanliness hand (*hand hygiene* ) is Wrong One action sanitation with clean hand And finger fingers with use water clean Which flow And soap Which aiming For reduce And prevent development microorganisms Which There is in hand.

Washing hands with soap is one of the *personal hygiene things* that needs to be taught to children from an early age. early. Washing hands with soap is also known as one of the efforts to prevent disease, this is done because Hands often carry microorganisms and cause these microorganisms to move from one person to another. person to person other, Good with contact direct and also contact No direct (use surface- surface such as towels, glasses, and so on). Based on WHO data, washing hands has been proven to reduce risk caught disease diarrhea 45%. Not until in there, Still There is disease other Which Can prevented only with wash hand that is worm infestation, infection channel breathing, infection eye, And hepatitis. Although so, so that get benefit Which optimal, wash hand must done with Correct. Pawenrusi (Asthiningsih, et al. 2019:86).

The purpose of washing hands is to prevent exposure to germs. Children are at a vulnerable age to disease, because children start to be active and do activities outside the home, Soetjiningsih (Setiawati, et al. 2017:7). One way prevent diseases in children by

washing hands properly, Wilson (Setiawati, et al. 2017:7). Washing Hand washing must be done and made a habit because hands are one of the sources of various diseases in children. With diligent wash hand, will minimize germs And bacteria For enter to in body child. Because of that hand is the body parts that most often come into contact with other objects that are not known to be clean, are there many? contain germs, bacteria or virus. Following a number of benefit in wash hand.

1. Prevent various germs disease Which prone to to child like Sick stomach, diarrhea, And Still Lots Again.
2. Prevent eye infections due to dirty hands. Not only the diseases above, but also eyes can be fatal when a child's hands are not clean. Without realizing it, the child's dirty hands rub their eyes and on Finally cause various disease eye. Wrong the only one is infection on eye Which result eye redAnd irritation.
3. Germs and bacteria do not multiply. Washing hands with soap, we can kill almost all bacteria And germs Which There is in hand. Bacteria And germs Which Already killed Of course No will Can develop breed.
4. Teach child discipline And guard cleanliness. Getting used to it wash hand on child it turns out build healthy lifestyle in children. In addition, children will be disciplined towards themselves because they are not lazy to wash their clothes. his hands. Although seen trivial, with wash hand, child aware that he has guard health himselfwith Good

### **Time wash hand**

1. Before And after process food



2. Before And after Eat



3. After throw away water big



4. After touch animal



5. After holding object or facility general



Method wash hand Which Correct use soap



### Impact No used to wash hand

Remember importance wash hand, so every date 15 October launched as day wash hand world. Get used to it self And family You For wash hand Now Also. Wash hand is method easy For prevent infections, understanding when to wash your hands, how to properly use hand sanitizer and how to get children into the habit. Inability know child in wash hand with Good And Correct or No washing hands at all. It is one of the quickest ways for germs to enter the body, resulting in child will easy caught a number of disease. Following a number of disease Which happen consequence No wash hand. (Diarrhea, Infection Channel Breathing (ARI), influenza, Pneumonia, Fever Typhoid (Typhus)

### **Characteristics life Healthy on child age 4-5 year**

Bredkamp (in Good luck. 2012:18-19) share child age early become three group, that is group baby until 2 year, group 3 until 5 year, And group 6 until 8 year. Based on uniqueness And its development, child Early childhood is divided into three stages, namely the infant period from birth to 12 months, the toddler period (1-3 years old), the preschool 3-6 years, and early grade 6-8 years. Another opinion states that early childhood is different groups of children in the process of growth and development (fine and gross motor coordination), intelligence (Power think, Power create, intelligence emotion, And intelligence spiritual), social emotional (attitude And behavior as well as religion), And communication Which special in accordance with level growth And development child. (Goodness. 2012:19)

Early childhood is a child who is in the age range of 0-8 years. Experts view early childhood as the most fundamental period for a child's further development. Apart from that, this period is also seen as a period golden (golden age), a sensitive or sensitive period, a period of initiative and initiative, and a period of self-development (Syaodih & Mubiar. 2013:2.15). Early childhood is a child who is in the process of development, both physical-motor, cognitive, social-emotional and language development. Every child has their own characteristics and the development of each child is different both in quality and tempo of development. In the process later in its development, it is possible that there are children who experience various problems that will hinder its development. (Syaodih & Let it be. 2013:2.1).

According to Notoatmojo (in Astuti. 2016:267) there are several things that need to be taught to children to develop healthy behavior, namely maintaining personal and environmental cleanliness and avoiding dangerous things For health. Cleanliness environment is cleanliness place stay, place Work or play, And means general. Child can taught about cleanliness environment This since early. Activity most simple Which can done child is throwing rubbish in its place, putting dirty eating and drinking utensils in their place, clean toy, close mouth on moment cough And sneeze, stay away smoke cigarette, smoke burning rubbish, smoke vehicles, as well as defecating (BAB) and urinating (BAK) in the toilet. In addition, parents can involve their children in activities related to maintaining environmental cleanliness such as cleaning toys, sweeping House, mop House, sweep page, And etc.

## Method study

Study This use method descriptive qualitative. According to Bogdam taylor (in Moleong. 2018: 4) Qualitative methodology is research that produces descriptive data in the form of written or spoken words from people.person And behavior Which can observed

**Table 1.** Guidelines Observation Movement *Hand Hygiene*

| For | Variables        | Aspect                        | Indicator  |
|-----|------------------|-------------------------------|--|
| 1.  | Behavior Child   | a. NAME                       | 1. Guard cleanliness self And environment<br>2. Getting used to it self behave Good  |
|     |                  | b. Physique Motor Rough       | 3. Skilled use hand right And left<br>4. Do activity cleanliness self  |
|     |                  | c. Health and Behavior Safety | 5. Using toilet (use water, cleanself)   |
| 2.  | Role Person Old  | a. Understanding person old   | 6. Explain meaning wash hand<br>7. Remind importance wash hand<br>8. Impact No wash hand   |
|     |                  | b. Function wash hand         | 9. Explain function wash hand<br>10. Remind benefit wash hand<br>11. Avoid various type disease  |
| 3.  | Condition school | a. Environment school         | 12. Location Which am an from vehicle<br>13. Environment slum<br>14. Location close together with settlement inhabitant<br>15. Location close together with pen animal Pet |
|     |                  | b. Means wash hand            | 17. Toilet<br>18. Tap water in front of class<br>19. Available soap wash hand  |

## Results Study

Based on the results of observations, it is important for schools to get children into the habit of washing their hands with soap. soap with method Which Correct very in show from results observation that, There is a number of school Which in process Study teach Teacher No awaken child will importance wash hand, No Also teach child How steps wash hand use soap Which Good And Correct That like What. Teacher only focus on learning on that day only. The teacher did not show his children how to wash their hands properly. When it was time When the break comes, the children immediately leave the classroom and start the activities that they like, some children immediately eat the provisions were not accompanied by washing their hands first and the teacher did not pay attention to this, there were children who direct play with his friend in outside class And Lots Again activity child Which other. Time Rest finished even children enter the classroom without washing their hands first,

whether the child has already touched a lot of objects goods, hold Money, even There is child Which after play land No wash his hand moreover formerly. Incident Which in progress That happen consequence No existence habituation beginning Which applied And understanding How importance wash hand the. Factor other that is, school Not yet There is means Supporter For activity wash hand This. Still There is a number of school Which Not yet provide tap water in front class, even There is Which The same very No own tap water, No existence Also poster For invite child do movement wash hand use soapwith Good And Correct.

Based on results interview with head school in find that There is a number of person child Which aware will wash his hand However Not yet with steps wash hand Which Good And Correct. According to head school, Teaching and getting children used to washing their hands with soap from an early age is very important, but we as board Teacher hampered by means Which support For activity wash hand This, even his teacher even though Not yet also accustomed to washing hands properly. The school has not yet implemented a hand washing movement with good and right we only invite children to wash their hands normally. There has been no socialization from the health authorities or the nearest health center to socialize this hand washing activity. Maybe there is a local midwife who bring in schools not to socialize hand washing, but to check children's weight and tall body, sometimes Also once in a while inspect health tooth child

Based on results documentation about How condition school For support activity movement wash hand use soap This seen that There is a number of school Also Which Not yet existence availability tap water even room bathe in his school, as well as lack of posters movement wash hand use soap in school as invitation child- children to wash their hands. Judging from the location of the school which is close to the residents' pet cages, it is also which makes the surrounding environment less healthy and requires children to maintain clean living behavior. his with wash hand use soap with Good And Correct

### 3. CONCLUSION

1. Role school to implementation behavior life Healthy wash hand use soap with Correct can concluded that there is a relationship between the availability of hand washing facilities with soap in schools and hand washing practices use soap at school. Factor enabler or Supporter (*enabling*) behavior is facility, means, or infrastructure which supports or facilitates the occurrence of a person's or society's behavior. For the occurrence of practices Washing hands with soap at school requires running water, dry and clean cloths for everyone student as well as when need rule Which tie student For

do wash hand use soap with method Which Correct And on moment Which required.

2. Role person old in implementation behavior life Healthy wash hand use soap with Correct can concluded that role person old in get used to child is category role Which very Good.
3. Process movement *hand hygiene* For apply behavior life Healthy on child age 4-5 year in Subdistrict Sajira It can be concluded that in implementing healthy living behavior in children who implement the habit of washing hands hand washing can occur due to efforts by parents to get their children into the habit of washing their hands. The habit Hand washing by children can occur in various ways that can be done by parents. namely to get children used to washing their hands by providing an example and preparing the facilities and infrastructure for washing hands as well as education and understanding of the importance of health for children. The results of The activities that have been carried out, it can be seen that children are becoming more aware of how to perform good *hand hygiene movements*. like What as well as more realize will importance guard cleanliness hand.

## REFERENCES

- Dear, D. (2017). Polite, behavior life clean and healthy. Polytechnic of Health Ministry of Health Jakarta.
- Dear, N. W. W., & Dear, T. W. (2019). Education personal hygiene on child age early with G3CTPS. Dolphin. Retrieved from <https://journals.umkt.ac.id/index.php/pesut/article/view/285>
- Goodness, M. (2012). Design learning early childhood education. Yogyakarta: Ar-Ruzz Media.
- Moleong, L. J. (2018). Methodology study qualitative. Rose Bandung.
- Novitasari, Y., et al. (2018). Counseling program behavior life clean and healthy (PHBS) through activity wash hand use soap on education child age early. Jurnal Devotee. Masy. Multidisciplinary, 2(3). Retrieved from <https://www.neliti.com/id/publications/317854/penguluhan-program-perilaku-hidup-bersih-dan-sehat-phbs-through-kegiatan-wash-ta>
- Perry, P. A. (2000). Book teach fundamental nursing. Jakarta: Salemba Medica.
- Thank You, E., & Let It Be, A. (2013). Guidance counseling for child age early. Tangerang Selatan: University Open.