



Community Service Regarding Good and Right Hands Washing in Elementary School 25 City of Bima

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ABSTRACT

Community service through health education for children regarding proper and correct hand washing is one of the sanitation measures by cleaning hands and fingers using water and soap to keep them clean and break the chain of germs. The role of parents is crucial in providing information every day as a reminder that the Puskesmas and Health Workers have provided Health Education through visits to schools in the Santi City of Bima, Increasing knowledge related to proper and correct handwashing steps for children to prevent disease by providing counseling in every elementary school in Bima City in collaboration with health and government agencies. Based on the preliminary survey, many Elementary School 25 City of Bima students still need to wash their hands before and after eating. The aim is to provide counseling regarding proper and correct handwashing steps for children so that Indonesia is free from disease. The activity method is carried out by making pre and post-test questions that measure the level of knowledge before and after being given counseling. Based on the results of the assessment before (pretest), counseling was provided. Namely, 56 children with less knowledge (85%) had sufficient knowledge of 10 people (15%). Experienced an increase after counseling was carried out by conducting a reassessment (post-test) where children who had less knowledge, namely five people (7%), nine people (14%) were good, and 52 people (79%) were good.



1. INTRODUCTION

Standard recommendations to prevent the spread of infection are through regular hand washing with soap and clean water, applying cough and sneezing ethics, avoiding direct contact with livestock or wild animals, and avoiding close contact with anyone showing symptoms of respiratory diseases such as coughing and sneezing (Ministry of Health). , 2020).

Clean and Healthy Living Behavior (PHBS) is a set of behaviors based on awareness as learning outcomes that enable a person or family to help themselves in the health sector and play an active role in realizing public health. Healthy conditions can be achieved by changing behavior from unhealthy to healthy behavior and creating a healthy environment in the household. Therefore, health needs to be maintained, maintained, and improved by every household member and strived for by all parties. The introduction of Clean and Healthy Living Behavior (PHBS) in elementary school education can maintain, improve and protect the health of every household member from disease threats and an environment that is less conducive to a healthy life (Ministry of Health RI, 2020). Washing hands with soap can kill viruses that cause infection in hands before they infect the body. In addition, routine hand washing can also reduce the spread of the virus to others (Global et al., 2020).

Research conducted by Johan Herni (2018) proves that video media can improve children's ability to wash their hands properly. Furthermore, this is also proven by research from Wati (2017), which proves that video media can improve children's ability to wash their

hands properly using soap. In addition, at the age of children, conveying messages requires suitable media because children like to imagine; one suitable medium, namely video media, can be more accessible for students to understand. Using video media will be able to achieve the effectiveness of the learning process and direct the child's attention to concentrate on the material being studied so that the learning process becomes interesting; the video can also describe a process precisely and can be seen repeatedly. The behavior of washing hands with soap that was given video media counseling tended to experience an increase in the behavior of washing hands with soap well compared to the group that was not given video media counseling (Ayi et al., 2020).

The problem of poor handwashing behavior in school-age children is caused by insufficient knowledge. Knowledge, attitudes, and health actions in school-age children are usually related to personal and environmental hygiene, including the habit of washing hands with soap. The 2006 Health Service Program survey on perceptions and behavior towards hand washing habits found that soap has reached almost every house in Indonesia, but around 3% use soap to wash their hands; for villages, the figure could be even lower. According to (WHO, 2020), washing your hands with soap can keep you healthy and prevent the spread of respiratory infections and diarrhea from one person to another.

The main goal of washing hands, especially practically, is using soap and clean water because around 50% of men and 22% of women do not use soap when washing their hands, and most of them

only wash their palms when washing their hands. The purpose of washing hands, according to WHO, is: to protect oneself from various dangerous infections and diseases and to prevent the spread of bacteria and viruses to others through hands (WHO, 2020). The benefit of washing hands with soap is that keeping hands clean is an effective defense against the spread of severe infections and illnesses; washing hands with soap and clean water is an effortless and easy thing to do that can make a big difference (WHO, 2020).

The lack of handwashing behavior in school-age children is caused by insufficient knowledge. Various attempts to socialize the importance of hand washing have been carried out so far, but only with the lecture method so that school-age children find it less attractive. For children, exciting and not dull methods are needed, one of which is watching videos (Magfirah et al., 2020)

Efforts are being made through counseling regarding the possible impacts and risks that may occur as a result of a lack of knowledge regarding proper and correct handwashing steps for children, and distribution of leaflets to school principals and teachers to remind them of what has been conveyed by the health workers at the school. Kolo Public Health Center, Bima City.

From the problems above, the lecturers and students of the Harapan Bunda Bima Midwifery Academy want to set up a community service program that will conduct counseling on health related to the problem of proper and correct hand washing steps that allow the spread of viruses or diseases to occur to prevent the

transmission of disease, especially in children as the nation's hope generation.

2. METHOD

This activity is carried out from March to April 2023. The forms of activities carried out are as follows :

- 1) Preparations were made on March 1, 2023, by conducting a site survey and problem identification.
- 2) Completion of materials for dedication on March 12, 2022.
- 3) Implementation of Extension Activities with the following steps :
 - a. Fill in the attendance list, and weigh the midwife's weight and height.
 - b. Distribute pre-test questionnaires.
 - c. Show a video about Tuberculosis.
 - d. Delivering educational materials.
 - e. Distribute post-test questionnaires.
 - f. Closing outreach activities.
- 4) Participants who take part in the activity are representatives of Classes IV and V.

3. RESULTS AND DISCUSSION

Counseling in this community service activity was held at Elementary School 25 City of Bima on April 14, 2023, from 08.30 – 11.30 WITA. The purpose of counseling is to focus on increasing children's knowledge about hand washing steps in children. The materials presented were: (1) What is hand washing, (2) How to wash hands, (3) When to wash hands, (4) What are the benefits of washing hands.



Differences in children's knowledge before and after the implementation of community service activities at Elementary School 25 City of Bima can be seen in the following table :

Table 1. Distribution of Knowledge Levels of Pre-test Children

Knowledge category	Frequency	Percentage
Not enough	56	85
Enough	10	15
Good	0	0
Total	66	100

Table 2. Distribution of Knowledge Levels of Post-test Children

Knowledge category	Frequency	Percentage
Not enough	5	7
Enough	10	14
Good	51	79
Total	66	100

Based on the table, there was an increase in the participant's knowledge of the extension activities. Where the results of the pretest were 56 children with less knowledge (85%) and ten people (15%) with sufficient knowledge, and after community service was carried out in the form of delivering material about Tuberculosis to Children, there was an increase in knowledge, where the results of the posttest showed that children with less knowledge five people (7%), nine people (14%) have sufficient knowledge and 51 people (79%) have good knowledge.

There is an increase in children's knowledge about proper and correct handwashing steps, affecting children's attitudes and behavior in maintaining health in the school environment, home, and surroundings. Providing health education to children regarding infectious diseases, especially diseases in children,

can also affect the smooth process of teaching and learning activities in schools. This is following the results of community service by Wahyuni, namely health empowerment through counseling on the theme of reasonable and correct hand washing steps, where there are differences in children's knowledge about hand washing steps in children.

Based on the results of this community service activity, it is evident that the implementation of this counseling activity is a means for learning together about Health in Children which aims to increase Children's knowledge regarding proper and correct hand washing steps in Children. (Ministry of Health RI, 2012).

The results of community service activities with the implementation of counseling are also following (Rita, 2022), which states that there is an increase in knowledge for participants based on the

results of the pretest and posttest, with an average posttest score higher than the average pretest score.

There were no obstacles in implementing counseling activities because it was carried out during the day when students rested.



Figure 1. Counseling activities

4. CONCLUSION

This counseling activity concludes that children's knowledge about how to wash hands properly and correctly can be increased through community service. This aims to disseminate information about health education to friends, parents, and the surrounding environment to prevent diseases, especially in children, which can be fatal and even cause death. By increasing the knowledge of teachers and children

through this activity, children's education can be carried out optimally to achieve better hopes and aspirations for themselves, their parents, their families, and the nation and state.

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