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Socialization Of Clean And Healthy Living Behavior (PHBS) To Students At State Elementary School 02 Kabawetan, Suka Sari Village

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Abstract. Clean and Healthy Living Behavior (PHBS) is an essential strategy for improving public health, particularly among elementary school children (Ministry of Health RI, 2021). At this developmental stage, children are still forming daily habits and therefore require guidance to consistently practice personal hygiene. This educational activity was conducted at SDN 02 Kabawetan and involved 40 students from grades III and IV. The aim of the program was to enhance students' knowledge and awareness regarding the importance of maintaining personal hygiene, especially in handwashing, dental hygiene, and nail cleanliness. The methods used included delivering material through PowerPoint presentations, animated videos, and live demonstrations, enabling students to better understand the concepts in an engaging manner. This PHBS education proved beneficial in increasing students' understanding of disease prevention efforts, particularly in reducing the risks of diarrhea, dental caries, and helminth infections through clean and healthy behaviors. The results showed that students demonstrated a good understanding of the material, with approximately 80% able to explain the steps of PHBS and its health benefits. Overall, the activity had a positive impact on students' health-related behaviors and is expected to be continuously implemented to establish long-term clean living habits and support a healthier school environment.

Keywords: *Socialization, Clean Living, Students.*

INTRODUCTION

Clean and Healthy Living Behavior (PHBS) is a crucial strategy for improving public health, particularly among elementary school-aged children. According to the Indonesian Ministry of Health (2021), PHBS aims to establish clean living habits from an early age to prevent various infectious diseases. At elementary school age, children are still developing habits and therefore require guidance to consistently implement personal hygiene. The emergence of diseases that frequently affect school-aged children (aged 8-10) is generally related to PHBS.

Several basic personal hygiene practices, such as washing hands with soap, maintaining nail hygiene, and brushing teeth regularly, are important behaviors that children should practice daily. Proper handwashing has been shown to reduce the risk of infectious diseases such as diarrhea and worms (Indonesian Ministry of Health, 2019; WHO, 2020). Meanwhile, poor nail hygiene can trigger the accumulation of germs, cause skin infections, and increase the transfer of microorganisms to food. Furthermore, poor oral hygiene carries the risk of caries and periodontal disease, which, according to the WHO (2020), are among the most common health

problems in children. However, PHBS practices among schoolchildren are often suboptimal. This is influenced by a lack of knowledge, low levels of habituation, and a lack of structured education on personal hygiene (Ministry of Health, 2020). Schools are strategic environments for fostering engaging and easily understood educational habits for children.

Therefore, instilling PHBS values in schools is an absolute necessity and feasible. Many diseases can be prevented through PHBS, including diarrhea, dental caries, and worms. Factors supporting PHBS include environmental health, nail hygiene, proper handwashing, and tooth brushing. PHBS education activities at Kabawetan 02 Elementary School increased students' knowledge and awareness of the importance of maintaining personal hygiene, particularly handwashing, dental hygiene, and nail hygiene. The results of the activities demonstrated a better understanding of PHBS steps and their benefits in preventing disease. Overall, this education has had a positive impact on students' health behaviors, and it is hoped that similar activities can be carried out continuously to foster clean living habits and create a healthier school environment. This PHBS Counseling and Demonstration was carried out so that students of SD N 02 Kabawetan could wash their hands in 6 correct steps, brush their teeth correctly and live cleaner and healthier. As students, concern for clean and healthy living behavior can be done by providing education about clean and healthy living behavior. Therefore, PHBS education is needed to form positive habits from school age. environmental health benefits for students A clean school environment (clean toilets, clean water, available trash cans) can reduce the risk of diseases such as diarrhea, ARI, and skin diseases. The benefits of washing hands and cutting nails for elementary school students are to prevent diseases such as diarrhea and respiratory infections, maintain overall health, and foster good habits from an early age. The benefits of PHBS brushing teeth are to prevent dental and oral diseases such as cavities, gingivitis, and canker sores, as well as remove food residue, plaque and bad breath.

RESEARCH METHODS

PHBS counseling activities carried out by Undergraduate Students of Nursing Science, University of Bengkulu, especially group 8 KKN-T Period V in 2025, Bengkulu University at SDN 02 Kabawetan, Suka Sari Village. The target is children aged 8-10 years who are at SDN 02 Kabawetan, Suka Sari Village, especially children in grades 3 and 4 who often buy snacks carelessly and throw garbage carelessly, eat sweet foods and forget to wash their hands every time they eat and after activities. This activity includes PHBS education about washing hands in 6 correct steps, brushing teeth correctly, cutting nails and environmental cleanliness using Power Point methods, animated videos, and demonstrations, so that students of SDN 02 Kabawetan, especially grades 3 and 4 can understand the education delivered in this PHBS counseling activity. The education provided is about how to wash hands with soap, brush teeth correctly, cut nails, body and clothing cleanliness and maintain environmental cleanliness. This activity was held on Saturday, November 26, 2025. At 09:00 at SDN 02 Kabawetan, Kepahiang.

RESULTS AND DISCUSSION

The outreach program conducted in this community service activity was PHBS (Clean and Healthy Living Environment) education for 40 students at SD N 02 Kabawetan, grades 3 and 4. The primary goal of the PHBS movement is to improve health quality through an awareness-raising process that begins with individuals' contributions to adopting clean and healthy daily behaviors, especially among schoolchildren (Ministry of Health of the Republic of Indonesia, 2023).

The methods used included presentations through PowerPoint presentations, animated videos, and live demonstrations, enabling students to understand the material more clearly and engagingly. This PHBS education was beneficial in enhancing students' understanding of disease prevention efforts such as diarrhea, tooth decay, and worms through clean living behaviors. The results of the activity showed that students understood the material well, with approximately 80% of students able to reiterate the PHBS steps and their benefits in maintaining health. Overall, this activity had a positive impact on students' health behaviors and is expected to be implemented sustainably to foster clean living habits and create a healthy school environment. Before the PHBS counseling, students at SD N 02 Kabawetan did not know about PHBS. This lack of knowledge resulted in low awareness of early detection, namely washing hands with soap after activities and before eating, so this counseling was the right step to reduce the risk of diarrhea, worms, and tooth decay in students. After the counseling regarding PHBS, students at SDN 02 already knew and understood what clean and healthy living behavior is.

CONCLUSION

Clean and Healthy Living Behavior (PHBS) is a crucial strategy for improving public health, particularly among elementary school-aged children, according to the Indonesian Ministry of Health (2021). PHBS education activities at SDN 02 Kabawetan increased students' knowledge and awareness of the importance of maintaining personal hygiene, particularly handwashing, dental hygiene, environmental hygiene, body and clothing hygiene, and nail hygiene. The results of the activities indicated that students had a better understanding of PHBS steps and their benefits in preventing disease.

Overall, this education program had a positive impact on students' health behaviors, and it is hoped that similar activities can be implemented sustainably to foster clean living habits and create a healthier school environment. It is recommended that similar programs be implemented periodically, involving teachers, parents, and local health workers to support ongoing prevention efforts and reduce the risk of diarrhea, tooth decay, and worms.

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