

Attempts To Increase Awareness of Clean and Healthy Behavior and To Prevent Sexual Violence Against Children in Labanasem Village, District of Kabat, Regency of Banyuwangi

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Abstract

Clean and Healthy Behavior (PHBS) is a preventive measure against disease or health problems. Meanwhile, sexual education for children is one of the efforts to help prevent sexual violence against children. The low level of understanding among elementary school students, especially in Labanasem Village, regarding PHBS such as proper hand washing with soap, proper toothbrush and sexual education makes children vulnerable to various diseases and sexual violence. So it is necessary to increase the understanding of the importance of washing hands with soap, brushing teeth properly, and understanding the body parts that can and should not be touched for elementary school students as an effort to improve health status in Labanasem Village. Based on this, the author is interested in this problem through the KKN (Real Work Class) program which is aimed at an educational approach that is applied to elementary school students in Labanasem Village, Banyuwangi. This program has been successfully carried out in the MI Miftahul Ulum Labanasem school hall which was attended by students in grades 5 and 6 with a total of 58 participants, besides that this activity was also successfully carried out at the Lotus Labanasem Early Childhood Education (PAUD) level and produced a positive response. positive.

Keyword: clean and healthy behavior, sex education, child health;

1. Introduction

Clean and Healthy Behavior (Perilaku Hidup Bersih dan Sehat/PHBS) is a movement designed by the Ministry of Health to improve the quality of health by maintaining personal hygiene and the surroundings. According to the Ministry of Health (2011), PHBS is behaviors on awareness as a result of learning that creates an independent person, family, group or community helping themselves in the health sector and being able to play an active role in actualizing community health. Attempts to instill PHBS must be taught both in school institutions and at home. To provide awareness of a clean and healthy lifestyle, it should be taught from an early age to make it a habit as they grow up.

The initiation of habituation is a compulsion. When children get used to a thing, it will become a habit. Currently, attempts to create a healthier generation are still a challenge due to low PHBS in children and families in Indonesia. PHBS is one of the important components in health development that requires

awareness, ability, and willingness to live a healthy life in every population so that optimal health status can be achieved (Saini & Aminah, 2018).

Attempts to create and preserve hygiene and health-oriented lifestyles in the community, one of which is in Labanasem Village, Kabat District, Banyuwangi Regency, which aimed to make people can independently prevent and overcome health problems are included as PHBS establishment. Establishing PHBS may be performed in PHBS programs. PHBS program is an embodiment of providing learning experiences or creating conducive conditions for individuals, families, groups, and communities to increase knowledge, attitudes, and behavior and to implement healthy ways of living which leads to health maintenance and improvement (Gani et al., 2015)

Performing PHBS means being able to maintain, improve, and protect one's health from disease and a non-conducive environment for a healthy life. Implementation of PHBS in the community is the responsibility of everyone, the city government, and related sectors as well to facilitate effective PHBS activities in the community. At the age of 6-12 years, PHBS should be performed not only in the home environment but also in the school environment. Performing PHBS at an early age is good for educating and instilling an awareness of hygiene's importance as an attempt to maintain personal and environmental health (Sari et al., 2018).

PHBS at schools is a set of behaviors practiced by students, teachers, and the school community based on awareness as a result of lessons to independently prevent disease, improve health, and play an active role in creating a healthy environment. Implementation of PHBS at schools according to Sya'roni RS (2007), includes instilling values for performing PHBS in students with the applicable curriculum (curricular); instilling values for PHBS in students which are performed outside normal class hours (extracurricular), such as community service and classroom hygiene competitions, activities of school health cadres/little doctor ('dokter kecil/cilik'), simple water quality checks, maintenance of school latrines, mosquito larvae checks at schools, demonstration of proper hand washing and teeth brushing steps, cultivating measurable and regular physical activities, routine hygiene checks: nails, hair, ears, teeth; also counseling of hygiene and healthy life. Counseling activities and skills training were conducted by involving the active role of students, teachers, and parents through group counseling, screening of radio cassettes or films, posters placement, leaflets distribution and wall magazines creating activities, monitoring and evaluation, conducting periodic monitoring and evaluation of policies that have been implemented, asking for the opinion of the PHBS working group at the school and conducting a study of the problems found, then deciding whether adjustments to the policy are necessary.

In addition to the implementation of PHBS, the implementation of sexual education in early childhood education is very important to prevent sexual violence in children. The lack of understanding in children about the latent dangers around them makes children susceptible to being prey to sexual predators around them. Therefore, schools and teachers have an important role to play in preventing sexual violence against children by introducing sexual education to children during their early childhood. It is very important considering that sexual crimes significantly increase and the victims may be children aged start from 3 years. Sex education programs at schools are the primary way of providing children with information and skills about safe sex, communication about sex, and relationship management (Douglas, 2002). Globally, many interventions have been developed for sex education in schools (Schutte et al., 2013).

Based on data from the Banyuwangi Resort Police and the Integrated Service Center for the Empowerment of Women and Children (Pusat Pelayanan Terpadu Pemberdayaan Perempuan dan

Anak/P2TP2A), the number of cases of violence against children fluctuates. In 2013, there were 120 cases, then it decreased to 64 cases in 2014, but in 2015 it increased to 102 cases. As many as 67 percent of these cases were sexual violence. Others are physical violence and custody disputes (Banyuwangi Regency Government, 2016).

According to the background above, living with PHBS and sex education is very important among school-age children to increase student's awareness and knowledge so that they can practice PHBS. In the activities of implementing PHBS and early sex education for children in Labanasem Village, by delivering information using pictures or videos and direct simulations, children were expected to understand the practice of brushing teeth and washing hands properly and correctly to be applied in the future. Sex education is performed by learning while singing so that children can understand and memorize the sexual education provided more quickly.

2. Method

The method used was health education. The counseling material provided was an education about the importance of brushing teeth and washing hands and how to do it properly and correctly. In addition, sex education was also presented. The target of this activity was the students of MI Miftahul Ulum and PAUD Teratai in Labanasem Village. The presentation of the material was divided into two sessions: the first session was the material presentation regarding brushing teeth and washing hands which was conducted for 20 minutes, followed by the second session of material presentation early sexual education for 20 minutes. At the end of each session, the presenter gave a quiz to the participants as an evaluation. Participants who answered the quiz correctly received milk and snacks.

Another method used was direct practice by performing correct hand washing practices according to WHO by all participants and inviting participants to sing together for early sex education materials. The equipment used was hand sanitizer as a medium for washing hands and an LCD projector as a medium for presenting the material in the form of video tutorials. This activity was attended by 58 children registered at MI Miftahul Ulum Labanasem and 17 children enrolled in PAUD Teratai. Activities were also conducted by following health protocols and using appropriate personal protective equipment (PPE).

3. Results and Discussion

PHBS is all healthy behaviors that are performed on awareness so that family members can help themselves in the health sector and can play an active role in community health activities (Department of Health of Indonesia, 2007). PHBS was aimed to provide learning experiences for individuals, families, groups, and communities, by opening lines of communication, providing information and educating, to increase knowledge, attitudes and behavior, through advocacy approaches, community development (Social Support), and community movements (Empowerment) so that they can apply healthy ways of living to maintain and improve public health. Counseling conducted in Labanasem Village regarding correct handwashing and toothbrushing procedures as well as early sexual education was aimed so that the Labanasem Village community could apply PHBS in their daily life. It was expected that the community would be able to avoid sexual violence that increases by the day, especially against children.

Early sex education is very important so that by getting an early understanding of the parts of the body that can be touched and which should not be touched, children will easily fight and fortify themselves from the

risk of violence and sexual harassment in the future. The approach that the Labanasem Village Community Service Program/ real work class group 66 took to educate the Labanasem Village community about PHBS and early sex education was through counseling. The counseling method was chosen because it was considered effective in explaining clean and healthy living procedures and preventing sexual violence against children. The counseling conducted by the coordinator group of 5 KKN BBM Unair 66 Labanasem Village targeted MI-level students or the equivalent of elementary school and PAUD classes as participants. The targets chosen as the target for counseling were MI students aged 9-11 years and early childhood students aged 3-5 years. It was expected that the education given about various things can be perceived properly.

The material presented at the PHBS and early sex education counseling for MI and PAUD children in Labanasem Village was material regarding proper hand washing and tooth brushing procedures and early sexual education which explained about body parts that children should and should not be touched. Education regarding correct and proper hand washing procedures is required, especially during the Covid-19 pandemic, to maintain the sanitation of children and to avoid various diseases, especially from the transmission of the Covid-19 virus. Sex education, meanwhile, is very important during the covid pandemic regarding increased cases of child sexual abuse, even by the closest people.

Education on how to brush their teeth is needed to prevent children from developing dental caries problems. Based on the 2018 Report on Results of Basic Health Research, it was reported that 93% of children in Indonesia had serious dental caries problems. Therefore, the "Caries-Free Indonesia 2030" program was created by the Indonesian Ministry of Health as a strategy to reduce the number of dental caries sufferers. This counseling was conducted at the same time to support the Ministry of Health program (Ministry of Health of Indonesia, 2019).



Figure 1. Material Presentation at MI Miftakhul Ulum
Source: Personal Documentation



Figure 2. Material Presentation at PAUD Teratai
Source: Personal Documentation

In addition to counseling with lectures, hands-on practices were also performed regarding proper toothbrushing and handwashing procedures. The procedures for both were demonstrated first by group members, and then all counseling participants practiced and imitated them under the supervision of group members. There was a positive response from the students during the counseling. During the practice, the

participants looked very enthusiastic and could implement it well. For sex education materials, the children were very excited to follow the singing and the movements practiced by group members.

Counseling on hand washing and tooth brushing procedures conducted by the group was fairly simple, for instance, only with short lectures and direct practice. As well as sex education material, it was conducted only with a few movements while singing. However, with this simple method, the children of Labanasem Village could easily understand and perceive the knowledge given. The existence of counseling on how to brush teeth and wash hands properly as well as early education about sexuality hopefully can help children start implementing and continuing to maintain good sanitation. In addition, it was expected to prevent students from engaging in illegal sexual activities and to promote them to be able to fortify themselves from the risk of sexual harassment and violence around them.



Figure 3. PHBS Practice and Sexual Education
Source: Personal Documentation



Figure 4. PHBS Practice at PAUD Teratai
Source: Personal Documentation

4. Conclusion and Suggestion

The implementation of PHBS in schools is a necessity in students' daily lives as various diseases often attack school-age children (6-12 years), who are vulnerable. PHBS in schools is important to prevent disease and improve health. It plays an active role in creating a healthy environment. The implementation of sex education from an early age is important to prevent the occurrence of sexual violence in children. Counseling on PHBS (Clean and Healthy Living Behavior) and sexual education to MI Miftahul Ulum students in grades 5 and 6 along with children of PAUD Teratai were conducted to provide education about healthy living behaviors such as how to wash hands and how to brush teeth properly. Meanwhile, sex education was provided by educating about the body parts that can and should not be touched. The hands-on practice demonstrated by the video gave a positive response to the students who could sing songs to wash their hands, practice how to wash their hands, and know which body parts can and should not be touched.

To achieve the goal of improving healthy behavior for students of MI Miftahul Ulum and PAUD Teratai in Labanasem Village, it is necessary to have support from the community itself, especially the role of parents and teachers in participating in creating healthy and clean habits. To generate students who live a healthy and

clean life, support from the government is needed in guarding and building infrastructure and supported by community groups who care about healthy and clean habits.

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