

CLEAN AND HEALTHY LIFESTYLE DURING THE COVID-19 PANDEMIC IN PRESCHOOL CHILDREN IN BULUKUMBA DISTRICT

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ABSTRACT

School-age children are a critical age group, because at that age children are vulnerable to health problems. Data from the Covid-19 Handling Task Force shows that 777 children aged 0-18 years died due to exposure to Covid-19. In addition, the highest mortality rate is in the 0-2 year age group (0.71%), the 16-18 year age group (0.18%) and the 3-6 year age group (0.15%). To prevent the transmission of Covid-19, the government issued regulations related to the implementation of Clean and Healthy Lifestyle during the Covid-19 period. The purpose of the study was to determine the description of clean and healthy living behavior during the covid-19 pandemic in preschool children. This research is descriptive research. The population in this study were preschoolers. The sample is 49 students, with the sampling technique using total sampling. The results showed that the habit of wearing masks, healthy latrines, clean water, physical activity and consuming nutritious food was more in the never category, namely 25 (51.0%), 41 (83.6%), 48 (97.9%), 30 (61.2%), and 34 (69.4%). The habit of washing hands, throwing garbage in its place, brushing teeth, consuming deworming drugs with the occasional category of 28 (57.1%), 29 (59.2%), 29 (59.2%), and 49 (100%), while the habit of guarding is rarely more in the never category, namely 44 (89.7%). The conclusions of the research are the habit of wearing masks, healthy latrines, clean water, physical activity and consuming nutritious food is good, while the habits of washing hands, throwing garbage in its place, brushing teeth, consuming deworming drugs are in the category of occasional, but students have a habit of not never keep your distance. It is recommended that schools and parents continue to teach Clean And Healthy Lifestyle to students as an effort to prevent the transmission of COVID-19.

Keywords: clean and healthy lifestyle; covid -19 pandemic; preschool children

INTRODUCTION

School-age children are a critical age group, because at that age a child is vulnerable to health problems. Besides being vulnerable to health problems, school-age children are also in a condition that is very sensitive to stimuli so that they are easy to be guided, directed, and inculcated good habits, including the habit of living clean and healthy. The behavioral aspect is the most important thing for the realization of personal health status. (Notoatmodjo 2010). In general, children this age also have the nature of always wanting to convey what they receive and know from other people (Nadia, 2012). By applying clean and healthy lifestyle which means a set of behaviors and is practiced on the basis of self-awareness as a result of learning to be able to independently help himself in the field of health (Alwisol, 2019).

Based on data from the Covid-19 Handling Task Force as of July 16, 2021, it showed that 777 children aged 0-18 years had died. Dewi Nur Aisyah revealed that the highest percentage of mortality was in the 0-2 year age group (0.71 percent) followed by the 16-18 year age group (0.18 percent) and the 3-6 year age group (0.15 percent). Talking about the number of cases, it is not necessarily the province with the highest number of child cases and the mortality rate is also the highest. Because it turns out that for the age 0-2 years the highest mortality rate actually comes from the province of North Sulawesi (5.29 percent) cases of children under two years old

experiencing death, Gorontalo (3.85 percent), NTB (3 .35 percent)," said Dewi Nur Aisyah in a webinar organized by Save the Children Indonesia in collaboration with Padjadjaran University, the Ministry of Women's Empowerment and Child Protection and the Ministry of Social Affairs. According to him, the prevention of corona infection with the 3M protocol must be carried out optimally with the support of family members, especially for groups of children, especially children under the age of 12 who have not been able to get the vaccine.

Clean and Healthy Living Behavior in the fight against Covid-19 is a set of behaviors that are practiced on the basis of awareness as a result of learning that allows a person or family to help themselves to make prevention and control efforts so as not to contract Covid-19 and play an active role in promotion efforts. The implementation of clean and healthy lifestyle is the key to the success of prevention and control efforts so that individuals, families and communities are not infected with Covid-19 and the quality of their life can be achieved.

Clean and healthy lifestyle in handling Covid-19 is focused on efforts to empower individuals and families so that they know, want and are able to protect themselves independently by implementing "family only" namely doing clean and healthy lifestyle : 4 only (Keep your distance, wear masks, wash hands with soap and recognize symptoms and get checked) , then the Covid-19 Handling Health Protocol when entering the house, inside the house and leaving the house. Family with clean and healthy lifestyle -Safe Covid-19. To prevent the spread of Covid-19, carry out clean and healthy living behavior consistently. From the available data, around 80%, patients can recover without special treatment, but by implementing clean and healthy lifestyle to prevent Covid-19.

Hygiene and health should be accustomed from an early age so that children will get used to it. The habits of children at school who are not able to understand the meaning of cleanliness will have negative impacts such as throwing garbage out of place. Scattered garbage will cause flies to come and can carry germs. Elementary school children are children who are still in their infancy and they are very active, so when they buy snacks during breaks they always run around and sometimes throw away food wrappers as long as they just throw them out of place. This is what is inherent in students.

Another thing that students do at school is that they often get used to hiding trash in desk drawers, both snacks and torn paper. Even though the teacher has reprimanded him, there are always some children who repeat it. Wet waste that is not disposed of for several days will cause an odor and of course will greatly disrupt the learning process in the classroom. Not only that, students will be more interested in food sold outside the school canteen which tends to be attractive but the food is not healthy because it is exposed to road dust and flies or food ingredients are made from hazardous materials such as food coloring and preservatives.

In connection with this, not only the role of schools of unhealthy behavior can also cause more serious problems such as the threat of infectious diseases. Schools are a source of transmission of infectious diseases in schools, including: hand and mouth infections, eye infections, dengue fever, chickenpox, measles, and rubella. If Raudhatul Athfal students do not understand the behavior of a clean and healthy life, it is not impossible to reduce the high number of these diseases. So the knowledge in schools needs to be improved by providing opportunities to practice once a week or by deepening material about clean and healthy living behavior. As a result of students' knowledge

about healthy living behavior is low, it is not impossible that students cannot apply healthy living behavior correctly or even do not apply it in daily life, so that it will affect the health status of the body is low. The need for handling and solutions for that by increasing their knowledge, understanding, and practicing them in the school environment and for themselves. (Promkes, 2016).

Student knowledge about healthy living behavior is very important, because high student knowledge of healthy living behavior will be a driving force for students' conscious efforts to maintain and improve their health through healthy living behavior, knowledge is the most important domain for the formation of one's actions. Behavior based on knowledge will be more lasting than behavior that is not realized by knowledge. (Asra 2012)

Based on the existing phenomena, it can be concluded that Raudhatul Athfal Al Mubarak and Al Amin Kindergarten students on problems related to Clean and Healthy Behavior have been implemented but there are still students who pay less attention to the health of the school environment, especially to personal hygiene. These problems made researchers interested in conducting a study entitled "Clean and Healthy Living Behavior in the Pandemic Period in Preschool Children in Bulukumba District Kindergarten".

METHOD

This research is a descriptive with an observational approach and direct interviews using a questionnaire. The population in this study were all students at RA Al Mubarak and Kindergarten Al Aminn mariorennu Bulukumba Regency, with a total sample of 49 people with a sampling technique using exhaustive sampling. Data collection was carried out by two methods, namely observation of student behavior at school and through the interview process with parents or caregivers who came to school to take students or at the time of student pick-up.

RESULTS AND DISCUSSION

Table 1.
Sample Characteristics

Characteristics	n	%
Age (Years)		
5	28	57,0
6	21	43,0
Gender		
Male	23	47,0
Female	26	53,0

Table 1 shows that the characteristics of the sample based on the age group are mostly in the 5 year age group, namely 28 people (57.0%) and the most women are 26 (53.0%).

Table 2 Distribution of Samples Based on Handwashing Behavior with Soap in Kindergartens in Bulukumba Regency in 2022

Wash hands with soap	n	%
Often	21	42,9
Sometimes	28	57,1
Never	0	0
Amount	49	100,0

Based on table 2 shows the distribution of samples based on the behavior of washing hands with soap, it shows that of the 49 samples, the most were in the occasional category, namely 28 people (57.1%), while the never category was 0 (0.0%).

Table 3 Distribution of Samples Based on Behavior in Using Masks in Kindergartens in Bulukumba Regency in 2022

Wear Mask	n	%
Often	25	51,0
Sometimes	24	49,0
Never	0	0,0
Amount	49	100,0

Based on table 3 shows the distribution of samples based on the behavior of using masks, it shows that of the 49 samples, the most were in the frequent category, namely 25 people (51.0%), while the never category was 0 (0.0%).

**Table 4
 Distribution of samples based on social distancing behavior in Kindergarten in Bulukumba Regency in 2022**

Sosial Distance	n	%
Often	0	0,0
Sometimes	5	10,2
Never	44	89,8
Amount	49	100,0

Based on table 4 shows the distribution of samples based on distance behavior shows that of the 49 samples, the most were in the never category, namely 44 people (89.9%), while the frequent category was 0 (0.0%).

**Table. 5
 Distribution of Sample Based On The Behavior Of Using Trash Cans In Kindergarten In Bulukumba Regency In 2022**

Use Trash	n	%
Often	20	40,8
Sometimes	29	59,1
Never	0	0,0
Amount	49	100,0

Based on table 5 shows the distribution of samples based on the behavior of using trash bins, it shows that of the 49 samples, the most were in the occasional category, namely 29 people (59.1%), while the never category was 0 (0.0%).

Table 6.
 Distribution Of Samples Based On The Behavior Of Maintaining Cleanliness Of Latrines In Klidergartens In Bulukumba Regency In 2022

Keep the latrine clean	n	%
Often	41	83,7
Sometimes	8	16,3
Never	0	0,0
Amount	49	100,0

Based on table 6 shows the distribution of samples based on the behavior of using clean latrines, it shows that of the 49 samples, the most are in the frequent category, namely 41 people (83.7%), while the category never 0 (0.0%).

Table 7
 Distribution of Samples Based on Toothbrushing Behavior in Kindergartens in Bulukumba Regency in 2022

Brush your teeth	n	%
Often	20	40,8
Sometimes	29	59,2
Never	0	0,0
Amount	49	100,0

Based on table 7 shows the distribution of samples based on tooth brushing behavior shows that of the 49 samples, the most were in the occasional category, namely 29 people (59.2%), while the category never 0 (0.0%).

Table 8
 Distribution of Samples Based on Behavior of Using Clean Water in Kindergartens in Bulukumba Regency in 2022

Use Clean Water	n	%
Often	48	98,0
Sometimes	1	2,0
Never	0	0
Amount	49	100,0

Based on table 8 shows the distribution of samples based on the behavior of using clean water, it shows that of the 49 samples, the most were in the frequent category, namely 48 people (98.0%), while the never category was 0 (0.0%).

Table 9
 Distribution of samples based on the behavior of taking worm medicine regularly with soap in Kindergarten in Bulukumba Regency in 2022

Take Deworming Medicine Periodically	n	%
Often	0	0,0
Sometimes	49	100,0
Never	0	0
Amount	49	100,0

Table 10
Distribution of Samples Based on Physical Activity Behavior in Kindergartens in Bulukumba Regency in 2022

Physical Activity	n	%
Often	30	61,2
Sometimes	19	38,8
Never	0	0
Amount	49	100,0

Based on table 10 shows the distribution of samples based on physical activity behavior shows that of the 49 samples, the most are in the frequent category, namely 30 people (61.2%), while the never category is 0 (0.0%).

Table 11
Distribution of Samples Based on Eating Behavior of Healthy and Nutritious Foods in Kindergartens in Bulukumba Regency in 2022

Healthy and Nutritious Food	n	%
Often	34	69,4
Sometimes	15	30,6
Never	0	0,0
Amount	49	100,0

Based on table 11 shows the distribution of samples based on the behavior of consuming healthy and nutritious food, it shows that of the 49 samples, the most were in the frequent category, namely 34 people (69.4%), while the never category was 0 (0.0%).

DISCUSSION

This research was conducted during January 2022 in two Kindergarten schools located in Bulukumba district, South Sulawesi Province. The results of the sample distribution show that from the total sample of the study, there were 49 preschool children aged 5-6 years. Data collection in this study was carried out in two ways, namely through observation of children's behavior, as well as interviews with mothers or caregivers who came to take or pick up students.

The characteristics of the sample based on the age group were mostly in the 5 year age group, namely 28 people (57.0%) and the most women were 26 (53.0%)..

Wash Hands With Soap

Based on the results of the study showed that the distribution of samples based on the behavior of washing hands with soap showed that of the 49 samples, the most were in the occasional category, namely 28 people (57.1%), in the frequent category as many as 21 people (42.9%) while the never as much as 0 (0.0%).

Students belonging to the occasional category in this study were due to the fact that at the time of the observation it was seen that the habits of students at school were inconsistent in washing their hands with soap, then based on the results of interviews, it was found that the answer was that they sometimes forgot to wash their hands after they played and wanted to eat snacks that Sold.

Students Washing hands with running water and using 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 (Ministry of Health, RI 2009). Research conducted by Suci, Elis and Mamat (2016) shows that the majority of school children are classified as accustomed to washing their hands but there are still some children who are not accustomed to washing their hands with soap this is due to a lack of knowledge about the importance of washing hands.

Wear Mask

The results of the study in table 3 show that the distribution of samples based on the behavior of using masks shows that of the 49 samples, the most were in the frequent category, namely 25 people (51.0%), the occasional category as many as 24 people (49.0%) while the never as much as 0 (0.0%). Students in the mask wearing category use masks when going to school, this behavior cannot be separated from the guidance of parents and supervision of teachers at school. Meanwhile, those who fall into the category of sometimes because of the habit of students at school who are not consistent in wearing masks until they come home from school, they sometimes take off their masks when they want to play. On average, they are 5 years old, where 5 year olds are very energetic and active, so that children are able to explore the world around them.

Based on research (Fitrah, Reti, 2020) the application of 3M (wearing masks, washing hands and maintaining distance); every day the teacher always conveys that children must always use masks, wash their hands and keep their distance, the teacher sets an example in its application.

Social Distance

Based on the results of the study in table 4 shows that the distribution of samples based on distance behavior shows that of the 49 samples, the most are in the never category, namely 44 people (89.9%), the occasional category is 5 people (10.2%) while the category is often 0 (0.0%). Students who often do not keep their distance because the age of preschool children is a creative and productive life which is generally very active, and that age is the age of playing and learning to socialize with the surrounding environment. They haven't been able to understand that the pandemic condition requires us to keep our distance.

Use Trash

Based on the results of the study in Table 5, it shows that the distribution of samples based on the behavior of using trash bins shows that of the 49 samples, the most were in the occasional category, namely 29 people (59.1%), the frequent category was 20 (40.8%), while the category was never 0 (0.0%). Students who fall into the category sometimes because sometimes they still litter when they play.

Students are categorized as frequent use of trash bins with the category of using trash bins because they throw garbage in its place, this behavior cannot be separated from the guidance of parents and teachers. Research (Raharjo and Indarjo, 2013) in Pati with the results that there is a relationship between knowledge ($p = 0.037$), attitudes ($p = 0.007$), and the availability of facilities in schools ($p = 0.002$) with the application of clean and healthy lifestyle throwing garbage in its place. This can be caused by the high awareness of students with the support of parental education and the influence of the living environment.

Garbage is a part that is no longer used and can pollute the surrounding environment. Dispose of garbage in the trash to keep the environment clean and provide comfort for residents in the school environment..

Keep the latrine clean

The results of the study in table 6 show that the distribution of samples based on the behavior of using clean latrines shows that of the 49 samples, the most are in the frequent category, namely 41 people (83.7%), the occasional category as many as 8 people (16.3%) while category never 0 (0.0%). Students are categorized as often keeping the latrine clean with the category of keeping the latrine clean because they flush after use, this behavior cannot be separated from the guidance of parents and teachers. Meanwhile, those who fall into the category are sometimes due to the lack of soap and rarely closing the toilet door after use.

Brush your teeth

The results of the study in table 7 show that the distribution of samples based on tooth brushing behavior shows that of the 49 samples, the most were in the occasional category, namely 29 people (59.2%), the frequent category was 20 (40.8%), while the never 0 (0.0%). Students were categorized as sometimes because they did not brush their teeth before going to bed and did not ensure cleanliness after brushing their teeth. Meanwhile, students who are included in the category of brushing their teeth often because they brush their teeth before going to school. This is because parents always control the behavior of brushing their children's teeth.

In line with school research (Ria Yunanda Putri, 2018) forms of habituation that exist in Kartika IV-8 Secaba Kindergarten, the activity of brushing the teeth of group B children in Kartika IV-8 Secaba Kindergarten is very enthusiastic about brushing teeth activities seen by the development of children's knowledge about how to brush your teeth properly, the benefits of brushing your teeth, the consequences of not brushing your teeth. Teachers also play a very important role in brushing teeth, using several learning methods such as storytelling, singing, question and answer, and hands-on practice so that children are more interested in brushing their teeth.

Use Clean Water

The results of the study in table 8 show that the distribution of samples based on the behavior of using clean water shows that of the 49 samples, the most are in the frequent category, namely 48 people (98.0%), the occasional category is 1 person (2.0%), while the category was never 0 (0.0%). Students are categorized as frequently using clean water because based on the results of interviews with parents/caregivers of their students, they state that their water sources come from drinking water companies and closed bore wells. Likewise, the water provided at the school comes from PAM. While in the sometimes category as many as 1 person (2.0%) because he and his family use river water for bathing.

Based on the results of research (Setiawan, 2019) regarding the knowledge of clean and healthy lifestyle in Primary school Andir 01 students, namely washing hands using clean running water and using soap by 52.8%. This can be caused by the high awareness of students with the support of parental education and the influence of the living environment.

Drink Worm Medicine

The results of the study in table 9 show that the distribution of samples based on the behavior of taking deworming medication regularly shows that 49 people (100%) are in the occasional category. Students are categorized as taking deworming medicine with the category of sometimes because they do not regularly take deworming medicine 2 times a year. This can be caused by the lack of awareness of parents about the benefits of taking worm medicine regularly.

Physical Activity

The results of the study in table 10 show that showing the distribution of samples based on physical activity behavior shows that of the 49 samples, the most are in the frequent category, namely 30 people (61.2%), the occasional category is 19 (38.8%), while category never 0 (0.0%). Students are categorized as frequent physical activity with the category of physical activity because they stretch every morning. Meanwhile, those who fall into the category of sometimes are 19 (38.8%) students. Categorized sometimes for not jogging every weekend.

This research is in line with research (Sisiliah, 2019) which shows that sports indicators regularly get a percentage of 58.03% which are included in the sufficient category at Bancak State Elementary School. Exercise is needed to maintain and maintain physical condition to stay healthy and fit. This can be caused by the high awareness of students with the support of parental education and the influence of the living environment.

Healthy Food Consumption

The results of the study in table 11 show that the distribution of samples based on the behavior of consuming healthy and nutritious food shows that of the 49 samples, the most are in the frequent category, namely 34 people (69.4%), the occasional category is 15 people (30.6%)., while the category was never 0 (0.0%). Students are categorized as frequent consumption of healthy and nutritious food because they eat food with balanced nutrition, they are diligent in bringing their lunch. Meanwhile, 15 (30.6%) students were included in the occasional category, while those included in the occasional category were because students did not like to consume vegetables and did not eat fruit every day.

Students must get used to consuming healthy snacks at school, this is an effort to avoid students from food containing chemicals that are sold freely outside the school canteen. This can be caused by the high awareness of students with the support of parental education and the influence of the living environment.

CONCLUSION

The conclusions of the study are the habit of wearing masks, healthy latrines, clean water, physical activity and consuming nutritious food is good, while the habits of washing hands, throwing garbage in its place, brushing teeth, consuming deworming drugs are in the category of occasional, but students have a habit of not ever keep your distance.

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