

---

# Socialization of Clean and Healthy Behavior as a Preventive Health Effort for High School Students at Phattanasart Foundation School Thailand

Lorenta In Haryanto<sup>1\*</sup>, Laila Moodsem<sup>2</sup>, Tri Yuni Hendrawati<sup>3</sup>, Darto<sup>4</sup>, Andriyani<sup>5</sup>, Munaya Fauziah<sup>5</sup>, Triana Srisantyorini<sup>5</sup>, Suherman<sup>5</sup>, Ernyasih<sup>5</sup>, Aisha Diva Caledonia<sup>5</sup>

<sup>1</sup>Agribusiness, Faculty of Agriculture, Universitas Muhammadiyah Jakarta, Jl. K.H. Ahmad Dahlan, Banten 15419, Indonesia

<sup>2</sup>Phattanasart Foundation School, Thailand

<sup>3</sup>Chemical Engineering, Faculty of Engineering, Universitas Muhammadiyah Jakarta, Jl Cempaka Putih Tengah XXVII Jakarta Pusat, Jakarta 10510, Indonesia

<sup>4</sup>Management, Faculty of Economics And Business, Universitas Muhammadiyah Jakarta, Jl. K.H. Ahmad Dahlan, Banten 15419, Indonesia

<sup>5</sup>Public Health, Faculty of Public Health, Universitas Muhammadiyah Jakarta, Jl. K.H. Ahmad Dahlan, Banten 15419, Indonesia

---

## ARTICLE INFO

### IJOCS use only:

Received date

Revised date

Accepted date

### Keywords:

community service,  
counseling,  
healthy,  
nutrition,  
preventive

## ABSTRACT

The main problem that forms the basis for preparing the main work program is that there is still no awareness and implementation of Clean and Healthy Behavior among students in the target schools. The aim of this activity is to increase students knowledge and awareness about clean and healthy living behavior so they can apply it in everyday life as a preventive health effort. The work program is carried out using education and outreach methods using posters, questionnaires and direct practice. Based on the results of the pre test and post test that were carried out, the 44 respondents observed showed that the pre test average was 77.05 and the post test average was 85.68. This means that there is an increase in students' understanding of PHBS and balanced nutrition after counseling by 8,636 points. The calculation results obtained a "t" value of 4,070 with a p-value of 0.000 (2-way test). According to the pre- and post-test findings, the level of understanding after counseling is higher than before the program. The community service team functioned well and efficiently, improving students' learning of critical knowledge.

© 2023 International Journal of Community Services. All rights reserved

---

## INTRODUCTION

Based on observations made at the target locations, the main problem that forms the basis for preparing the main work program is that there is still no awareness and implementation of Clean and Healthy Behavior among students in the target schools. This is shown by the consumption behavior of snacks, personal hygiene, and students' health conditions as seen by calculating the Body Mass Index (BMI). The work program is carried out using education and outreach methods using posters, questionnaires and direct practice. Work program activities are also interspersed with the introduction of Indonesian culture to the target community.

The purpose of international community services is improving the quality of students'

knowledge and skills in order to participate in implementing the World Class Institute through Islamic Studies and Cross Culture Studies. Apart from that, developing community empowerment programs within UMJ through international collaboration with universities, business sectors or partner schools abroad.

According to Basic Health Research Data (Risksdas) 2018 proportion of members households that behave properly wash hands correctly in Indonesia is 49.8%. Smoking prevalence of the aged population >10 years in Indonesia as much as 29.3%. The proportion of physical activity is less population aged ≥10 years in Indonesia as much as 33.5%. Proportion of fruit consumption or less vegetables in people aged ≥5 years in Indonesia are still very many that is 95.5%. Proportion of waste management which is good in Indonesian households still less, namely 36.8% (Utami & Sani, 2021).

---

\* Corresponding author.

E-mail address: [lorenta@umj.ac.id](mailto:lorenta@umj.ac.id)

The health sector is important because it influences the development process of a country. Health issues must be a priority issue because they relate to the welfare of all mankind. One aspect that must be considered is the provision of nutrition for vulnerable ages, namely toddlers, children and the elderly. Thus, it is important to integrate the health sector in the principles and goals of the Sustainable Development Goals (Fadhilurrohman et al., 2020).

## EXPERIMENTAL METHOD

The theme of the program being implemented relates to the healthy behaviour life. The implementation of the International community services program begins on 7 August 2023 – 3 September 2023 in Thailand and is in accordance with the placement of each school. The period for implementing international community services program is 28 days. Participants or partners in this International community services activity are all members of the Phattanasart Foundation School such as students, teachers and other school staff. There are teachers who act as assistants in implementing the work program for students and participants, namely Mattayom 3,5,6 students. Accompanying teachers also assist in communicating between students and partner students using English, Thai and Malay.

Program implementation begins with observation, introductions to school residents, and discussions between students and accompanying teachers about the technical implementation of the program. After that, the core program was implemented, namely counseling to Mattayom 5 and 6 students using poster media regarding clean and healthy living behavior and balanced nutrition. The indicators used are assessment through pre and post tests given to each student to determine the difference in knowledge level between before and after counseling. In the first week, we focused on the outreach program.

Meanwhile, in the second week, the program was started by a cooking class program to introduce typical Indonesian food and at the same time learn the ingredients of food according to the balanced nutrition guidelines that have been taught. Besides that, the team helped teaching and learning activities, especially in English subjects in the form of working on questions and explaining material in assignment books and basketball and hand ball sports subjects.

## RESULTS AND DISCUSSION

Based on the results and discussions, the work program carried out was quite good and achieved the target. However, there are several things that need to be evaluated, namely in terms of communication

during counseling. The importance of presenting material directly and clearly is important so that it is easy for students to understand. The role of the accompanying teacher also needs to be considered to help two-way communication between students and participants. Apart from that, the number of pre-test and post-test questions can still be increased to 10 questions to make data processing easier. Another obstacle is that during the cooking class program, communication barriers have quite an impact on the execution of the work program.



Fig 1. cooking class



Fig 2. teaching about health lifestyle and nutrition

Based on the results of the pre-test and post-test that were carried out, the 44 respondents observed showed that the pre-test average was 77.05 and the post-test average was 85.68. From the results of the t-dependent test, it can be seen that the average difference in the level of knowledge between before and after counseling is -8.636. The minus sign means that the level of understanding after counseling is greater than before counseling. This means that there is an increase in students' understanding of PHBS and balanced nutrition after counseling by 8,636 points. The calculation results obtained a "t" value of 4,070 with a p-value of 0.000 (2-way test) for the level of understanding before and after counseling. We used technique cross sectional to analyzed the data and we use pre-post test for the instrument indicator. The following is the presentation of data regarding the average level of understanding of students during the counseling program.

**Table 1.** Average Between Pre Test and Post test

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	PRE TEST	77.05	44	12.497	1.884
	POST TEST	85.68	44	10.653	1.606

**Table 2.** P- Value of Paired Sample Test

		Mean	Paired Differences		95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
			Std. Deviation	Std. Error Mean	Lower	Upper			
Pair 1	PRE TEST - POST TEST	-8.636	14.075	2.122	-12.915	-4.357	-4.070	43	.000

Nevertheless, the program was implemented quite well and received a positive response from teachers and students. For further activities, innovation can be carried out again and more practical activities can be done so that the material presented is easier to apply directly. Limited study hours also cause activities not to run fully and effectively. Henceforth to be able to estimate time more efficiently so as to optimize the time that is already available. Regulations are included as reinforcing/encouraging factors. In order to behave healthily, students sometimes not only need knowledge and a positive attitude and facility support, but also need examples (references) from community leaders, religious leaders and officials, especially health workers. Apart from that, laws are also needed to strengthen community behavior.

Such as the behavior of throwing rubbish in the right place and ease of obtaining trash bins, regulations are also needed that require students to dispose of trash in its place. It is best if the school makes clean and healthy behavior regulations so that it becomes a reference for students to live a clean and healthy life (Oktavia, 2020). One of example that representative clean and healthy living behavior is littering behavior. The distribution of respondents shows that in part most students behave in throwing garbage on the place in the good category is 54 students (71.1%). However, previous research has shown that the implementation of clean and healthy living behavior such as disposes of garbage the place can be seen based on facts on the ground that almost the majority of students still have an attitude the negative ones were 51% regarding

implementation clean and healthy living behavior disposes of waste in its place.

Other research shows that attitudes about life behavior clean and healthy for the majority of elementary school children is in the sufficient category (46%). Child attitude about clean and healthy living behavior is influenced by various factors including internal factors in the form of the child's interest or attention, as well as external factors, namely family, peer relationships, sources of information and social media (Wokas et al., 2018). There was a challenge regarding communication limitation that impacts on the execution of the work program during the culinary class program. Nonetheless, the program was well-implemented and garnered excellent feedback from both teachers and students. For future events, innovation and more practical activities can be carried out so that the material offered is easier to apply immediately.

**CONCLUSION**

The community service team, a Socialization of Clean and Healthy Behavior at Phattanasart Foundation School Thailand, was carried out successfully and efficiently, positively benefiting students' acquisition of essential knowledge. According to the results of the pre-test and post-test, the degree of understanding after counseling is higher than before the program. The partner's evaluation of the implementation team resulted in an extremely satisfactory grade. Partners express heartfelt gratitude and hope for the long-term survival of our endeavor. It is best to do this

exercise on a regular basis. In addition to establishing interpersonal bonds with peers, adding healthy live activities into the school setting provides children with unique experiences while also alleviating monotony associated with the learning process.

## ACKNOWLEDGMENT

We would like to express our gratitude to Universitas Muhammadiyah Jakarta, especially to the Institute for Research and Community Services at Universitas Muhammadiyah Jakarta (LPPM UMJ) for giving us the opportunity and funding to carry out community service activities in Thailand. We would also like to thank the partner, Phattanasart Foundation School, for providing facilities financially and physically.

## REFERENCES

- [1] Fadhlurrohman, M. I., Purnomo, E. P., & Malawani, A. D. (2020). Analysis Of Sustainable Health Development In Indonesia (Sustainable Development Goal's). *Jurnal Kesehatan Lingkungan Indonesia*, 19(2), 133–143. <https://doi.org/10.14710/jkli.19.2.133-143>
- [2] Oktavia, I. D. (2020). *Gambaran Perilaku Hidup Bersih dan Sehat (PHBS) pada Siswa/ SDN Parungpanjang Kabupaten Bogor Tahun 2020*.
- [3] Utami, F. A., & Sani, F. (2021). *Gambaran Perilaku Hidup Bersih dan Sehat ( PHBS ) di Era Pandemi Corona Virus Disease ( COVID-19 ) di Indonesia Description of Clean and Healthy Living Behavior ( PHBS ) in The Corona Virus Disease ( Covid-19 ) Pandemi Era in Indonesia Covid-19 perilaku. 1*, 197–209.
- [4] Wokas, A., Sulastri, S. K., & Kartinah, S. K. (2018). *Gambaran tentang perilaku hidup bersih dan sehat di Sekolah Dasar Negeri Gumpang 01 Kartasura Sukoharjo*.