

Improving Environmental Sanitation Knowledge through Clean and Healthy Living Behavior (CHLB) Education

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Abstract: Environmental cleanliness is always associated with health because maintaining a clean environment can prevent the emergence of various types of diseases. This service activity aims to increase awareness, experiences, and knowledge and foster a sense of community towards a clean and healthy environment to avoid various diseases. This community service method uses service learning (SL), which refers to experiential learning, namely providing direct knowledge to the community regarding the importance of maintaining a clean environment. The activity begins with a pretest, providing CHLB knowledge material on environmental cleanliness, questions and answers, and a post-test. Community service is also accompanied by health checks and the provision of vitamin C supplements and Fe tablets (blood supplements). The results of community service showed that the average pretest and post-test scores for community knowledge in PHBS were 70 and 92.5, the results showed that there was an increase in community knowledge to improve environmental sanitation after being given education regarding CHLB.

Keywords: CHLB; environmental health; environmental sanitation

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Received: 12 November 2023

Accepted: 6 February 2024

Published: 9 March 2024

DOI : <https://doi.org/10.20527/btjpm.v6i2.10816>

How to cite: Aryzki, S., Ayuchecaria, N., & Sari, A. K. (2024). Improving environmental sanitation knowledge through clean and healthy living behavior (CHLB) education. *Bubungan Tinggi: Jurnal Pengabdian Masyarakat*, 6(2),407-411.

INTRODUCTION

Sungai Tandipah Village is located in the Sungai Tabuk District of South Kalimantan, and the community's activities are closely related to the river, for household needs, economic purposes, and all daily needs related to water (Sulistiyowati, 2011). Sungai Tandipah Village has a total population of 2664

people with 832 family cards recorded overall for males and females from toddlers to elderly people (Lestari, 2021).

Based on an external analysis conducted in Sungai Tandipah Village, environmental sanitation and the community's clean and healthy living behavior have not been appropriately

implemented, so health problems can sometimes arise in the community (Andriyani, 2020).

Environmental health and human health are closely related because maintaining environmental cleanliness will prevent various diseases. Environmental health also significantly impacts the surrounding environment as clean air is free from pollution, and water is clean and safe for drinking and various crucial activities (Ayuchecaria et al., 2022).

CHLB, short for "Clean and Healthy Living Behavior," is an approach that encourages individuals and communities to adopt habits and actions that support health and cleanliness (Budon, 2019). CHLB is essential to increase health awareness in the community. Its goal is to create a healthier environment and reduce the burden of preventable diseases through simple actions (Aryzki & Alfian, 2021).

Based on the background outlined, there is a need to increase knowledge and application in the community for Clean and Healthy Living Behavior (CHLB) (Pratiwi, (2022). In the aspect of the environmental conditions of the community in Sungai Tandipah Village, the improvement of knowledge and application is done by providing education and evaluation through pretests and post-tests.

METHOD

This community service uses the Service Learning (SL) method, referring to Experiential Learning, which is the application of increasing community knowledge on specific subjects to provide solutions to problems faced by the community (Afandi., 2022).

The target object of the service team is the community in Sungai Tandipah Village, Sungai Tabuk Subdistrict, Banjar Regency. The implementation began with a survey in July 2023, and the activities were carried out in August

2023. This Community Service was located in Sungai Tandipah Village, Sungai Tabuk Subdistrict, Banjar Regency. The partners involved included the Village Head, Village Secretary, all Village Employees/Staff, Head of RW (residential area), Head of RT (neighborhood unit), and contributing community members involved in coordinating permits, infrastructure, and stakeholders in Sungai Tandipah Village, Sungai Tabuk Subdistrict, Banjar Regency.

Problems found in partners are Lack of knowledge and awareness of environmental sanitation conditions and clean and healthy living behaviors (CHLB), especially in household settings (Hasanuddin et al., 2022).

The proposed solutions are:

- a) Encouraging pregnant women to have prenatal check-ups at health facilities
- b) Encouraging pregnant women to give birth with the help of healthcare professionals
- c) Encouraging mothers to exclusively breastfeed.
- d) Encouraging parents to weigh their children every month until the age of 5.
- e) Encouraging the use of clean water.
- f) Encouraging handwashing with clean water and soap.
- g) Encouraging proper waste disposal.
- h) Encouraging the use of proper sanitation facilities.
- i) Encouraging the elimination of mosquito larvae.
- j) Encouraging the consumption of vegetables and fruits every day.
- k) Encouraging physical activity every day.
- l) Encouraging not to smoke.

Based on the analysis we conducted in Sungai Tandipah Village, the external conditions of environmental sanitation and clean and healthy living behaviors by the community have not been

implemented properly, so health problems can arise at any time in the community. Internal environmental analysis is seen from the village's human resources by testing the villagers' knowledge through pretest and post-test questionnaires. Thus, education is needed to increase community motivation to apply awareness of the importance of environmental sanitation conditions and clean and healthy living behaviors, especially at the community level, to avoid various health problems.

The Community service activities in Sungai Tandipah Village were carried out in several stages, as follows:

- 1) Initial observation with an analysis of the target area's conditions, problem identification, planning interventions, and implementation to address issues.
- 2) Conducting pretests for the community that will participate in CHLB education.
- 3) We provide information, education, and socialization to the Sungai Tandipah Village working area community about CHLB.
- 4) The evaluation will be conducted by giving post-tests to the community that has received education related to CHLB.

RESULTS AND DISCUSSION

This community service was carried out in Sungai Tandipah Village, Sungai Tabuk Subdistrict, Banjar Regency, South Kalimantan, on Tuesday, August 1, 2023, at the Sungai Tandipah Village Office. The target of this activity is the community in Sungai Tandipah Village. The activity began with giving pretests to the attending community, followed by distributing posters and providing direct material on Clean and Healthy Living Behavior (CHLB), especially about good environmental sanitation, as shown in Figure 1.



Figure 1 Presentation of CHLB material

Evaluation of the educational results was then conducted by giving post-tests to all participants. The pretest and post-test each consisted of 10 questions, and each correctly answered question was awarded 10 points. The results of the pretest and post-test assessments for 20 respondents can be seen in Table 1.

Table 1 Pretest and posttest results

| Respondent | Age | Pretest | Posttest |
|------------|-----|---------|----------|
| R1 | 75 | 30 | 70 |
| R2 | 46 | 60 | 90 |
| R3 | 57 | 50 | 80 |
| R4 | 42 | 80 | 100 |
| R5 | 38 | 80 | 100 |
| R6 | 60 | 80 | 90 |
| R7 | 42 | 70 | 90 |
| R8 | 62 | 70 | 90 |
| R9 | 50 | 70 | 90 |
| R10 | 75 | 60 | 80 |
| R11 | 49 | 80 | 100 |
| R12 | 35 | 80 | 100 |
| R13 | 31 | 80 | 100 |
| R14 | 24 | 50 | 100 |
| R15 | 27 | 80 | 100 |
| R16 | 60 | 80 | 90 |
| R17 | 39 | 90 | 100 |
| R18 | 56 | 70 | 90 |
| R19 | 67 | 70 | 90 |
| R20 | 50 | 70 | 100 |
| Average | | 70 | 92.5 |

Table 1 shows that the average pretest score is 70, and the average post-test score is 92.5. From these results, it is concluded that there is a significant increase in knowledge before and after being educated about CHLB. Therefore,

it is concluded that clean and healthy living education is essential for the people in Sungai Tandipah Village. CHLB is still needed and practiced in daily life because the impact of behavior on health is significant. Thus, various efforts are needed to transform unhealthy behavior into healthy behavior, such as educating the community about CHLB (Natsir, 2019).

Knowledge and attitude are crucial factors in shaping an individual's actions. Knowledge and attitudes based on accurate understanding can foster new, positive behaviors, especially regarding clean and healthy living in one's family (Notoatmodjo, 2014). Knowledge can shape specific beliefs, leading individuals to behave in line with those beliefs. Good environmental health knowledge is expected to increase public awareness of the importance of creating a healthy environment, thus breaking the chain of disease transmission through the environment and promoting clean and healthy living behaviors to avoid disease transmission (Aryzki & Ayuhecacia, 2022).

This is supported by research by Kastari, stating that there is a relationship between knowledge and attitudes with clean and healthy living patterns. Knowledge is influenced by several factors, one of which is the level of education. Generally, individuals with higher education will have broader knowledge than those with lower education levels. Education can broaden a person's insight or knowledge (Hidayangsih, 2019).

The implementation of the PKM activity on the importance of clean and healthy living behavior has implications for the application/implementation of good CHLB, especially at the household level in Sungai Tandipah Village. There are 12 indicators in CHLB: ANC for maintaining the health of pregnant women and their babies, delivery by healthcare professionals, exclusive

breastfeeding for babies up to 6 months, weighing babies and toddlers for growth monitoring, using uncontaminated clean water, washing hands with running water and soap, proper waste disposal using the 3P method (Collection, Transportation, and Disposal), using a healthy toilet to avoid water and environmental pollution, eradicating mosquito larvae to prevent dengue fever, eating fruits and vegetables for a balanced diet, engaging in physical activity, and not smoking indoors (Hidayati, 2019).

CONCLUSION

This community service provides knowledge about Clean and Healthy Living Behavior (CHLB) to the community with the aim of informing them about what needs to be done to avoid health problems. Based on the activities and processed data obtained, it can be concluded that this community service activity has increased the community's knowledge and understanding of the importance of educating people about clean and healthy living behavior (CHLB). CHLB and the 12 mentioned indicators must be applied in daily life to prevent health problems.

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