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### **The relationship between the role of parents and health workers with indicator healthy lifestyle (PHBS) elementary students in the working area of Pakuan baru health center, Jambi**

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#### **Abstract**

Elementary school children are susceptible to various diseases related to PHBS such as diarrhea, DHF, etc. Currently PHBS in Indonesia is still low. The purpose of this study was to determine the factors related to PHBS in elementary school children in the working area of the Pakuan Baru Health Center, Jambi City, in 2022. This research is quantitative with a cross sectional design. Sampling by simple random sampling, a total sample of 105 fifth grade students. Data collection was carried out using questionnaires and observations. Analysis using the chi-square test. The results of this study indicate that respondents with good PHBS were 64.8%. The results of the analysis show that The role of parents is related to PHBS  $p=0.003$ . And the role of health workers is not related to PHBS  $p=0.227$ . There is a relationship between the role of parents with PHBS in elementary school children, while the role of health workers is not related to PHBS.

**Keywords:** Parents, Health Workers, and PHBS

#### **INTRODUCTION**

PHBS in school settings is a series of conscious actions taken by teachers, students, and school residents as a result of learning, where they independently prevent disease, create a healthy environment and improve health (1). The PHBS program run by the government has been running for 18 years, but its success is still lacking. Based on the 2018 Riskesdas data, it is known that the achievement of household PHBS in Indonesia is 68,74%, while the national target in 2019 is 80% (2). Household PHBS data in Jambi City in 2021 was only 48,8% with the lowest percentage of 47% in Pakuan Baru PKM with school PHBS coverage of only 60% of the 30 schools monitored (3). It is possible that unhealthy behaviors from home will be adopted into the school environment.

Diseases in most primary school children (6-12 years old) are associated with school hygiene (4). Elementary school children are vulnerable to disease, about 40-60% of children suffer from worms, about 23,2% are anemic, dental caries 74,4%, and children <10 years old start smoking about 3%. Based on the 2018 Riskesdas data, the incidence of diarrhea in children

in Jambi is around 8,6%, and there are around one hundred thousand children in Indonesia who die from diarrhea each year (5). In Mountia, et al (2021) said that there is a relationship between school PHBS and the incidence of diarrhea *p-value* 0,000 (6).

In the theory of behavior by Notoadmodjo (2012), there are 3 factors that determine the creation of PHBS, namely predisposing factors, enabling factors, and reinforcing factors such as the role of parents and health workers (7). In the results of research by Sofia (2018), it is known that there is a relationship between knowledge, the role of parents, and the role of health workers with children's PHBS (8). Also supported by Suryani (2018) states that factors that influence the PHBS of students include knowledge, attitudes, facilities, school support, and parental support with the dominant factor influencing the PHBS of elementary school students being sanitation facilities with a *p-value* of 0,000 (9).

Therefore, we are interested in conducting research on the relationship between the role of parents and the role of health workers in Clean and Healthy Living Behavior (PHBS) in elementary school children in the Pakuan Baru Puskesmas working area in Jambi City in 2022.

## METHODS

This research is quantitative analytic with a *cross-sectional* approach. This research was conducted in March-November 2022. The population in this study were all students in 4 elementary schools in the Pakuan Baru PKM wilker with a sample size determined by the Slovin formula of 105 respondents using the *Proportionate Stratified Random Sampling* technique. The inclusion criteria in this study were fifth-grade students who were in elementary school when the study was conducted. The instruments used for data collection were questionnaires and observation sheets. Then data processing and analysis were carried out using the *chi-square* test on the SPSS for Windows version 23 application with a confidence level of 95% ( $\alpha = 0,05$ ).

## RESULT

In this research, 105 fifth-grade students were obtained from 4 elementary schools in the Pakuan Baru PKM wilker in Jambi City. The demographic data of the workers can be seen in **Table 1**. In this study, the majority of respondents (97,1%) were  $\geq 10$  years old and the dominant gender was more male (52,4%) than female (47,6%).

**Table 1. Demographic overview of respondents**

Characteristics	Frequency	%
<b>Age</b>		
<10 Years old	3	2,9
$\geq 10$ Years old	102	97,1
<b>Gender</b>		
Male	55	51.7
Female	50	48.3
Total	105	100

**Table 2. Univariate analysis results**

Variables	Frequency	%
<b>PHBS</b>		
Less	37	35,2
Good	68	64,8
<b>Total</b>	105	100
<b>The role of parents</b>		
Less Supportive	36	
Supportive	69	
<b>Total</b>	105	
<b>Role of Health Workers</b>		
Less Active	47	
Active	58	
<b>Total</b>	105	

The results of the univariate analysis are listed in **Table 2**. The results of the univariate analysis for the PHBS category showed that the proportion of respondents with good PHBS was 64,8%, and 35,2% with poor PHBS. Respondents with a supportive parental role were 65,7%, and less supportive were 34,3%. Respondents with an active role of health workers were 55,2%, while those who were less active were 44,8%. The results of the bivariate analysis are listed in Table 3 below.

**Table 3. Analisis Bivariat**

Variables	PHBS				Total		<i>p-value</i>	PR	5% CI
The role of parents	Less		Good		F	%			
	F	%	F	%					
Less Supportive	20	6	16	4	5	10	0,003	2,255	,360- ,739
Supportive	17	6	52	4	9	10			
Total	37	2	8		5	10			
Role of Health Workers									
Less Active	20	42,6	27	57,4	47	100	0,227	1,52	0,863- 2,441
Active	17	29,3	41	70,7	58	100			
Total	37	35,2	68	64,8	105	100			

**Table 3** shows that the results of the bivariate analysis showed that the role of parents who were less supportive had a 2,25 times chance of experiencing poor PHBS (PR 2,25 95% CI 1,360-3,739) than those who were supportive and it was significantly proven that the role of parents was related to PHBS (*p-value* 0,003). Based on the results of bivariate analysis, there is no significant relationship between the role of health workers and PHBS of elementary school children (*p-value* 0,227 PR 1.45 95% CI 0,863-2,441).

## DISCUSSION

### a. Clean and Healthy Living Behavior (PHBS)

This research is in line with research conducted by Rompas, et al (2018) which shows that there is a relationship between the role of parents and the clean and healthy life behavior of school-age children at Inpres Talikur Elementary School where the p-value is 0,000 so it is written that the role of good parents is able to provide impact on clean and healthy living behavior (11). Based on research by Suryani, et al (2020) which is also in line with this study, the results of the analysis show that there is a relationship between the role of parents and PHBS in students of grades V and VI at SD N Batur II with a p-value of 0,004 and a CI value of 1,555 -7,144 does not include the 1 and the PR value of 3,333 (12). However, the results of this study are not in line with research conducted by Kanro (2019) which states that there is no relationship between the role of parents and students' PHBS with a p-value of 0,693 (13).

From the findings in the field based on the results of the questionnaire, the role of parents who are good enough to remind children to wash their hands with running water and soap 88,6%, prohibit smoking 84,8%, buy healthy snacks 87,6%, use the toilet cleanly 92,4%, exercise regularly 70,5% and dispose of garbage in its place 84,8%. However, there are still some roles of parents that are lacking such as providing understanding to their children about what PHBS is 23,8%, lack of attention to children's weight and height 51,4%, prohibiting snacks outside school 53,3%, draining the bathtub regularly 69,5%, and there are still parents who smoke 58,1%.

Therefore, it is expected that parents should be able to provide an understanding of PHBS to their children, be more attentive to the weight and height of the child, prohibit children from not snacking carelessly outside of school, and parents should also apply PHBS in their daily lives such as not smoking, draining the bathtub regularly with the aim of being an example for their children at home to live clean and healthy in everyday life so that this behavior can be carried over when the child is at school.

### b. The relationship between the role of health workers and school-based PHBS in elementary school children in the Pakuan Baru Health Center working area, Jambi City, 2022

Based on the results of this research, it is known that the proportion of PHBS lacking in the role of health workers is less active at 42,6%. The results of the bivariate analysis showed that there was no significant relationship between the role of health workers and children's PHBS (PR 1,452 95%CI 0,863-2,441 p-value 0,227).

In Notoatmodjo, the behavior of a person or community is determined by the knowledge, attitudes, beliefs, traditions, and so on of the person or community concerned. In addition, the availability of facilities, attitudes, and behavior of health workers towards health will support and strengthen the formation of behavior. The role of health workers as health educators can shape community behavior for the better because the health counseling provided by health

workers is a process that bridges the gap between information and health behavior (10).

The results of this study are not in line with research conducted by Amelia (2019), from the results of the analysis it is known that there is a relationship between the role of health workers and PHBS with a p-value of 0,000 (14). In research conducted by Keswara, et al (2019) is also not in line with this study, where the results of calculations with the Chi-square test obtained a p-value of 0,004, meaning that there is a significant relationship between the role of health workers and the implementation of PHBS (15).

This study is in line with research conducted by Anggraini, et al (2021), it is known that there is no relationship between the role of health workers and clean and healthy living behavior (PHBS) supported by SPSS data with a p-value of 0,452. (16) In the research of Wulandari, et al (2018) it is also known that the results of the analysis show that there is no relationship between the role of health workers and PHBS with a p-value of 0,085 (17).

According to the researcher's assumption, the role of health workers should be related to clean and healthy living behavior in accordance with theory and other research results. However, in this study, the role of health workers was not related to clean and healthy living behavior because in this study children's knowledge and PHBS were quite good but the role of health workers was still lacking. From the data obtained, the number of children who stated the lack of the role of health workers was 47%.

Based on researcher interviews with health promotion officers at Pakuan Baru Community Health Center, the task of health workers for school PHBS activities is to measure the achievement of PHBS in school settings and conduct coaching and counseling using leaflets and pins kesga (family health) 2x a year. However, after receiving the results of the questionnaire from respondents, it was stated that health workers only provide guidance and counseling on PHBS in schools only once a year, which should be done every 6 months or 2x a year.

With the role of health workers who are lacking in PHBS counseling, it turns out that the results of the study show that the level of PHBS and knowledge of students is quite good, so the researcher assumes that good PHBS and knowledge of students is due to the influence of the upbringing of parents at home and in the 4 elementary schools the UKS officers are quite active in promoting PHBS in schools by reminding students to always behave clean and healthy life such as mutual cooperation to clean the school environment, measuring weight and height every 6 months, and routinely carrying out exercise together with gymnastics in the morning. Therefore, the role of health workers is expected to be increased again in visiting schools for guidance and counseling on PHBS 2x a year.

## **CONCLUSIONS AND SUGGESTIONS**

Based on the research that has been done, it is concluded that there is a significant relationship between the role of parents and clean and healthy living behavior (PHBS) in elementary school children while the role of health workers is not related to PHBS. It is expected that the performance of health workers in providing information to the community about PHBS, especially in school-age children through regular PHBS coaching and counseling, namely 2x a year. As well as holding health promotions to parents of students about the importance of the role of parents in the success of children's PHBS so that they can maintain the health of their family members.

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