

Dissemination of The Importance of Community Participation with Clean and Healthy Living Behaviors Habits (PHBS) in Environment-Based Disease Prevention Efforts

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ABSTRACT

Community participation is needed in a development program, because the success of the program is closely related to community participation in running a program, including the implementation of PHBS. Environment-based diseases always occupy the top 10 diseases reported by health centers in Indonesia. Clean and healthy living behavior (PHBS) of the community is expected to prevent environment-based diseases. The household environment is a unit that is very instrumental in the implementation of PHBS habits so that dissemination to the community, especially housewives on the importance of PHBS as an effort to prevent environment-based diseases. Cases of environment-based diseases, especially diarrhea, pulmonary TB, and dengue fever in Padang City are still high. The Monographic Book Dissemination activity aims to upload public awareness by inviting community leaders, especially in three locations, Nanggalo, Kuranji and Koto tangah, starting from the ranks of the sub-district office, Kelurahan, teachers, youth, health cadres and housewives on the importance of clean and healthy living behavior in the family environment in preventing environment-based diseases. The activity was carried out in the form of presentations, inviting resource persons from environmental health experts, and distributing Monographic books "PHBS and Community Participation in Covid-19 Prevention". The results of the assessment of participants' knowledge before the dissemination activity were 61% with good knowledge and increased to 87% after implementation. By implementing clean and healthy living behaviors in everyday life, hopefully this can be one of the efforts in preventing environment-based disease infections.

Keywords: environment, behavior, transmission, disease, dissemination.

INTRODUCTION

Although the number of people exposed to COVID-19 in Indonesia is currently under control, COVID-19 prevention efforts must still be carried out properly to avoid the dangers of COVID-19 that are always threatening. Therefore, it is necessary to make prevention efforts by increasing hygiene so that this infectious disease can be avoided from the community. In addition to maintaining cleanliness, there are several ways that must be considered in avoiding COVID-19 if you are in a crowd, wearing a mask, and carrying a hand sanitizer anywhere, especially practicing clean and healthy living behaviors can prevent environment-based diseases.

Environment-based diseases have become a health problem in the community until now. All of this cannot be separated from the existence of environment-based diseases that still persist in occupying the top 10 most diseases in the reports of health centers in almost all of Indonesia (Santoro, et al., 2015; Sumampouw, et al., 2015). Some types of environment-based diseases that often appear include upper respiratory

tract infections (URTI), diarrhea, pulmonary TB, dengue fever, malaria, skin diseases, worms, leptospirosis and filariasis (Irhamiah, et al., 2014; Mustain, et al., 2013). Environmental factors are one that can affect public health conditions (Darmawan, et al., 2021). Various environment-based diseases can actually be prevented by implementing clean and healthy living behaviors (PHBS). This can be started from the household environment, education, workplace, health facilities, and also public facilities. Based on this, education in order to raise public awareness, especially housewives, of the importance of PHBS in Panjunan Village is very important for the prevention of PBL (Ministry of Health, 2018).

Research data from the Ministry of Health explains that there are only 20% of the total Indonesian people who care about environmental hygiene and health. That means out of 262 million Indonesians, only about 52 million people in Indonesia have an awareness of environmental cleanliness and health.⁴ This percentage has illustrated that there are still very many Indonesians who do not pay attention or heed the importance of cleanliness and health of the environment they live in. With this indifference, the disease virus is easily accepted and transmitted.

The health problems that exist in Padang City require community awareness and skills to continue to improve PHBS to prevent and control environment-based diseases cases so that they do not continue to grow. To raise public awareness, especially housewives in the Village area of the research location, it is necessary to disseminate the importance of PHBS to the prevention of environment-based diseases.

This activity aims to arouse public awareness, especially of the importance of implementing PHBS in the family environment with the Dissemination of the Monographic Book "PHBS and Community Participation in Preventing Covid-19", which is the output of year III research, in order to create a better quality of life in a family, so as to reduce the incidence of PBL (Rahmatina & Erawati, 2020). After this dissemination activity, it is hoped that the community, especially housewives, can apply PHBS within the household scope so that it can realize a better quality of family health life than before.

RESEARCH METHODS

The research used a quantitative method with a descriptive design. In this study, research outputs will be disseminated, in the form of a Monograph Book with the title

"PHBS and Community Participation in Covid -19 prevention". The form of research activities in year III is to hold a seminar and invite resource persons from the Padang City Health Office. This activity will invite representatives of various parties/ elements in the community, namely: inviting the Head of Sub-District/ representative, Head of Village/ representative, Community Health Center (stakeholders), Teachers, taklim assembly, PKK mothers, Health Cadres and other communities from Kuranji, Nanggalo and Koto Tangah Sub-Districts (the sample was determined by multi-random sampling), and each region was selected by purposive sampling). Number of participants (sample) as many as 100 people (using the maximum proportion formula from Lamesow 96 people rounded up to 100 people). Participants who attended the event amounted to about 100 people.

Preparation Stage

The activity preparation stage includes: coordination meetings, location surveys and preparation of tools and materials to support activities. Preparatory meetings were held several times including proposal preparation meetings and activity preparation meetings. The meetings were led by the chief executive to discuss the strategy and planning of the community service program to be implemented. The location survey was conducted on July 18, 2023 and continued on September 6, 2023. In this location survey activity, it was communicated about the timing of the activity with the sub-district and village officials and the Nanggalo Padang Health Center, and it was decided that if the ISBN book came out, it would be carried out at the Poltekkes Kemenkes, by inviting representatives of various parties/ elements in the community, namely: inviting the Head of Sub- district/ representative, Head of Village/ representative, Community Health Center (stakeholders), Teachers, taklim assembly, PKK mothers, Health Cadres and other communities from Kuranji, Nanggalo and Koto Tangah Sub-districts. On September 15, 2015 the ISBN of the monograph book was issued with No: : 978-623-198-694-8 by the Publisher: GETPRESS INDONESIA Member of IKAPI No. 033/SBA/2022. On September 18, activities also made invitations to speakers from Environmental Health Experts from the Nanggalo Padang Health Center, with the material "Improving Health Status with Clean and Healthy Living Behavior (PHBS) in Disease Prevention Efforts." Furthermore, the team made and distributed invitations according to the target group, and identified and prepared supporting tools and materials for activities such as

supporting documents and supporting facilities for activities such as infocus, pointers, loudspeakers, reproducing Monograph Books, as publication and information media, and also made panduk for these activities.

Implementation Stage

The activity was held on Saturday, September 23, 2023 located in the Auditorium Room of the Poltekkes Kemenkes Padang, all invited participants attended the activity, with details as shown in Table 1.

Table 1. Participant Characteristics

Characteristics	Quantity
Gender	
Male	11
Female	89

Figure 1. Opening ceremony



Opening ceremony, remarks from the Director in this case delivered by the Head of the Research and Community Service Station of the Poltekkes Kemenkes Padang.

Table 2 Distribution of respondents based on the status of dissemination participants

No	Status / Description	Quantity (people)	%
1	Sub-district/ village	16	1
2	Kindergarten teacher	12	1
3	Nurse/Midwife from Health Center	6	6
4	Posyandu Cadres	21	2
5	Assembly Taklim/Mother PKK	15	1
6	Urang Mudo/ Puti Bungsu (Youth and	10	1
7	Housewives	20	2
Total		100	100

Based on Table 2, the largest distribution of respondents were posyandu cadres (21%) and then housewives (20%) and elements from the sub-district and village (Kasi Kesos and Pemberdayaan), namely 16%.



Figure. 2 Photo session at the beginning of the activity

Table 3. Distribution of Respondents Based on Education Level of Respondents

No	Status / Description	Quantity (people)	%
1	PT (Higher Education) D1, D2, S1 and S2	51	51
2	High School Equivalent	38	38
3	Junior High School Equivalent	11	11
Total		100	100%

Based on Table 3, the highest proportion of respondents' education level is college (51%).



Figure 3 Practicing hand washing with soap by all participants with CTPS Gymnastic

Dissemination activities consist of several series which include opening, remarks consisting of the Director of the Poltekkes Kemenkes Padang represented by the Head of the Research and Community Service Center, presentation of the contents of the Monograph Book, and delivery of material on "Improving Health Status with Clean and Healthy Living Behavior (PHBS) in Disease Prevention Efforts". Before the activity began, a pre-test was conducted, about PBL and PHBS as a prevention effort. The material on hand washing practice is carried out by doing the CTPS gymnastics movement by singing about direct practice, in order to create a better quality of life in a

family, so as to reduce the incidence of PBL such as respiratory disorders (ISPA, Lung TB), diarrhea, Dengue Fever, skin diseases, worms and so on. During the delivery of the dissemination material, interactive question and answer opportunities were also provided between the presenters and the participants. To determine the participants' understanding of the material presented, at the end of the event a question and answer session was held, for participants who could answer were given consolation prizes and then a posttest was carried out. The series of events ended with a group photo.

Activity Evaluation

In the post-activity stage, an evaluation and preparation of activity reports will be carried out. Monitoring and evaluation are carried out before and after dissemination activities. Before dissemination, the evaluation aims to obtain information on the implementation of activities on the community's initial knowledge about preventing PBL with PHBS. The sustainability of the PBL prevention program with PHBS in Kelurahan Panjungan is closely related to the level of community participation and the role of the parties involved in implementing the clean and healthy living behavior movement program.



Figure 4. Participants enthusiastically follow the implementation of the Pre and Post Test

RESULTS AND DISCUSSION

As a result of coordination with various sub-districts (Kuranji, Nanggalo and Koto Tengah) and villages, it was decided that the dissemination activity would be held at the Poltekkes Kemenkes Padang. The invited seminar participants who participated in the activity were approximately 100 people. The participants were various elements from sub-district officers (The leader side of Kesos and The leader side of HR along with staff and from the Kelurahan, mothers of Health Teachers, other community members such as assembly taklim mothers, urang mudo/youth, youth, and housewives from the 3 regions.

Also present at the event were Lurah Gurun Laweh and the village secretary, staff of Puskesmas Belimbing and Naggalo Padang.

Before the dissemination program began, participants who had filled out the attendance list began the dissemination program after the master of ceremonies (MC) opened the event. Before entering the main event, namely dissemination, the event first began with an opening and remarks. Remarks from the Head of the Research Team, remarks from the Director, in this case represented by the Head of Research and Community Service of the Poltekkes Kemenkes Padang, the District, in this case represented by the Head of Social Welfare and Empowerment of Kuranji District. (Picture1). In his remarks, the Head of Research and Community Service expressed his gratitude to those who have given attention and opportunities to participants to get dissemination on the topic of PBL and PHBS. He also hoped that this dissemination activity would provide benefits and increase community knowledge and awareness, Mr. Head of the Center also officially opened the dissemination activity.

The next speech was given by the Sub-district Social Welfare Section. On this occasion. In his remarks, it was conveyed that every year the picture of clean and healthy living behavior of the community in the District and Kelurahan is always routinely photographed every year. It was also conveyed that health cadres in Panjunan Village have actively participated as an extension of the puskesmas in reaching out to residents to conduct health promotion and one of them is about PHBS.

The results of the evaluation during the pre-test showed that only 61% of dissemination participants had high knowledge about preventing PBL with PHBS. Meanwhile, the evaluation after dissemination aims to determine changes in community understanding about preventing PBL with PHBS. Based on the posttest results, an increase in community knowledge was obtained from 61% to 87% (Figure 4). It is expected that the increase in knowledge can be accompanied by changes in attitude and behavior so that the community can pay more attention to environmental hygiene.

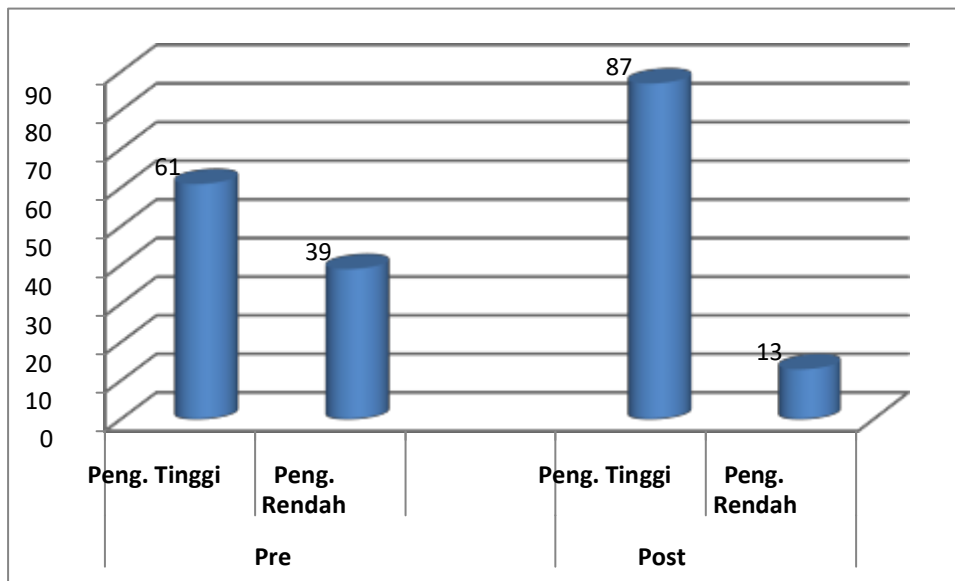


Figure 4. Comparison of Pre-test and Posttest

Environment-based diseases are still a common health problem in the community today. Among these diseases, ARI and diarrhea always occupy the top 10 diseases reported at health centers in almost all parts of Indonesia. In the Indonesian Health Profile in 2021, it was stated that the national pneumonia coverage among under-fives was 31.4%, and the province had not reached the target of 65%. The provinces with the highest coverage of pneumonia among under-fives were East Java (50.0), Banten (46.2%), and Lampung (40.6%). Meanwhile, the results of the Basic Health Research (Riskesdas) in 2018 showed that the prevalence of diarrhea in all age groups was 8%, under five years of age (under five) by 12.3%, and in infants by 10.6%. Other data reported by the Sample Registration System in 2018, diarrhea is still one of the leading causes of death in newborns (neonates) at 7% and in infants aged 28 days at 6% (Ministry of Health, 2021).

Environment-based diseases have a relationship between humans and factors in the environment (Yohanan & Wahyuni, 2021). Environmental health factors will be related to the incidence of a disease. Some types of PBL that often appear include upper respiratory tract infections (URTI), diarrhea, pulmonary TB, dengue fever, malaria, skin diseases, worms, leptospirosis and filariasis. In Indonesia, PBL is one of the causes of death in Indonesia. Unhealthy environmental conditions will affect PBL so environmental hygiene, water quality and public health to prevent the disease need to be improved. This should be disseminated to the wider community (Rahman & St. Nurjannatul Ma'wa, 2015).

Dissemination to the community is one method that can be used as an effort to change people's understanding or knowledge about the importance of PHBS as a preventive measure for PBL. With this understanding and improvement of skills, it is hoped that the community can be independent in terms of maintaining their health (Ahyanti et al., 2020). Dissemination or counseling delivered directly in front of the targeted community has proven effective in increasing community knowledge. An analysis that was conducted on 138 counseling participants obtained data that in the pre-test only 47 people answered correctly. At the end of the activity, participants who answered correctly increased to 100 people (Farhanditya et al., 2018).

In general, the development of community PHBS can be done through several strategies, including: (1) health promotion from an individual and family approach so that they are able to apply PHBS, (2) communication methods by delivering material and providing education to increase community knowledge, attitudes and behavior, (3) cadres can motivate other communities related to health and become examples in applying PHBS (Nasihah & Ayu Saraswati, 2019)

The adverse impact caused by environmental health problems, health risk factors and unhygienic behavior, nationally contributes to 19% of the world's deaths caused by infectious diseases. Environmental health problems in Indonesia such as lack of sanitation facilities in small islands are associated with a high number of infectious disease cases (Rahman & St. Nurjannatul Ma'wa, 2015). People who are not accustomed to implementing PHBS in protecting the environment are a factor that can increase cases of PBL (Afriani et al., 2021).

Unhealthy environmental conditions have the potential to become a source of transmission of various types of PBL. Some animals, including mosquitoes, flies, cockroaches, rats, fleas, lice, and pinjal, can be intermediaries for various diseases including diarrhea, skin, ARI, and others. More than 80% of diseases infecting children under five in Indonesia are PBL. Recently, several new types of PBL have emerged that are very deadly, such as avian flu and swine flu (Sugiharto & Oktami, 2019).

Health centers are at the forefront of efforts to improve the health status of the community. Puskesmas has one of the important roles of increasing and fostering community independence in solving health problems that arise, increasing the capacity and willingness of the community which includes thinking and capacity in the form of resources. A new idea to overcome the problem of diseases caused by the environment

has been pursued by the puskesmas. Puskesmas conducts health cadre development to be able to realize a healthy community (Makatumpias, et al., 2017).

The increasing level of public health is characterized by efforts to maintain and improve health status, prevent disease, prevent disease and actively participate in campaigning for public health. The expected environmental health condition is a condition that can support the creation of a healthy environment. A healthy environment includes healthy housing, availability of clean water, and an environment free from pollution (Hutasuhut, 2021). The level of public health can be determined by four factors and the main factor is the environment. Environmental factors have a close relationship with community vulnerability to PBL infection (Widiyanto & Kurniawan, 2018)

CONCLUSION

Environment-based diseases are a serious public health problem because they can cause death in infected people. Various PBLs can be prevented including with PHBS. The implementation of PHBS can be done at home, school, workplace, health facilities, and public places. The family is the place that has a very important role in the implementation of PHBS. Dissemination to arouse public awareness, especially household mothers, of the importance of PHBS is very important for the prevention of PBL. Based on the results of the pre-test and posttest, an increase in community knowledge was obtained from 61% to 87%. It is expected that the increase in knowledge can be accompanied by changes in attitude and behavior so that people can pay more attention to environmental hygiene.

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