



Nutritional Education Using Edutainment Methods to Improve Clean and Healthy Living Behavior During the Covid-19 Pandemic

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ABSTRACT

The COVID-19 pandemic has an impact on clean and healthy living behaviors. This affects the improvement of clean living behavior and healthy behavior in a balanced manner so as to prevent exposure to covid-19. The purpose of this service is to increase students' knowledge, attitudes and behavior about PHBS and washing hands using soap with running water, which is used in this service, namely the edutainment method. The educational method was carried out directly with edutainment to students of Muhammadiyah 03 Junior High School for 30 minutes. To assess the success of education, pretests and post tests were conducted. The results of 19 students of SMP Muhammadiyah 3 Medan Selayang, Medan City. The number of student participants who took part in the pretest and post test obtained a value for the pretest in the good category of 10.5% while in the moderate category of 89.5% and the value obtained by the post test in the good category 94.7% while in the moderate category 5.3%. The change in value in the good category increased by 85.2% and in the moderate category decreased by 84.2%. The interest of students to implement hand washing is very large, so that the counseling is easily accepted and can create a positive attitude towards the message conveyed which affects the behavior of students.

Keyword: Healthy Living Behavior, Education, Edutainment, Junior High School Students



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1. Introduction

PHBS is all health behaviors that are carried out because of personal awareness so that the family and all its members are able to help themselves in the health sector and have an active role in community activities. Clean and Healthy Living Behavior is basically an effort to transmit experiences about healthy living behavior through individuals, groups or the wider community with communication channels as a medium for sharing information [1]. There are various information that can be shared such as educational materials to increase knowledge and improve attitudes and behaviors related to clean and healthy living. way of life a clean and healthy [2].

PHBS is a social engineering that aims to make as many community members as possible as agents of change in order to improve the quality of daily behavior with the aim of living clean and healthy. There are steps in the form of education through the approach of community leaders or leaders, atmosphere building and also community empowerment with the aim of being able to recognize and know the health problems that exist around; especially at the household level as a start to improving patterns and lifestyles to be healthier [3].

The dedication of Evawany Aritonang and Albiner Siagian in the Professor Mengabdi scheme (2022) shows that the method used in this service is the edutainment method, but the data collection technique uses a questionnaire sheet. Where the data will be taken, namely students and female students, and the questionnaire sheet is given to the principal, class teacher, and students. The questionnaire contains statements that will be assessed by researchers based on observations made of students at SMP Muhammadiyah 3 Medan. From these results, it can be known the level of application of PHBS during face-to-face learning at SMP Muhammadiyah

3 Medan. The type of data in this service is data taken directly. This is because the problems discussed can be answered validly by dominating the situation in the field and the level of validity. From these results, it can be known the level of application of PHBS during face-to-face learning at SMP Muhammadiyah 3 Medan.

Objective:

1. Empowering students to be able to utilize time for healthy living
2. Educating students about PHBS
3. Practice proper hand washing to maintain a healthy life.

2. Implementation Method

2.1. Approach method used in the Community Service Program

The implementation plan of the service program begins with an initial survey of the level of knowledge of students about clean and healthy behavior at SMP Muhammadiyah 3 Medan to obtain primary and secondary data. The service team met with the principal of SMP Muhammadiyah 3 Medan to convey about the service activity plan. Furthermore, the principal directed to coordinate with the teachers who had been determined by the principal as a suitable place to carry out the service activities.

2.2. Activity Implementation

The form of activity implementation is carried out by socializing activities, educating about clean and healthy behavior, proper hand washing training, and evaluating community service activities.

3. Results and Discussion

3.1. Activity Scheduling

After the service team conducted socialization to the principal, vice principal and teachers, the date for implementing the activity was set on June 20, 2022.

3.2. Activity Implementation

Community service activities are carried out in the open in student classrooms. The participants who attended were 30 students and all were required to wear masks. When they arrived, the service team gave directions for wearing masks to be worn. Throughout the community service activity, no masks were allowed to be removed. In addition, participants sat by keeping their distance and washing their hands first. Hand sanitizer was also provided by team.

3.3. Education on clean and healthy behavior

The education delivered by the service team provides knowledge to the community about choosing healthy snacks correctly and dividing their time to live a healthy life. This educational material is also reinforced by the results of research that has previously been successfully carried out that clean and healthy living behavior improves the nutritional status of students so that it can prevent disease. In addition, the service team also educates about healthy living.

During the delivery of educational material, students were enthusiastic about listening to the presentation. Some of the students asked many questions about things they did not know, including questions about maintaining health. Especially during the presentation about clean living behaviors that have the potential to improve students' healthy living status and prevent exposure to disease, there were several students who had good questions about the types of healthy living methods, how to do them and the nutritional content contained in them and the nutritional needs of students [4].



Figure 1. Education on healthy behavior.

3.4. Training on how to clean hands properly

The community service team provides training to all students participating in community service activities so that these students can practice directly in their homes after the community service activities are completed. Making healthy living behavior easy and simple. This is so that students can easily practice directly. In addition, almost all students have been able to make it so that the simple things given are not difficult for them.



Figure 2. Education on proper handwashing



Figure 3. Group photo with service members



Figure 4. Group photo with students

3.5. Activity Evaluation

The service team evaluated the results of the training after completing the service activities by asking the teachers whether the students had practiced directly at home and how the results were. The evaluation results show that there are no students who have practiced on the grounds that they still do not have free time because they are busy taking care of school affairs.

4. Conclusion

Educating students about clean and healthy living behaviors provides knowledge to students about what is meant by healthy living, clean living behaviors, and what is done to live a healthy life. The clean hand washing training education provides students with knowledge about the potential dangers that will occur if they do not clean their hands properly.

It is hoped that students can apply directly in the practice of PHBS in everyday students based on the education that has been provided by the service team about PHBS so that it can prevent the occurrence of disease, especially in the Covid 19 pandemic situation that is still ongoing today. Students to be able to practice the PHBS that have been given training as an additional alternative to students so as to improve the nutritional status of students.

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