



Supporting Factor on Healthy Lifestyle at Elementary School

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Abstract

Washing hands with soap with flowing water and preferring healthy snacks are linked to a healthy lifestyle, especially for elementary students. Because one of the important times for washing hands with soap is before and after eating or snacking. So, both healthy lifestyles are important for students' health status, but many students do not practice it. This research aims to identify supporting factors for a healthy lifestyle that are washing hands with soap and healthy snacking at elementary school. This research used qualitative methods with in-depth interviews, observation, and documentation to collect the data from the main informants which are students, and key informants which are school principals, teachers, and canteen keepers. The result of this research was facilities (hand washing facilities and the school's canteen), implemented health promotion in the form of pasted media, social support, and student's skill to practice were the supporting factors in a healthy lifestyle that are washing hands with soap and healthy snacking at elementary school.

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Introduction

Health Promoting School (HPS) aims to provide a supportive environment to promote and protect student's health (Mohammed, 2021; World Health Organization Regional Office for Western Pacific, 2017). There is a correlation between early learning and children's health as an individual level of education has an impact on children's health (Mohammed, 2021). One of the students' healthcare efforts was conducted through a healthy lifestyle. A healthy lifestyle at elementary school such as washing hands with soap and eating healthy food (especially snacking) was a form of promoting a healthy lifestyle at school (Kementrian Kesehatan RI, 2011).

Eating habits including snacking tend to be a cultural part of a family while snacks or food that are sold often do not meet the nutritional quality, hygiene, and food safety (Noviani et al., 2016). Healthy and nutritious food is essential for students' growth and development so that they may become a healthy generation, intelligent, achieved, and have good character (Tim Penyusun Direktorat Sekolah Dasar, 2021). Based on research, it was found that 53% of respondents have poor behavior of snack preferences (Lasmini et al., 2013). While another research found that there was a correlation between snacking and the health status of elementary school students (Angrainy et al., 2019).

Washing hands with soap with flowing water is globally recognized as one of the most fundamental clean behaviors with a great health effect. In Indonesia washing hands with soap is an important part of *Usaha Kesehatan Sekolah dan Madrasah (UKS/M)* at all school levels. (Tim Penyusun Direktorat Sekolah Dasar, 2020). (1) *Usaha Kesehatan Sekolah dan Madrasah (UKS/M)* is one of the efforts to build and develop

a healthy lifestyle in school/madrassa (Tim Direktorat Sekolah Dasar, 2020). One of the important times for washing hands with soap is before and after eating (Kementrian Kesehatan Republik Indonesia, n.d.; Tim Penyusun Direktorat Sekolah Dasar, 2020). Based on research, there was a correlation between washing hands with soap and diarrhea (Sunardi & Ruhyannuddin, 2017). Based on the 2018 Riset Kesehatan Dasar, there was only 43% of children aged 10-14 wash their properly (Kementrian Kesehatan Republik Indonesia, 2018). (2) Riset Kesehatan Dasar is research conducted by the Indonesian Health Ministry.

There is a link between washing hands with soap and healthy snacks, that is one of the important times to wash hands with soap properly with flowing water is before and after eating including snacking. Schools have set policies about washing hands with soap and about the prohibition of buying snacks outside of school. During the preliminary study, many students were violating those policies. In health promotion, it is important to analyze factors that can contribute to healthy behavior. This research aims to identify supporting factors for a healthy lifestyle that are washing hands with soap and healthy snacking at elementary school.

Methods

This research used qualitative methods to identify the supporting factors of washing hands with soap and healthy snacking at elementary school. To collect the data, in-depth interviews, observations, and documentation were conducted during the research. This research was conducted using interview guidelines and observation sheets. Informants of this research were from SD X of Kediri City divided into main informants which are students and key informants which are school principals, teachers, and canteen keepers. The data collected includes information about washing hands facilities, health promotion about washing hands with soap with flowing water and healthy snack preferences, social support, and the personal skill level of informants to practice it.

Data collection is an integral part of data analysis activity. Reduction data is an attempt to conclude data, and then sort data in a particular concept unit, certain categories, and a specific theme. The results of the reduction of data were processed in such a way that it would appear to be more intact. It could be sketched, synopsis, matrix, and other forms; it is essential to facilitate exposure and confirmation (Rijali, 2018).

Results

Washing hands facilities and Healthy canteen

Based on observation, the School already has washing hands facilities and supports the practice of washing hands with soap with flowing water. The canteen keeper provided healthy food so that students would not eat outside the school as well as the canteen was given permission and supervised by the Loka BPOM (*Badan Pengawas Obat dan Makanan*) (3) Badan Pengawas Obat dan Makanan is food and drug supervisory board) so that the canteen's foods and snacks are safe to be consumed by students.



Figure 1. Washing hands facilities and poster washing step hands with soap with flowing water

Health promotion about washing hands with soap with flowing water and healthy snack preferences

Health promotion about washing hands with soap with flowing water and about healthy snack preferences has been conducted in the form of posters that need to be updated and that information is also given during class by the teacher. The elementary school also already has the policies but many students violate them.

Social support

Social support consists of individual support, group support, and public support. Individual support includes the establishment of policies and examples of action of washing hands with soap with flowing water properly and healthy snack preferences by the school principal. Group support includes contributions of elementary school teachers, students, and canteen keepers to practice, monitoring whether the students practice washing hands with soap with flowing water properly prefer healthy snacks that are provided at the school's canteen, and not buying outside of school. Public support includes media of health promotion provided by the school.

Personal skill level of informants

To improve SD X students' skill of washing hands with soap with flowing water properly and prefer healthy snacks, the school principal and teacher always monitor and oblige students to wash hands with soap with flowing water properly especially before and after eating or snacking.

Discussion

Behavior is influenced by three factors that are: 1) predisposing factors that can promote or reduce the motivation to change such as attitude or knowledge, 2) enabling factors that can improve or reduce change such as resources or skills, 3) reinforcing factors that help continue motivation and change by providing feedback or appreciation (Green & Kreuter, 2005). As predisposing factors for elementary students on practicing washing hands with soap with flowing water properly and healthy snack preference were the student's knowledge. To improve students' knowledge, the school principal has the poster pasted in front of every classroom and around washing hands facilities. The teacher also gives the information during class and monitors the practices of their students so they can correct them if their students do not do it properly.

Enabling factors were the provided hand wash facilities including the hand soap and provided safe food and snack by the school. The hand wash facilities were fulfilling and supported the practice of washing hands with soap with flowing water. However, the maintenance needed to improve because based on the observation, there was clogged water, and the hand soap needed to change with a new soap. The canteen keeper provided healthy food so that students would not eat outside the school as well and the canteen has been given permission and supervised by the Loka BPOM so it can ensure the safety of the food and snacks that are available to be sold for the students, but some students still prefer to buy snacks from outside school.

Reinforcing factors were the policies established by the school principal whether the washing hands policy or healthy snack policy supported by teachers monitoring. However, the implementation of the sanctions for violations by students still has not been executed. So, many students do not practice washing hands with soap with flowing water and buying food or snacks from sellers outside the school.

Health promotion at SD X Kediri City was in the form of information given about proper hand washing using soap with flowing water and about choosing healthy snacks. This information was given during lessons or every time the teacher found their students do not properly wash their hands especially before and after eating or snacking and when students prefer to buy food or snack outside the school canteen. Another form of health promotion practice was the pasted poster in front of every class and around the hand wash facilities.

Health promotion will be easily conducted if it has the support of a social figure (Nurmala et al., 2018). Social support was needed to ensure healthy lifestyle behavior including washing hands with soap with flowing water and healthy snack preferences by students at elementary school. As a figure at school, the principal has to be a role model in practicing the health program that has been implemented (Setyabudi & Dewi, 2018). Individual support includes the establishment of policies and examples of action of washing hands with soap with flowing water properly and healthy snack preferences by the school principal. Group support includes contributions of elementary school teachers, students, and canteen keepers to practice, monitoring whether the students practice washing hands with soap with flowing water properly prefer healthy snacks that are provided at the school's canteen and not buying outside of school. Public support includes media of health promotion provided by the school that is pasted in front of every class and around the hand wash facilities. But these media need to be updated into 6 (six) steps of washing hands by the World Health Organization.

To ensure the student practices washing hands with soap properly especially before and after eating or snacking during school hours, the student needs to improve personal skills. Improving personal skills can be done by providing knowledge of health, and health education, and in addition, they also need

to be trained about healthy life skills (Kementrian Kesehatan Republik Indonesia, 2020). To improve SD X Kediri City students' skill of washing hands with soap with flowing water properly and prefer healthy snacks, the school principal and teacher always monitor and oblige students to always wash hands with soap with flowing water properly especially before and after eating or snacking. They also give examples as a role model in practicing healthy lifestyle behavior and always giving information during class or when monitoring them.

Conclusion

Supporting factors for a healthy lifestyle at elementary school that are washing hands with soap with flowing water properly and preferring healthy snacks are the facilities (hand wash facilities and school's canteen), implemented health promotion in the form of pasted media, social support, and student's skill to practice it. The media needs to be updated on WHO's 6 (six) steps of washing hands.

Author Contributions

Conceptualization, Endah Retnani Wismaningsih, Tegar Wahyu Yosuanto, Serviana Devi; validation, Tegar Wahyu Yosuanto, Serviana Devi; writing—original draft preparation, Endah Retnani Wismaningsih, Tegar Wahyu Yosuanto, Serviana Devi.; review, Vivien Dwi Purnama Sari, Reny Nugraheni, Ratna Frenty Nurkhalim, Dianti Ias Oktaviasari. All authors have read and agreed to the published version of the manuscript.

Conflicts of Interest:

The authors declare no conflict of interest.

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