The Overview of Knowledge and Behavior of Handwashing with Soap at SDN 1 SENON

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ABSTRAK

Cuci tangan pakai sabun adalah proses menghilangkan kotoran dan debu secara mekanis dari kulit, kuku, dan jari-jari kedua tangan dengan menggunakan sabun dan air bersih yang mengalir untuk mengurangi bakteri penyebab penyakit. Dampak cuci tangan pakai sabun yang tidak benar dapat menimbulkan penyakit menular antara lain diare, ISPA yang sering mengakibatkan kematian anak, dan penyakit lain seperti tipus, hepatitis, dan flu burung. Tujuan dari penelitian ini adalah untuk menganalisis pengetahuan dan praktik SDN 1 Senon tentang cuci tangan pakai sabun. Teknik penelitian ini menggabungkan desain deskriptif dengan metodologi kuantitatif. Teknik pengambilan sampel dengan jumlah sampel sebanyak empat puluh responden. Kuesioner pengetahuan dan perilaku cuci tangan pakai sabun yang diadopsi oleh Rahma digunakan untuk mengumpulkan data. Ada total 17 pertanyaan, termasuk 9 pertanyaan dari kuesioner pengetahuan dan 8 pertanyaan dari kuesioner perilaku. Hasil survei ini mengungkapkan bahwa sebagian besar responden memiliki pengetahuan yang cukup tentang cuci tangan pakai sabun, sebanyak 29 responden (72,5%) memiliki pengetahuan yang cukup dan 28 responden (70%) memiliki perilaku yang cukup. Survei ini menyimpulkan bahwa sebagian besar responden memiliki pengetahuan dan perilaku yang memadai tentang cuci tangan pakai sabun.

Kata Kunci: Pengetahuan, Perilaku, Cuci tangan pakai sabun

ABSTRACT

Hand washing with soap is the process of mechanically removing dirt and dust from the skin, nails, and fingers of both hands using soap and clean running water in order to decrease disease-causing bacteria. The impact of improper hand washing with soap can result in infectious diseases including diarrhea, ARI, which frequently results in child fatalities, and other illnesses like typhoid, hepatitis, and avian flu. The purpose of this study is to analyze SDN 1 Senon's knowledge and practice regarding hand washing with soap. This research technique combines a descriptive design with a quantitative methodology. Sampling technique with a total of forty respondents sampled. The knowledge and behavior questionnaire of hand washing with soap adopted by Rahma was used to collect data. There were a total of 17 questions, including 9 questions from the knowledge questionnaire and 8 questions from the behavior questionnaire. The results of this survey reveal that the majority of respondents had adequate knowledge regarding washing hands with soap, as 29 respondents (72.5 %) have adequate knowledge and 28 respondents (70 %) have adequate behavior. This survey concludes that the majority of respondents have adequate knowledge and conduct about hand washing with soap.

Keywords: Knowledge, Behavior, Wash the hands with soap

INTRODUCTION

The Healthy Indonesia Program with a Family Approach (PIS-PK) is an initiative to improve the health and nutritional status of the community through health and community empowerment initiatives supported by three main pillars: the application of a healthy paradigm, the strengthening of health services, and the implementation of the National Health Insurance (Laelasari, 2008). PIS-PK includes 12 indicators of the health status of households, such as access to clean water, use of clean and healthy latrines, absence of smoking, and others (Kemenkes RI, 2017).

Clean and Healthy Living Behaviors (PHBS) are a set of actions taken based on knowledge gained from learning that enable an individual, family, group, or community to take care of themselves, be autonomous in the healthcare industry, and actively participate in achieving public health (Puspitaningsih, 2020). PHBS in schools is a collection of health behaviors carried out by school residents on the basis of learning-based awareness, so that they are independently able to prevent disease and improve health and play an active role in creating a healthy environment with several indicators, including washing hands with soap (Najamuddin, et al. 2018).

Hand cleaning with soap reduces the amount of disease-causing bacteria by mechanically removing dirt and dust from the skin, nails, and fingers of both hands using soap and clean running water (Parasyanti, 2020). In the current era of the COVID-19 pandemic, hand washing with soap is crucial for preventing the spread of the virus. But not everyone can achieve success (Nadira, 2021). Inadequate hand washing with soap can result in infectious diseases such as diarrheal diseases and acute respiratory infections (ARI), which are common causes of death in children, as well as hepatitis, typhoid, and avian flu (Parasyanti, 2020).

The United Nations Children's Fund (UNICEF) discovered that washing hands with soap can prevent fifty percent of avian influenza cases (Zuhroidah, 2021). According to UNICEF, 10% of individuals use soap to wash their hands (Parasyanti, 2020). Based on data from the Basic Health Research (Riskesdas) in 2018, the percentage of Indonesians under the age of 10 who correctly wash their hands with soap grew from 47 % to 49.8 % in 2018. (Parasyanti, 2020). Riskesdas (2018) reports that 51.12% of children in the Purbalingga area have the right behavior of washing their hands with soap, compared to 53.57 % of children in Central Java who are over the age of 10 who follow this practice correctly.

Based on a preliminary study conducted on 9 students on November 10, 2021, with each class represented by three students in grades IV, V, and VI, it was discovered that some students have a habit of not washing their hands right away after playing and eating, washing their hands without soap, and being unable to complete all six steps. properly wash your hands.

METHODS

This kind of descriptive quantitative research seeks to characterize the knowledge and conduct of CTPS among SDN 1 Senon students. All of the 40 participants in the study were students in grades IV, V, and VI.

The complete *sampling technique* was used to select 40 students from each of the classes IV, V, and VI at SDN 1 Senon as the sample for this study. A questionnaire about Rahma's CTPS knowledge and behavior was used as the study's instrument (2019).

RESULT AND DISCUSSION

Table 1
Shows the frequency distribution of respondent traits based on demographic information from SDN 1 Senon.

Variable	Frequency (n: 40)	Precentage (%)
Age		
9 year	8	20,0
10 year	14	35,0
11 year	12	30,0
12 year	5	12,5
13 year	1	2,5
Gender		
Male	22	55,0
Female	18	45,0
Class		
IV	17	42,5
V	9	22,5
VI	14	35,0

According to Table 1, there are up to 14 pupils (or 35% of respondents) of the male sex, 22 students (or 55% of respondents), and 17 students from class IV. The majority of respondents are under the age of 10 years (42.5 %).

Table 2.
Frequency distribution of hand washing with soap knowledge at SDN 1 Senon

Knowledge	f	Prece
Good	29	
Bad	11	
Total	40	1

According to the table 2, 29 of the forty respondents (72.5% of the total) had strong knowledge, whereas 11 others (27.5% of the total) had weak knowledge.

Table 3.
Distribution of frequency of hand washing with soap at SDN 1 Senon

Behavior	F	Prece
Good	28	
Bad	12	
Total	40	1

Based on the data in Table 3, it can be seen that of the forty respondents, 28 respondents (70%) exhibit good behavior and 12 respondents (30%) exhibit poor behavior.

DISCUSSION

1. Description of respondent characteristics based on demographic data including age, class, and gender in 2022 at SDN 1 Senon

   According to table 1, the data for the description of the characteristics based on the age of the respondents are predominantly 10 years old, with the number of respondents as many as 14 students (35%), then the description of the characteristics based on gender is predominantly male, with the number of respondents as many as 22 (55 %), and the description of the characteristics by

class at most in class IV as many as 17 students (42.5 %). According to these findings, the majority of respondents in this survey were aged 10 or younger. Children of school age will establish groups with the goal of gaining independence from adults. Each group has its own rules, attire requirements, and activities. As the students learn to improve their social skills, this group of school-age kids offers a system of support and a sense of solidarity. As a child gets older, he will worry more about how his peers perceive him, which will help the schoolchildren in the group have smarts that their friends can copy (Ikasari, 2020).

According to table 1, based on the description of the sex characteristics of students about hand washing with soap, the proportion of male respondents is greater than that of female respondents. In accordance with Prihantanti's (2020) findings, the majority of respondents in this study were male: 34 respondents (57.6 %) and 25 respondents (42.4 %). Gender can influence an individual's attitude and behavior toward a clean and healthy lifestyle, particularly hand washing with cleaning fluids. Similar options exist for boys to achieve good health for themselves (Notoatmodjo, 2012). Boys and girls are equally responsible for engaging in clean and healthy lifestyle practices, including hand-washing with cleaning liquid (Sari, 2016). Individuals' good character in maintaining a clean and healthy lifestyle consists of knowing helpful information, desiring useful information, and acting usefully, and is helped by the presence of health facilities in the school environment (Simbolon, 2018). According to the hypotheses of researchers at health facilities at SDN 1 Senon on hand washing with soap, there are no facilities or locations for pupils to wash their hands with soap. At SDN 1 Senon, there is one spot to wash hands with soap, but it is only accessible to teachers and is placed within their classroom or office.

2. CTPS Knowledge

According to research conducted on 40 students in grades IV, V, and VI at SDN 1 Senon, 72.5% of students have a good level of understanding about hand washing with soap, whereas 27.5% have a poor level of knowledge. This study's findings are consistent with Fitri's (2019) research, which revealed that the majority of respondents, 52 in total, had adequate understanding (54.2%). Meanwhile, there were 44 respondents with poor knowledge (45.8%).

Students are expected to be able to prevent the spread of infectious diseases based on their degree of understanding on washing hands with cleaning liquid. Knowledge can be described as the outcomes proposed by each individual as a consequence of knowing. This can occur after a person has detected an object (Fitri, 2019). Positivity and negativity comprise the positive and bad aspects of a person's knowledge of an object. These two factors will impact a person's attitude if the more positive elements and objects the individual is familiar with, the more favorable attitudes they will have

towards particular objects (Wawan, 2017).

3. CTPS Behavior

The results of this study on the behavior of washing hands with soap among students at SDN 1 Senon are consistent with the findings of Lestari's (2019) study, which found that 49 respondents (58.3 %), 29 respondents (34.5 %), and 6 respondents behaved less than optimally (7.1 %). Students' conduct of washing their hands with cleaning solutions can be influenced by their knowledge. Students' conduct of washing their hands with cleaning solutions can be influenced by their knowledge. If a student has good or extensive knowledge, his or her behavior while washing hands with cleaning solutions will also be good. It is envisaged that pupils who practice excellent hygiene by washing their hands with soap and water will be able to prevent contracting environmental-based infectious diseases (Fitri, 2019). The relationship between the amount of knowledge and the behavior of washing hands with cleaning liquid can occur because the level of knowledge is one of the elements that impact a person's behavior. Based on the premise that an individual's health-related behavior can be influenced by their level of knowledge. One of the predisposing elements for the practice of washing hands with soap is knowledge (Irwan, 2017).

The researcher assumes that knowledge is important for school-aged kids who are expected to be knowledgeable about using cleaning products for hand washing in daily life. They are washing their hands successfully because they are aware of the benefits that may be obtained from doing so. The behavior of washing hands with cleaning liquid is crucial for students in elementary school, Because by adopting the practice of hand-washing with this cleanser, illness transmission through the hands can be reduced. According to Fitri (2019), if you are not accustomed to washing your hands with cleaning fluids, you run the danger of contracting diseases such as the common cold, diarrhea, food poisoning, hepatitis A, infection with the e. coli bacteria, bodily fluid disease, and impetigo. Before eating, after defecating or urinating, and after coming into contact with animals or handling objects, it is recommended to always wash one's hands with an antiseptic solution to prevent the spread of contagious diseases.

CONCLUSION

This survey concluded that the majority of SDN 1 Senon students had strong knowledge, as 29 of the 40 respondents (or 72.5% of the total) were knowledgeable. While the behavior of pupils with at least 28 positive responses is exemplary (70 percent).

CONFLIC OF INTEREST

The author certifies that no commercial or financial relationships that may be considered as a potential conflict of interest existed during the research.

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