



Review Article

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Community Service; Clean and Healthy Living Behavior of Pre-School Children Prevents the Spread of Covid-19 in Konawe Regency Coastal Region of Southeast Sulawesi Province

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Abstract

Hand washing with soap (CTPS) is one of the sanitary measures by cleaning hands and fingers using water and soap, one indicator of clean and healthy living behavior are washing hands with soap. The purpose of this community service is to find out the ability to wash hands properly by using soap and running water in kindergarten children. The implementation methods in this activity include the preparation stage, the implementation stage and the evaluation stage. The partner in this activity is a kindergarten in Sorue Jaya Village. The result achieved from this container activity is that there are 25 kindergarten children who participate in hand washing activities there are 1 person (4%) who are able to wash their hands properly before doing the practice of washing their hands and there are 24 people (96%) who are not able to wash their hands properly. After the practice of washing hands there are 14 children (56%) who are able to wash their hands properly and there are 11 (44%) who are unable to wash their hands properly. The conclusion of the activity is that there is an improvement in hand washing skills properly after the practice of washing hands with 8 steps.

Situation Analysis

Clean and healthy living behavior (PHBS) is all health behaviors carried out because of personal awareness as a result of learning 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, children are an important asset in achieving the success of a country, because children are the next generation of the nation, the degree of child health cannot be said to be good because there are still many problems. Health, especially in schoolchildren, school-

age children is a critical age group because at that age they are prone to health problems Gustina et al. [1].

Optimal health degrees can be achieved by the implementation of PHBS in groups into 5 orders, one of which is in educational institutions, namely in schools, PHBS in schools need to get attention where school-age children, especially the elementary school level, are the time when children are susceptible to various diseases, which generally turn out to be related to clean and healthy living



behaviors. One of the important indicators of the implementation of PHBS in schools can be started from the simple thing that washing hands with soap is the process of removing dirt and dust mechanically from the surface of the skin, nails, fingers on both hands by using soap and running water to reduce the number of microorganisms that cause disease according to the Public-Private Association for hand washing with Soap (PPPHWS) shows that only 10% of people wash their hands using soap Parasyanti et al. [2].

Based on international journal data according to the World Health Organization (WHO) which states the frequency of children washing their hands improperly is 56%, while from national data there are 15% who do not wash their hands properly according to the Health Service Program Survey. And from East Java data 23.7% of children wash their hands incorrectly; the reason for having to wash their hands with clean water and soap is that unclean water contains many germs and bacteria that cause disease. When used, germs move to the hands. At the time of eating, germs quickly enter the body, which can cause disease. Soap can clean dirt and kill germs, because without soap dirt and germs are still left in the hands of the government has also appealed to kindergarten teachers to familiarize children to wash their hands properly with soap and running water. But it turns out that there are some obstacles in this regard, one of which is the nature of children aged 4-6 years who are easily bored, so they can't wait to wash their hands properly and finally hand washing activities are done soberly. Children aged 4-6 years are considered the most effective to start being taught to get used to washing their hands because they have begun to be able to do simple personal hygiene, such as hand washing. With proper hand washing can reduce the risk of developing diseases such as diarrhea, up to 47%. In addition, children are also spared from other diseases such as cough and flu. Therefore, it can be concluded that by being accustomed to maintaining cleanliness, children will become a healthy, active, and accomplished young generation Bangun et al. [3].

Efforts that can be done is to do prevention, one of which is washing wishful thinking using soap or what we often hear with the term CTPS (Hand Washing Using Soap). Washing hands with soap is one of the sanitary tindwill by cleaning your hands and fingers using water and soap by humans to be clean and break the germ chain.. Washing hands with soap (CTPS) is also known as one of the efforts to prevent disease. This is done because the hands are often agents that carry germs and cause pathogens to move from one person to another, either by direct contact or indirect contact (using other surfaces such as towels, glasses). Hands that come into direct contact with human and animal feces, or other body fluids (such as snot, and contaminated food/drink when not washed with soap can transfer bacteria, viruses, and parasites to others who are unaware that they are being transmitted. The hand which is intercessors in transmitted deseases Hasanah et al. [4].

Good and correct hand washing is to use clean running water and using soap, hand washing activities using soap is one of the indicators of PHBS in schools. Health behavior problems in school-age children are usually related to the cleanliness of individuals and their environment, perception and behavior of hand washing habits find that soap has reached every home in Indonesia but about 3% who wash their hands with soap can reduce the risk of diarrhoea by 50%, school-age children are of a critical age because at that age a child is prone to health problems, School-age children are also in a condition that is very sensitive to stimulate so that it is easy to guide, directed, and instilled good habits including the habit of behaving in a clean and healthy life, in general children of this age also have the nature of always wanting to convey what is received and known from other person, washing hands is one way to eliminate germs and to avoid disease transmission, In school children not only learn, but many other activities such as playing, touching, or exchanging goods with friends, germs contained in stationery, books, and other objects will easily move from one hand to another, so the disease will be easily transmitted, so hand washing must be practiced early on in children to have the habit of washing hands, so that children avoid disease Rosyidah et al. [5].

Washing hands with soap is a preventive effort as a preventive measure to protect the body from various diseases that are contagious, washing hands with soap can be done when finished defecation and BAK, before consuming food, after playing, in children, after coughing, sneezing, and after removing snot. One of the efforts to prevent COVID-19 is to diligently wash your hands thoroughly or thoroughly, this is because the coronavirus is transmitted through droplets that come out when coughing or clean, can also be contracted by hand as a medium of transmission, or touch objects exposed to the coronavirus Experts recommend hand washing to be done at least 20 seconds. Because, soap takes time to bind water and oil molecules together, and remove the germs on your hands to be removed with the flow of water (Lestari et al., 2020). Washing hands as often as possible in the right way for at least 40 seconds is one of the most important steps to prevent COVID-19 infection, hand washing with soap is much more effective at killing germs, bacteria, and viruses compared to washing hands with water alone, soap can easily destroy the COVID-19 livid membrane making the COVID-19 virus inactive Ministry of Health RI [6].

Washing hands with soap is also known as one of the efforts to prevent disease, this is done because the hands are often agents that carry germs and cause pathogens to move from one person to another, either by direct contact or indirect contact (using other surfaces such as towels, glasses). Hands that come into direct contact with human and animal feces, or other body fluids (such as snot, and contaminated food/drink when not washed with soap can transfer bacteria, viruses, and parasites to others who are unaware that they are being transmitted Megawati et al. [7].

Washing hands with soap and running water for 20 seconds is one of the prevention methods that can be done to reduce the risk of transmission of the Covid-19 virus Rahmawati et al. [8]. Covid-19 can spread easily through splashes of body fluids such as splashes of body fluids that come out when coughing or sneezing. In addition to being directly exposed by splashes of body fluids, Covid-19 transmission can occur through the surface of objects accidentally exposed by splashes of body fluids with Covid-19. Splashing body fluids that are accidentally touched and then accidentally holding the face with a contaminated hand surface can also be one way of transmitting Covid-19 Risfianty et al. [9].

School-age children are the age that is prone to various diseases, especially those related to the stomach, such as diarrhea, displeasure, and others, the habit of children consuming snacks freely, in addition children do not wash their hands using soap before eating the cause of the disease easily enter the body, because the hands are the part of our body that is most polluted with dirt and disease seeds, If this problem is not noticed, it will increase the risk of diseases such as diarrhea, diarrhea and so on Kartika et al. [10].

Wash hands regularly and thoroughly with soap under running water with 6 steps recommended by WHO because it can kill viruses that may be in the hands such as the Covid-19 Corona Virus, good personal hygiene practices with hand washing is the first step in preventing the transmission of viruses and bacteria, one of the efforts made to help the government and improve public health by reducing the transmission of covid-19 is by counseling and socialization of hand washing using soap under running water Sinaga et al. [11].

Washing hands properly and correctly using soap and running water has not been applied in kindergarten children in Sorue Jaya

village so it is necessary to do community service with the title of clean and healthy living behavior by washing hands using soap and running water.

Methods of Activity

In this activity, 25 kindergarten children were participated in Sorue Jaya Village in counseling and practice of Hand Washing Using Soap (CTPS) to prevent the spread of the COVID-19 Virus. The method used in this activity is carried out in three stages as follows.

Tagap Preparation

At this stage, the management of regulation and exploration is carried out for the implementation of community service activities at Sorue Jaya Kindergarten.

The stage of self-implementation of 4 activities as follows:

Stage 1: Before the activity starts first do pretest with

Trying to find out who can practice how to wash their hands using soap and running water, the results of the pretest there is 1 child who is able to do the correct hand washing in order.

Stage 2: Provide counseling on how to wash your hands properly

Using soap and running water with the following materials: (Figure 1)

Stage 3: Practice how to wash your hands 8 steps using Soap and running water. (Figure 2)

Stage 4: Children come forward one by one to practice how to wash

The correct hand uses soap and water. (Figure 3)



Figure 1: Wash your hands in 8 steps.



Figure 2: Counseling and practice washing hands with 8 steps.



Figure 3: Practice washing hands with each child.

Evaluation Stage: At this stage, it is done to find out whether the child always washes their hands using soap and running water before and after doing activities, among others, before and after eating, the evaluation is done by asking the child to go forward one by one to practice how to wash their hands properly, a tool used for evaluation using a checklist.

Result

Activity Results (Table 1)

From Table 1 It was found that there were 25 kindergarten children who participated in hand washing activities divided into 2 groups of kindergarten A (72%) and kindergarten B (28%). In each class, there were more girls than boys with a percentage in the kindergarten group A (61.11%) and kindergarten B (57.14%).

Table 1: Characteristics of Kindergarten Children Handwashing Participants by Gender In Sorue Jaya Village Kec. Soropia Kab.Konawe.

| Kindergarten | Gender | | | | Sum | % |
|--------------|-------------|-------|-------|-------|-----|-------|
| | Male - Male | | Woman | | | |
| | n | % | n | % | | |
| A | 7 | 38,89 | 11 | 61,11 | 18 | 72,00 |
| B | 3 | 42,86 | 4 | 57,14 | 7 | 28,00 |
| Total | 10 | 40,00 | 15 | 60,00 | 25 | 100 |

From Table 2 It was found that there were 25 kindergarten children who participated in Hand Washing activities divided into 2 groups of kindergarten A (72%) and kindergarten B (28%). The number of 4-year-olds is more (52%) than 5-year-olds (40.00%) and 6-year-olds (8.00%). In Class A, more children were 4 years old (72.22%) and class B was more 5-year-olds (71.43%).

Table 2: Characteristics of Kindergarten Children Handwashing Participants by Age in Sorue Jaya Village Kec. Soropia Kab. Konawe.

| Kindergarten | Age (Year) | | | | | | Sum | % |
|--------------|------------|-------|----|-------|---|-------|-----|-------|
| | 4 | | 5 | | 6 | | | |
| | n | % | n | % | n | % | | |
| A | 13 | 72,22 | 5 | 27,78 | 0 | | 18 | 72,00 |
| B | 0 | | 5 | 71,43 | 2 | 28,57 | 7 | 28,00 |
| Total | 13 | 52,00 | 10 | 40,00 | 2 | 8,00 | 25 | 100 |

From Table 3 it was found that there were 25 kindergarten children who participated in hand washing activities there were 1 child (4%) who was able to wash their hands properly before washing their hands and 24 (96%) who were unable to wash their hands properly and after practicing hand washing there were 14 children (56%) who were able to wash their hands properly and 11 children (44%) who were unable to wash their hands properly. From the results of these activities can be concluded that there is an improvement in hand washing skills with after being given the practice of washing hands 8 steps properly.

Table 3: Hand washing skills in kindergarten children before and after being given hand washing skills in the village Sorue Jaya Kec. Soropia. Kab. Konawe.

| Kindergarten | Hand Washing Skills | | | | Sum |
|--------------|---------------------|----|---------|----|-----|
| | Unskilled | | Skilled | | |
| | N | % | N | % | |
| Pre test | 24 | 96 | 1 | 4 | 25 |
| Post test | 11 | 44 | 14 | 56 | 25 |

Discussion

This activity was participated by 25 kindergarten children in Sorue Jaya Village in this implementation still pay attention to health protocols during the COVID-19 pandemic, among others, wearing masks both participants and implementers of this activity including kindergarten teachers and Posyandu cadres who accompanied participants in this activity, before the activity was started first in pre-tests to find out whether participants or kindergarten children could wash their hands using soap and running water by giving questions. Who can wash it in 8 steps? From the results obtained there is 1 child (4%) who can practice 8 steps to wash their hands properly.

Furthermore, counseling activities are carried out to provide knowledge on how to wash their hands properly using soap and

running water in this activity, children are seen sitting quietly and paying attention to what is conveyed by the speaker in this case is the lecturer who gives the material. After providing counseling, it is continued by practicing how to wash hands with 8 steps using soap and running water after that it is given the opportunity for kindergarten children to come forward one by one to practice washing their hands properly and after one week then post-test and get results from 25 child participants there are 14 children (56%) who can wash their hands properly.

Conclusion

Based on the results of the service carried out at the kindergarten in Sorue Jaya Kecamatan Soropia village, Konawe Regency, from the results of these activities, it can be concluded that there is an increase in skills after counseling and washing

hands with kindergarten children in Sorue Jaya village. Avoid the entry of germs into the body and prevent the spread of COVID-19.

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Conflict of Interest

There is no conflict of interest

Funding

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