

Health Education About Clean and Healthy Lifestyle Behavior (PHBS) in the Transition Period of the Covid-19 Pandemic for Students

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Abstract

After the COVID-19 pandemic is ongoing up to 3 years, finally Indonesia started experience transition from pandemic going to endemic, following decreasing of case positive for COVID-19. During the transition, a number of rule start relaxed, however government recommend public for still carry out health protocol. Besides, in field education, all school carry out 100 % offline learning. The students have to stay alert from COVID-19 infection or another infection. So that, clean and healthy lifestyle (PHBS) is necessary carried out at school. There are several indicators of PHBS in schools that are necessary known by students. This health education aims to give education to 97 students in schools especially at SMK Negeri 2 Bengkulu City about importance implementing PHBS in the transition period of COVID-19 pandemic. This activity took place on Thursday, 22 September 2022. The method used form give education and discussion regarding PHBS in schools. We evaluated student's understanding by pre-test and post-test about PHBS. Participant generally already have own knowledge regarding PHBS and more understand PHBS after participated in this activity.

Keywords: covid-19, healthy, phbs, student

A. Introduction

The Coronavirus Disease 2019 (COVID-19) pandemic has been going on for more than three years now. Coronavirus disease 2019 (COVID-19) is a disease caused by SARS-Cov-2. This virus is a species of the Coronaviridae family, the genus Betacoronavirus [1], [2]. Globally, World Health Organization reported 762,791,152 confirmed cases of COVID-19 per 12th April 2023 [3]. Beside, Indonesia reported 6,758,170 confirmed cases until 17th April 2023. Three coronavirus species of animal origin have crossed the species barrier to cause pneumonia, which is deadly in humans in the 21st century, namely *severe acute respiratory syndrome coronavirus* (SARS-CoV), *Middle-East respiratory syndrome coronavirus* (MERS-CoV), and SARS-CoV-2 [4]–[6]. All of these viruses originated from zoonotic transmission originating from bats [5]. The SARS-Cov-2 virus was originally discovered in Wuhan, Hubei Province, China, in December 2019 and was then called 2019-nCov [7]. Based on the phylogeny, taxonomy, and developing practices, this virus is still closely related to SARS-Cov which caused the extraordinary outbreak of SARS 18 years ago, so it was named the SARS-Cov-2 virus [1]. COVID-19 caused some clinical manifestation from asymptomatic, mild case, moderate case, severe pneumonia and critical case [8], [9]. Reinfection of COVID-19 was also happened in Bengkulu city [10].

The COVID-19 pandemic has caused disruption to Indonesia's founding sector where around 45 million students are unable to continue their study activities [11]. The government implemented an online learning policy to slow the spread of COVID-19 [12]. Online learning is an effective solution for activating classes even though schools have been closed considering that time and place are at risk during this pandemic. However, it is important to evaluate this learning technique according to local conditions considering the

distribution of facilities and the ability of parents to provide different online learning facilities to students in Indonesia [13].

Therefore, last year the government began to change its education policy during the COVID-19 era by allowing face-to-face learning to take effect from the even semester of the 2020-2021 school year with several conditions. The face-to-face learning policy starts with the issuance of permits by the local government/regional office/Ministry of Religion office, and continues with tiered permits from education units and parents. Local governments also need to consider factors in granting permission for face-to-face learning. Face-to-face learning in educational units is still only permitted for educational units that have fulfilled the checklist. And most importantly, face-to-face learning is still carried out by following strict health protocols [14], [15]. Face-to-face learning has begun to be implemented in most schools in Bengkulu City, including SMKN 2 Bengkulu City.

According to the Minister of Health Budi Gunadi Sadikin, currently COVID-19 cases have decreased, and if the reproduction ratio of the virus is below 1, then in September Indonesia will enter a transitional period from pandemic to endemic for COVID-19 [16]. The decline in COVID-19 cases has caught the public off guard and started to relax health protocols. This is risky because even though cases have decreased, the SARS-Cov-2 virus has the ability to evolve with genetic mutations in its RNA which can give rise to new virus variants. Often these new variants cannot be recognized by the memory immune system in people who have been infected or vaccinated, so they may still cause disease. Therefore, the community should continue to implement health protocols and practice clean and healthy living behaviors (PHBS).

The Indonesian government has long launched a program to foster Clean and Healthy Behavior (PHBS) since 1996. However, the success of the program is still far from expectations. Until now, the morbidity rate in Bengkulu City is still mostly caused by infectious diseases. According to Bengkulu City Health Profile data, acute respiratory infections (ARI), diarrhea, dengue fever, malaria, HIV and helminthiasis are also still major health problems in Bengkulu City [17]. Besides, some microorganisms caused co-infection in COVID-19 patient such as *Mycobacterium tuberculosis*, *Salmonella thypii*, Human Immunodeficiency Virus, and other bacterial a viral pneumonia [8]. Most of the causes of these infectious diseases are due to clean living behavior and awareness of environmental sanitation in the community is still low.

Therefore, as part of the community who cares about public health, the academic community of the Faculty of Medicine and Health Sciences is making an effort to socialize PHBS in the community. This education activity was carried out with participants from SMK students, because awareness of healthy living should be nurtured from an early age and it is hoped that this will produce healthy generations in the future. This health education aims to give education students in schools especially at SMK Negeri 2 Bengkulu City about importance implementing PHBS in the transition period of COVID-19 pandemic.

B. Research Method

The main form of this community service activity is education and discussion with the participants directly in the classroom. The purpose is for improve the student's understanding about PHBS and applying it in the school in the transition period of COVID-19 pandemic. Counseling activities have been carried out on September 22, 2022, at 09.00 - finished in the Practicum Room Mechanical Engineering Department of SMKN 2 Bengkulu City. The target of this activity is 75 students of Mechanical Engineering Department. But, when this activity took place, there are about 97 students which participated in this activity.

This outreach activity was carried out in two stages. The following describes the method implemented in fostering the students of SMKN 2 Bengkulu City, Bengkulu City in this activity (Figure 1). First is prep stage. This step includes a survey to the location of the activity, arranging the schedule, preparing the necessary health protocol materials and equipment. Preparations will be carried out online and offline.

Stage second is core activity of devotion This that is education. The service team will provide counseling regarding health protocols in carrying out face-to-face schools through offline lectures and discussions at the Mechanical Engineering Department of SMKN 2 Bengkulu City. Before the counseling material begins, participants will fill out a questionnaire form and a pre-test related to knowledge of health protocols. Provision of counseling materials using LCD presentation media with educational materials and videos regarding health protocols. Material presented _ covers knowledge about COVID-19, PHBS and indicators of PHBS in schools. After completing the presentation of the material, participants filled out the post-test and activity evaluation forms.

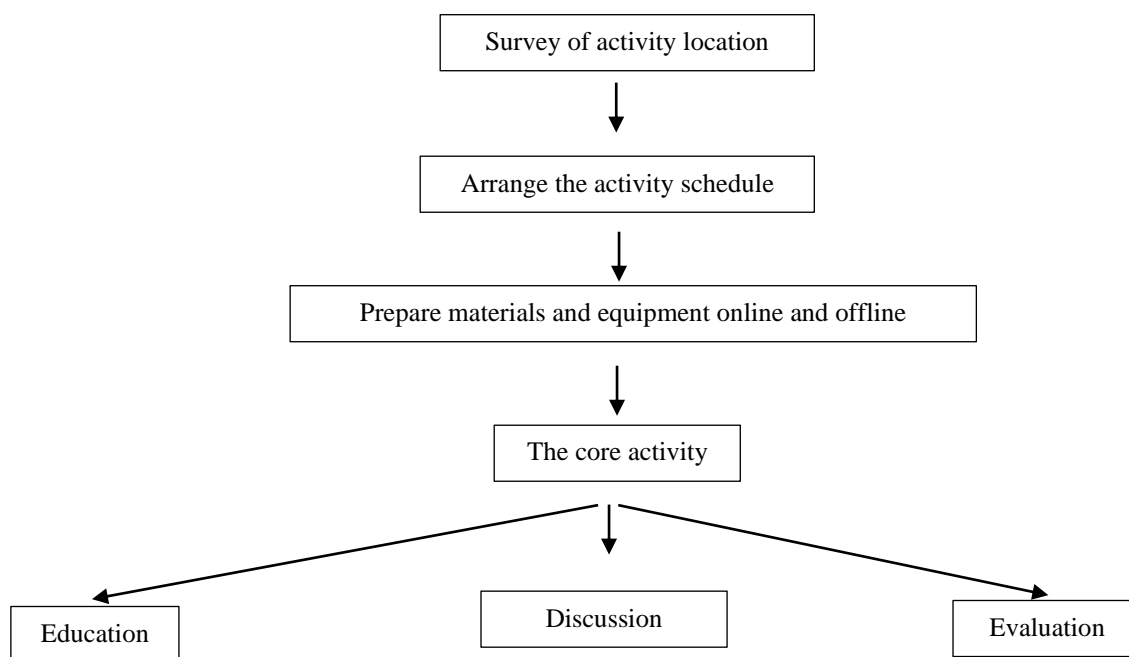


Figure 1. The steps of community service activity to give education about PHBS to students in SMKN 2 of Bengkulu City

C. Results and Discussion

Preparation Activity

Preparation activity devotion to public has held. Location survey activity has done. Then, permission activities too, be delivered to party leadership of SMKN 2 Bengkulu City oral and written through formal letter. School committee has give permission for carry out this community service activity. This ativity held on Thursday, 22 September 2022. Other event planning such as preparation equipment, consumption and materials are also carried out well.

Implementation of Extension Activities

The Indonesian government has long supported educational institutions to provide clean and healthy living behaviors through the Ministry of Health. However, clean and healthy living behavior at school seems to be becoming increasingly important at this time, because in the new normal era of the corona virus pandemic, children will soon return to school. Schools must maintain a clean and healthy lifestyle by involving teachers, students and the community in the school environment and following certain health-related procedures. The school environment must also be made clean and healthy. The benefit of maintaining a clean and healthy lifestyle in schools is to create a clean and healthy environment. In this way, the teaching process will run smoothly, and the health of teachers, students and the surrounding community will not be disturbed [18].

Before the activity started, the participants were asked to fill out a pre-test questionnaire that had been prepared. This activity began with the opening and introduction of the implementing team, as well as conveying the purpose of this activity. Then followed by a speech by representative of the Principal of SMKN 2 Bengkulu City and the Chairman Mechanical Engineering Department. Furthermore, counseling was given about PHBS delivered by resource person Debie Rizqoh, S.Sc., M.Biomed. as chairman of this activity to counseling participants (Figure 2). After the presentation of the material, the event continued with a discussion of questions and answers from the participants to the speakers regarding the counseling material. Recorded There are 8 questions given by the participants in activity this. The event continued with an evaluation of the participants' knowledge by filling in a questionnaire in the form of a post-test form which was filled in manually, then ended with a closing. at the moment closing, there present special to the five participants who gave best question (Figure 3).

Students a Bengkulu City SMKN 2 looks enthusiastic in participating in the counseling event process from start to finish. This can be seen from the presence, full attention during the presentation of the material by

the speakers, the involvement of students in activities and the number of responses to questions and responses of students during discussions. However, due to limited time, not all participants had the opportunity to ask questions. The cooperation between the servant committee and school committee went well. This can be seen from the help of school administrators to invite students, provide a place for the implementation, and remarks in the counseling activities.



Figure 2. Presentation of educational material on the application of PHBS at school by sources.



Figure 3. Submission in a manner present to participant counseling that provides question at the discussion session.

Product evaluation in this counseling is carried out by carrying out a *pre-test* which is carried out before the presentation of the material and a *post-test* after it is finished counseling participants by distributing a list of formative questions. Based on the results of the *pre-test*, students' knowledge of PHBS was apparently quite good (Table 1) where almost all questions scored quite high (above 60). The scores of these students generally increased after being given counseling exposure based on the results of the *post-test*.

Table 1. PHBS Counseling Participants Test Scores

No. Question	Percentage of Pre-Test Scores	Percentage Post- Value - Test
100	5.6 %	11.3%
90	16.9 %	26.8%
80	33.8 %	39.4%

70	23.9 %	14.1%
60	16.9 %	8.5%
50	2.8%	0%

D. Conclusion

Counseling activities about PHBS at SMKN 2 Bengkulu City have been going well. Students' understanding of the importance of implementing PHBS in schools is very good, as can be seen from the increase in the value of understanding from the results of evaluations and observations of the obedience level of students at school after the counseling took place. So, this activity has improved the student's knowledge and understanding of PHBS in the transition period of COVID-19 pandemic.

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