

Clean and Healthy Life Behavior Education for Early Childhood during the Covid 19 Pandemic

Novita Maulidya Jalal, S.Psi., M.Psi., Psikolog
Lecturer of the Faculty of Psychology of Universitas Negeri Makassar
novitamaulidyajalal@unm.ac.id

The world community was shocked by the outbreak of a new type of virus that started in Wuhan in 2019. The World Health Organization (WHO) as a world health agency on February 11, 2020 named the new virus Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2) and the name of the disease is Coronavirus disease 2019 or COVID-19 (Elina Burhan et al, 2020).

The impact of Coronavirus disease 2019 or COVID-19 is felt by the entire world community, one of them in Indonesia. It has a big influence on various aspects, one of which is the education aspect, where students are asked to learn online through E-Learning to break the chain of the COVID-19 pandemic. This happens because education is not only considered as a means of transferring knowledge, but education also helps students become healthy human beings so that they are able to develop their potential which can be applied by maintaining a healthy lifestyle. Pramana (2021) stated that a healthy lifestyle during a pandemic has a very important role for the body in increasing the body's immunity of students because in its application a healthy lifestyle is needed to prevent various diseases that can threaten health.

Health is important for a person's life, including students at all age levels, one of which is early childhood. Early childhood who have a healthy body can carry out daily activities to the maximum. However, it should be realized that health cannot be obtained directly, but requires continuous maintenance and development. Health maintenance and disease prevention must be pursued so that the body is always healthy and protected from various kinds of diseases. One way to maintain health is to maintain personal health. Personal health is part of health education and it should be instilled in children from an early age through the role of parents and teachers in schools (Pramana, 2021). clean and healthy life so that early childhood can imitate it. This is because the child's immune system is still not strong, with the most basic level of education the child still does not understand the importance of a clean and healthy life (Pramana, 2021).

A. The Covid 19 Pandemic

Covid 19 is an outbreak that has been declared a global health emergency. Putri (2020) stated that COVID-19 is a new type of disease in the form of a virus that can be transmitted between animals and humans through coughing or sneezing (droplets). Humans are most easily infected with this disease if they are in close contact with COVID-19 patients, including those who treat COVID-19 patients (Kemenkes RI, 2020). Symptoms seen when a person suffers from COVID-19 include shortness of breath, body aches or pains, dry cough, fever above 38 C, pain in the throat when swallowing (Kemenkes, 2011), nausea and vomiting accompanied by chills, sleep disturbances and depression. anxiety, loss of sense of smell and taste, conjunctivitis or red eyes, delirium or loss of consciousness, nervous disorders These symptoms can be more severe if the patient has comorbidities such as heart disease, chronic obstructive pulmonary disease (Ramadhan, 2021).

The Covid-19 pandemic (Coronavirus Disease 2019) caused by the SARS-CoV-2 (Severe Acute Respiratory Syndrome Coronavirus-2) virus has become a situation that threatens public health and is of concern to the whole world. Shereen, Khan, Kazmi, Bashir, and Siddique (2020) stated that the increase in cases of this virus was caused by the rapid spread of the virus, namely from between humans or from animals to humans. Human-to-human transmission is due to direct contact with patients infected with Covid-19 so it will be easy to contract the Covid-19 virus.

Safrizal et al (2020) stated that one of the prevention of transmission of the Covid-19 virus can be done by frequent efforts to wash hands with soap and running water or use a hand sanitizer if there is no water in an emergency, avoid touching your face, nose, or mouth when your hands are in contact. dirty conditions, avoid touching the eye, nose and mouth area, cover nose and mouth when sneezing or coughing with a tissue then throw the tissue away and wash your hands thoroughly, if there is no tissue, use the inside of your sleeve, don't leave the house sick, wear a mask and go to a health facility if you experience respiratory symptoms, keep a distance of at least 1 meter from people who have respiratory problems.

B. Early Childhood Behavior

Howard Gardner (Mulyani, 2016) states that children in the first five years have the drive to learn about everything. He stated that children aged six or seven years have high hopes for success in learning everything, even though in practice it is always bad. This gives educators an impetus to create a quality generation, education must start at an early age aged 0-6 years. (Ulfah, 2015). Meanwhile, The National Association for the Education for Young Children (NAECY), made a classification of the early age range (Early Childhood), namely from birth to the age of 8 years, with several variants of learning stages.

Behavior is defined as the internalization of values absorbed by children during the process of interacting with people outside themselves. Early childhood behavior that shows the level of emotional, moral, religious, social maturity, independence and self-concept. No wonder because human behavior is formed during the course of his life.

Early childhood behavior is the initial formation process that can be influenced by genetic and environmental factors. Early childhood is imitative or imitating all information from his senses, both from what he sees, feels and sees from his environment, he will follow because he does not yet know the boundaries of right and wrong, good and bad, and appropriate and inappropriate. Children are still learning to try and make mistakes in behavior that is acceptable to their environment.

The application of clean and healthy living behavior in early childhood can be started by applying the habit of maintaining cleanliness from an early age. This is very useful to always do so that the body's health is maintained. However, efforts to create healthy conditions for both the environment and individuals, require concrete steps to achieve it.

C. Clean and Healthy Lifestyle

The COVID-19 pandemic has changed habits the community, namely everyone has tried to contain the spread of this Covid-19 pandemic. One of the habits in society is clean and healthy living behavior. So far, the behavior of clean and healthy living is not well known and is not carried out optimally by the community. However, during this pandemic, this term is increasingly being used by the community, including early childhood.

Healthy and clean behavior is intended to be a pattern that is habituated to everyone, even from an early age. This healthy behavior should start as early as possible so that the habit of caring for children, including the health provided by those around them (Sinta, 2011). Clean and healthy living behavior is a person's effort to create conditions for individuals, families, groups and communities by opening lines of communication, providing information and conducting education to increase knowledge, attitudes and behavior to help people recognize and solve their own problems so that people are aware, willing to and able to practice it through a leadership approach (Mardhiati, 2013).

Healthy living behavior is a behavior that is applied by individuals independently so that their health will improve and take an active role in creating a healthy environment. This is in line with the Republic of Indonesia Law regarding health which is contained in Article 1 Paragraph 1 of Law Number 23 of 1992 which states that health is a state of well-being of body, soul, and society that allows everyone to live productively socially and economically. The healthy lifestyle becomes a program that includes health, physical fitness, nutrition, and exercise.

Moerad et al (2019) stated that clean and healthy living behavior is a health behavior that is carried out consciously so that a person is able to help himself in the health sector and has an active role in community activities. The main goal of the movement for clean and healthy living behavior is to improve the quality of health through the process of awakening the understanding that is the beginning of the contribution of individuals in living a clean and healthy daily life behavior. Thus, the most important benefit of clean and healthy living behavior is the creation of people who are health conscious and have the knowledge and awareness to live a life that maintains cleanliness and meets health standards.

Moerad et al (2019) stated that there are 5 (five) orders of clean and healthy living behavior, namely: (1). Clean and healthy living behavior in the household, (2). Clean and healthy living behavior at school, (3). Clean and Healthy Behavior at Work, (4). Clean and healthy living behavior in health facilities, (5). Clean and healthy living behavior in public places (Moerad et al., 2019). Furthermore, Notoatmojo (2010) also stated several factors that influence healthy living behavior, including: (1). The food and beverage factors consist of breakfast habits (breakfast), the selection of the type of food intake, the amount of food and drink and food hygiene. (2). Behavioral factors on environmental cleanliness which consist of cleanliness of rooms, houses, school environments. (3) Behavioral factors for personal hygiene consist of bathing, cleaning the mouth and teeth, hands and feet and clothing hygiene, (4) The balance factor between rest and exercise activities consists of a lot of rest time, activities at home or outside the home and exercise. regular exercise. (5). Behavioral factors towards illness and disease consist of health care, prevention of disease, treatment plans and health recovery (Notoadmojo S, 2010).

D. Clean and Healthy Lifestyle Education for Early Childhood

Changes in habits require habituation so that a person is able to carry out this clean and healthy lifestyle. Early childhood can form healthy and clean behaviors that will carry over to their adulthood. Experience during this pandemic will make early childhood accustomed to clean and healthy living behavior in the future. The number of early childhood children who have not received educational services is also influenced by parents' perceptions of early childhood education (Pratiwi, Widiastuti, & Rahardjo, 2018). One way that can be done to form healthy and clean behavior is through parenting, namely by parents educating children and raising children which is influenced by many factors, including cultural factors, religion, habits and beliefs, as well as the personality of the parents. In addition, the cultivation of clean and healthy living behavior in early childhood can also be done through schools, which is a very strategic step. The purpose of parenting in health and nutrition will be pursued through the development of materials which according to the Directorate of Early Childhood Education Development in 2012 includes 6 (six) topics, namely: (1) nutrition improvement, (2) health care, (3) care, (4) care, (5) education, and (6) protection. The six materials above will be used as basic points in parenting education activities (Fitroh & Oktavianingsih, 2020).

Students in schools are the next generation of the nation whose health needs to be maintained, improved and protected. In addition, school-age children are children at a young age, namely those who are in the stage of growth and development so they are still sensitive to the cultivation of clean and healthy living behavior through education. The Ministry of Health stated that early childhood health education carried out by parents should be based on the following principles:

- 1) Oriented to the needs of children's growth and development.
- 2) Stimulate creativity and innovation in clean and healthy living.
- 3) Learning activities are carried out to fulfill the need for play. Creativity and innovation are reflected through activities that make children interested and fun.
- 4) Provide an environment and health sanitation facilities that support the learning process.
- 5) Implemented gradually and repeatedly with sufficient variation with reference to the principles of child growth and development.
- 6) Educational stimulation is comprehensive covering all aspects of health for the growth and development of children. The task of educators is to facilitate so that all aspects of child development can develop optimally.
- 7) Develop clean and healthy life skills. Life skills are directed at helping children become independent, disciplined, able to socialize and have basic skills that are useful for later life.
- 8) Using various sources and learning media in the surrounding environment. (Henny, 2014).

Astuti (2016) states that early childhood can be taught about environmental hygiene from an early age. Activities that can be done by early childhood are putting footwear in its place; use footwear when going out of the house; Throw garbage in its place; put dirty drinking utensils in place; cleaning toys; cover the mouth when coughing and sneezing; stay away from cigarette smoke, waste burning smoke, motor vehicle fumes; and defecate and urinate in the toilet. In addition, early childhood can be trained to maintain environmental cleanliness such as cleaning toys, sweeping the house, mopping the house, sweeping the yard, and others. Meanwhile, Notoatmojo (2010) suggests several things that need to be taught to children to develop healthy behavior, including maintaining personal and environmental hygiene and keeping things that are harmful to health. Environmental cleanliness is the cleanliness of the place to live, work or play, and public facilities. Shaping children's healthy behavior begins at an early age.

At an early age the brain's memory ability reaches its maximum level so that developmental stimulation is carried out in a fun way, and developmental monitoring (detection) is carried out. The Ministry of Health states that healthy living behaviors can be carried out for children aged 0-3 months, 3-6 months, 6-12 months, 1-2 years, 2-3 years, 3-5 years and 5-6 years (Ministry of Health, 2020) includes:

- 1) Children eat nutritious food
- 2) Children wear masks
- 3) When the child returns home, he immediately takes a shower and changes clothes
- 4) Children throw garbage in its place
- 5) Children tidy up their own game
- 6) Children defecate and urinate in place
- 7) If the child sneezes cover his mouth with the palm of the hand
- 8) Children take a bath 2 times a day
- 9) Children wash their hands with soap after playing
- 10) Children help clean the house
- 11) Children tidy up sandals and shoes in their place
- 12) Children wash their hands with soap before eating

- 13) Children are used to having breakfast
- 14) Children eat 3 times a day
- 15) Children drink milk every day
- 16) Children when going out of the house use
- 17) Children like to sunbathe in the morning

Early childhood health education is a way to help children know and get used to healthy behavior towards themselves. Health education is taught as early as possible in early childhood, so that it becomes a habit when children are adults. Schools are institutions that teach health values in health education according to Heny (2011) which is based on the following:

- 1) Oriented to children's developmental needs. expected to be able to children as early as possible. Hadi Siswanto (in principle the growth and development of children
- 2) Learning activities are carried out to fulfill the need for play
- 3) Stimulate creativity and innovation in clean and healthy living. Creativity and innovation are reflected through activities that make children interested and fun.
- 4) Provide an environment and health sanitation facilities that support the learning process.
- 5) Develop clean and healthy life skills. Life skills are directed at helping children become independent, disciplined, able to socialize and have basic skills that are useful for later life.
- 6) Using various sources and learning media in the surrounding environment.
- 7) It is carried out gradually and repeatedly with sufficient variation by referring to the principles of child growth and development.
- 8) It is carried out gradually and repeatedly with sufficient variation with reference to the principles of child growth and development.
- 9) Educational stimulation is comprehensive covering all aspects of health for the growth and development of children. The task of educators is to facilitate so that all aspects of children's development can develop optimally..

Personal hygiene in early childhood on the cleanliness of limbs and clothes then serves to maintain personal hygiene will be described as follows, bathing is done at least twice a day, in the morning and evening. Children are bathed using soap and clean water. Shampooing, washing hair using a special shampoo for children regularly is done at least once every two days. Furthermore, the hair is trimmed using the right comb so that the natural oils found in the hair can be spread throughout the hair. So that hair growth can be stimulated and improve blood circulation to the hair and scalp.

Soetjningsih (2002) stated that in addition to clean living behavior, early childhood is also trained to live a healthy life through nutrition. Nutritional needs through proper feeding of children must be seen from many aspects, such as economic, social, cultural, religious, in addition to the medical aspects of the child itself. Food in early childhood must be harmonious, harmonious and balanced. with the child's developmental level. Harmony is in accordance with the economic, socio-cultural and religious conditions of the family. While balanced means that the nutritional value must be in accordance with the needs based on age and type of food ingredients such as carbohydrates, proteins and fats

Early childhood health education is carried out by various approaches, where the approaches taken can help children to know about healthy behavior for themselves. The early childhood health education is carried out with the following approaches (Heny, 2015):

1. Health education is based on the stages of need in growth and development.
2. Placing the environment, both a play environment and a place to live as well as health facilities and infrastructure as educational materials.
3. Placing parents and families as models and are the main factors in addition to educators, civil servants and cadres as agents of change for clean and healthy living behavior.
4. Providing stimulation for all aspects of children's intelligence in accordance with health aspects, namely physical, mental, social and productive, efficient/economical.
5. Providing empirical experience in everyday healthy life..

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Author Profile



Novita Maulidya Jalal, S.Psi.,M.Psi.,Psikolog was born in Ujung Pandang, South Sulawesi, November 10, 1987. The author completed his studies at SD Neg. Komp. IKIP I Makassar, SMP. Neg. 03 Makassar, SMA. Neg. 17 Makassar. Then the author graduated as an undergraduate at the Faculty of Psychology, Makassar State University. The author then continued his education at the Master of Professional Psychology UGM Yogyakarta. Currently, he is a lecturer at the Faculty of Psychology, Makassar State University (UNM). In addition, the author is also active in practicing Psychologist Professional Work, as well as providing services to the community in the form of Psychoeducation and Training. email: novitamaulidyajalal@unm.ac.id