

Hygiene and Health in the Lyrics of Japanese Children's Folk Songs

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ABSTRACT

Hygiene and health are two things that are closely related. As a proverb that is often heard “*Kebersihan adalah pangkal kesehatan*”. Now, life during the COVID-19 pandemic, we are encouraged to keep the hygiene and health at least start from ourselves. Japanese children’s folk song 童謡 is a medium that is used by the researcher to raise awareness in maintaining hygiene as the basis of health from an early age. The lyrics of the Japanese children’s folk song 童謡 are presented in the form of playing sounds which emphasize the news to be conveyed to children to be of concern. Accompanied by the rhythm of Japanese children’s folk singing 童謡 can encourage children to imitate these sounds, and even encourage children to imitate or perform movements that are as messages. Finally, it can arouse awareness and attitude to maintain hygiene as the base of health from an early age.

Keywords: Hygiene and health, The lyrics of the Japanese children’s folk song 童謡

1. INTRODUCTION

Hygiene and health are two things that are closely related. As a proverb that is often heard “*Kebersihan adalah pangkal kesehatan*” which means that we have to keep the environment clean to be healthy and be spared from disease. Now, life during the COVID-19 pandemic, we are encouraged to keep the hygiene and health at least start from ourselves. On social media, television and any news media, they always socialize the importance of maintaining hygiene and health. One of the efforts to maintain hygiene and health at this time is to get used to washing hands frequently with soap in flowing water. So it is in Japan, keeping the environment clean became a typical of Japan. Hygiene is not just a proverb, but is actually implemented and becomes a real action. This is reflected in the cleanliness of the environment in Japan which is so clean. Hygiene in Japan is realized due to the obedience of society to the rules exist to maintain the cleanliness. Hygiene in Japan has been taught from an early age starting from elementary school to high school so it becomes a habit until adulthood. Hygiene living is taught from an early age by getting used to cleaning the environment around them. Such as getting used to cleaning the classroom environment which is a routine schedule that is carried out every day. In addition, parents are also obliged to teach their children to

maintain cleanliness in their home environment. This has an impact on environmental care and a healthy lifestyle since childhood. The attitude of protecting the environment is really taught starting from the smallest things such as not littering, no matter how small the garbage. In Japan there are also trash bins that differ between dry trash 燃えるゴミ and wet trash 燃えないゴミ. This effort is made to maintain environmental hygiene and public health in Japan.

On top of that, hygiene is also taught through the children’s song when they were in kindergarten or even in elementary school. Because the children get the message to maintain their hygiene and health through the song lyrics. Songs about hygiene and health are always getting used to being sung to be implemented in daily life. Through that song, children in Japan is automatically indoctrinated to always maintain cleanliness, care for the environment, and implement a healthy lifestyle in their environment. Both the family environment, the school environment, and the social environment of the community. It is automatically will form an attitude and awareness to always maintain cleanliness wherever and whenever.

Kompas Gramedia on Ayo Menyanyi event (children choir contest) written that singing is an activity that often done and liked by children. Through

children's songs that are compatible in terms of gender or content, it can grow and develop creativity, the ability to imagine, channel emotions, and form social behavior both concerning others and with the environment. As we already know that song through its words, sentences, rhyme, and rhythm can bring the sense of calm, joy, peace, and often without realizing it when listening to a song, someone shakes his feet and even moves his body. According to Mitchell in Nurgiyantoro [1] stated that songs can make children becomes happy, feel good, get rid of anxiety, and the most important it can raise self-awareness in learning. Furthermore, if the song listened is accompanied by movement, the listener, the audience will get a demonstration of life about something that is conveyed through the message of the song. In Japan, the Japanese children's folk song known as Douyou consists of the kanji dou 童 which means "child" and the kanji you which means "song". Japanese children's song continues to grow, until it finally agreed to use the term "douyou", because it includes warabe-uta, a children's song whose creator and date of creation is not known, and is a legacy of ancestors that is hereditary while in its development in the Meiji era (1868-1912) until the beginning of the Showa year (1926-1989). The Japanese Ministry of Education launched a music education curriculum in schools, so that children's songs were created which functioned to increase moral values for students in Japan. The songs made for the curriculum are called shouka (唱歌). The purpose of this study is to describe the song lyrics about hygiene and health for children. Therefore, the research questions of this research is (1) How about the hygiene in the lyrics of 童謡 douyou? (2) How about the health in the lyrics of 童謡 douyou?

1.1. The Importance of Hygiene Habbit from an Early Age

12 years of school, from elementary to high school, cleaning is part of the routine schedule of students in Japan, even at home parents also teach their children to always keep things and the room clean.

The material for maintaining hygiene from an early age is also contained in the school curriculum so that social awareness in children has been awakened from an early age, they are used to entering classrooms or other rooms in clean conditions and when they leave the room, they leave again in a clean condition. Japanese children are educated to develop awareness and pride in

the environment they are in. When asked about cleanliness, Japanese children will answer, "No one has the desire to pollute a school when they have to clean it themselves. There is an amazing habit of Japanese children where they volunteer to do cleaning once a month in the neighborhood around the house, as well as holding regular community service picking up trash from the streets near their school. This habit has formed a mindset that clean and clean in school is a commendable behavior because it has a positive impact, namely an important lesson regarding being responsible for the objects and places it uses.

1.2. Hygiene at the Base of Health

Indonesians are familiar with the slogan of hygiene at the base of health, but has this slogan actually become our personality or in other words has become our lifestyle? In Japan from an early age, children have been given the understanding that germs or disease viruses can be transmitted by means of animals such as mosquitoes, flies, cockroaches, and mice like to live in dirty places.

Flies will land in places that smell bad. Germs are small microorganisms that can stick to dust. If we don't want to get sick, then we have to keep clean, clean from dust, odors, and dirt. Clean from dust and dirt, certainly does not invite disease-carrying animals to come because if we are also sick, it will cost a lot to pay for hospitals, doctors, and medicines. In addition, pain makes the body feel uncomfortable, not enthusiastic about activities, and unproductive. Pain makes you sad and makes it difficult for others at home. No one is happy because of disease. Pain can result in death. This knowledge has been accustomed to Japanese children from an early age so that students understand why there is a slogan "Hygiene at the base of health, health at the base of welfare and happiness"

Then, who is responsible for hygiene? In Japan, there is a principle of the one who pollutes is the one that should be responsible to clean it, who makes it should be the one who maintains it, even there is a slogan exists "your trash is your responsibility". So the cleaning duty is not the responsibility of the janitor. All children in the school use the school facilities, so school cleanliness is a responsibility for everyone there.

From the beginning of entering school, they have been keeping the school clean. They do not let the dust contaminate the school. The way children in Japanese schools have special shoes while in school. These shoes

are stored at school and are worn during class. The shoes were made of rubber, and all boys and girls were the same. The shoes they wear from home, which have stepped on the dusty road will be stored in lockers while studying at school, they reuse the shoes when they come home. Likewise, the teachers, wear two pairs of shoes. Special shoes for the class that is dust-free and not worn outside. Why is that implemented? Besides keeping their schools clean from flying dust, dust that is brought in from outside or on the streets contains germs that can make them sick. Taking off outer shoes and changing to special shoes during class and school are ways to maintain hygiene and health.

1.3. 童謡 Japanese Children's Folk Songs

童歌（わらべうた）とは、こどもが遊びながら歌う、昔から伝えられ歌い継がれてきた歌である。伝承童謡（でんしょうどうよう）、自然童謡（しぜんどうよう）ともいう。民謡の一種ととらえられるものもある。分類すると、絵描き歌、数え歌、遊びの歌などに分けられる (Wikipedia) Children's songs are children's songs sung while playing and have been passed down since time immemorial. In Indonesia, it is called traditional children's rhymes or natural nursery rhymes. Some are considered a type of folk song. 童歌 consists of several categories including songs with pictures, songs with numbers (with numbers), and songs for games.

童謡（どうよう）とは、広義には子供向けの歌、または子供が歌う歌を指す。

狭義には日本において大正時代後期以降、子供に歌われることを目的に作られた創作歌曲を指す。厳密には創作童謡（そうさくどうよう）と呼ばれる。この意味で用いる場合は、学校教育用に創作された唱歌や、自然発生的に作られたわらべ歌（自然童謡、伝承童謡）は含まれない。日本国外の子供向け歌曲についても、同様の傾向をもつものを「童謡」と呼ぶことがある。(Wikipedia) In a broad sense, a children's song is a song for children or a song sung by a child.

In a narrow sense, it refers to a creative song made in Japan to be sung by children since the late Taisho era. Can also be called creative nursery rhymes. When used in this sense, there are also songs made for a school

education or spontaneous children's songs (about nature, traditional children's songs).

童謡 Japanese children's folk songs emerged since the Japanese opened up to the West in 1868 followed by the 1878 Meiji Restoration (Wikipedia) Children's songs can play a major role in developing various children's characters needed for growth and development. Children's songs are a category of music aimed at young people or children. Some of the characteristics attached to children's songs are having an uncomplicated melody, simple rhythm patterns, and phrases that are not too long that are repeated. Children's songs also have musical characteristics that are sung or have lyrics, which can be meaningful words or meaningless sounds. The song is emphasized as music produced by spoken instruments or often referred to as vocal music. Children's songs are sung poems that show the play of elements of language, rhyme, and rhythm [1]. Nurgiyantoro [1] also wrote that children's singing contains various elements of beauty, especially the beauty that is achieved through the form of language which is often displayed in the form of language games in the form of structures or repetitions of either the repetition of the selected sound or word that is used as the emphasis of the message to be achieved, often called the parallelism style. (2013: 103-104) Like 童謡, the Japanese children's folk song also features a play on the sound of words that emphasize the news that the children want to convey to be of concern. The play of sounds or words is performed with beautiful and funk rhythms to encourage children to imitate sounds, the words are even more than that encouraging children to imitate or perform the movements shown so that without realizing it, children are made to sing, dance and in the end, can imitate the existing movements.

2. METHOD

This research is descriptive research that describes what is happening to the object studied [2]. The purpose of this research is to describe the song lyrics themed hygiene and health.

The method used is a descriptive qualitative method, that reveals the phenomenon happens while the study begins as it happens. Moleong [3] stated that qualitative research has eleven characteristics, namely (1) research is carried out in a natural setting, (2) the researcher himself or someone else's help as the main data collection tool, (3) descriptive in nature, (4) the data is collected by means of observation, interview, or

document review, (5) analysis data inductively, (6) prioritizes process rather than results, (7) research design is provisional, (8) research results are negotiated and mutually agreed upon, (9) there is a limit or research focus, (10) there are special criteria for the validity of the data, and (11) the theory comes from the basic. The process that researchers do is approach, observe, analyze and study, interpret, and explain data that has been collected systematically, factually to describe a phenomenon of language use.

The observation and note-taking technique is a technique that makes careful observations of the data sources used, then records them along with the context. With this technique, data sourced from YouTube is listened to and then recorded song lyrics with the theme of cleanliness and health. The data source is the text in douyou entitled hamigaki and the title minna osouji suruyo which the researchers obtained from youtube [4] [5].

Then the data in this study were the lyrics of the douyou Hamigaki which consisted of 34 lines while the minna souji suruyo consisted of 27 lines into romaji and translated into Indonesian. The next stage is to analyze the data.

In this method, the researcher went through three stages in accordance with the opinion of Sudaryanto [6], namely through the stages of the data collection method, the data analysis method and the method of describing the results of the analysis.

3. RESULTS AND DISCUSSION

Folk songs function to eliminate boredom as well as to have fun while providing education, as well as 童謡 Japanese folk songs are displayed in interesting lyrics, funny, not boring, short accompanied by word sounds or word games so that they are easy to understand, imitate and ultimately do.

童謡 Health Education in lyrics 童謡 Japanese children's folk song. 文部省 唱歌 The Japanese Ministry of Education and Culture delivers health education such as brushing teeth through 童謡 Japanese children's folk song.

3.1. Hygiene in the Lyrics of Japanese Folk Songs

Song Lyrics みんなお掃除するよ Let's all clean up!

This song invites children to always keep the environment clean. The following are the lyrics and the meaning of the song.

Table 1. The lyrics and the meaning of the song

歌詞	意味
<ul style="list-style-type: none"> • ほこりさんこっちむいて • おしょくじちゅうになんだけど • さあさどいてくださいな • さようならバイバイ • ごめんなさいばいさんくん • うんどろかいはおしまいだ • あせふくヒマはありません • きえちやってバイバイ • きゅつきゅつきゅつ。。。。 • ほこりにバイバイ • きゅつきゅつきゅつ。。。。 • ばいさんバイバイ • みるみるうちにピカピカに • キラーン。。。。 	<ul style="list-style-type: none"> • Everyone come clean! • Mr dust, look over here • Sorry to interrupt eating time • Now get out of your way • Goodbye bye-bye • Sorry, Mr. Bacteria • The sports party is over • There is no time for you to dry your sweat • Disappear / disappear bye-bye • Kyukukukuyuu • Goodbye to dust • Kyukukukuyuu.... • Goodbye, Mr. Bacteria • As pikapika looks like • Cling cling... • Clean Fresh Clean • Save! Stiki-chan • I'm afraid I'm sleeping • The sun is up • Goodbye
<ul style="list-style-type: none"> • すっきりさわやかクリーン • クリーンクリーン。。。。 • おきて！べたべたちゃん • ねていたとこわるいけど • さようならバイバイ • なぞかいじゅうザラザラ • しがみついてはなれない • はっけよいよいのこった • きえちやってバイバイ • きゅつきゅつきゅつ。。。。 • べたべたバイバイ。。。。 • きゅつきゅつきゅつ。。。。 • ざらざらバイバイ。。。。 • みるみるうちにピカピカに • キラーン！ • さっぱりかいてき クリーン • クリーンクリーン • ン。。。。 	<ul style="list-style-type: none"> • The mysterious beast zarazara • Don't stick • Very well • Deleted bye bye • Kyukukuyuu.... • Sticky feeling bye bye • Kyukukuyuu.... • Bye bye zara zara's rough taste • As you can see pika pika • Guess Cling! • Clean and clean • Clean! Clean!

Tabel 2. みんな お掃除するよ Let's all clean up

擬音語 Sound Language	意味 Meaning of translation	
きゅきゅ Kyu kyu	Room cleaning sound (sweeping & mopping)	
ピカピカ Pika pika キラーン Kira-n	Kinlong cling	
べたべた Beta beta	Sticky (dank)	
ザラザラ Zara zara	Rough	

	Health in the lyrics of the Japanese children's folk song: The song brushed my teeth, some snippets of song sentences conveyed the nuances were funny but really educational
	バイキンさんに頼まれた (Mr. Bacteria asked me not to do that)
	バイキンさんがこんにちは (Mr. Bacteria, good afternoon)
	歯磨きするんだもん (I'll brush my teeth)
	<u>ごしゅしゅのしゅ</u> (goshu-shu no shu)
	やーめて！歯磨きするのはやめて ("Stop. Stop brushing your teeth")
	さよなら、バイキンさん (Goodbye, Mr. Bacteria)

擬音語 or it can be read as "Giongo", these are words that directly describe a sound that comes out and is heard by the ear.

"Giongo" can certainly be heard in songs, one of which is a children's song. はみがきのうた or

pronounced "Hamigaki no uta" has a "Giongo" sound of four words, namely:

(1) ごしゆしゆ *goshu shu*

This word can be interpreted as a sound when brushing your teeth. Japanese people when they do something there is always a sound in every object.

(2) ぶくぶく *buku buku*

(3) ぺ-pe-

This means that when you finish rinsing, you want to get rid of the water from the rest of brushing your teeth, this sound will come out.

(4) ひっかひか *pikka pika*

This means when we finish brushing our teeth and then our mouths are cleaned using a towel, then the mouth and teeth will become cleaner and more shiny.

Cleanliness of みんな-!、おそうじするよ-! Let's all clean up!

This children's song tells about if the house is dirty then hurry to clean it. If there is dust or food debris that is scattered and dirty, it must be cleaned so that the house becomes clean and shiny. The sentence ざらざら バイバイ zara zara bai bai or interpreted as goodbye refers to the dust and germs.

The play of words in the song aims to attract children's attention to be able to easily mimic these sounds, with the hope that children can easily imitate these sounds, but also imitate movements to maintain cleanliness, as well as have an impact on health from an early age. In the end it becomes a clean and healthy lifestyle.

4. CONCLUSION

The conclusion of this research is that there are two examples of Japanese children's folk songs that were discussed, namely the song about health entitled はみがきのうた hamigaki no uta, the song about brushing teeth and the song about hygiene entitled みんな-!、おそうじするよ minna-! osouji suruyo Let's clean up. Both have a good meaning and are educational for children or people who want to learn about Japanese, as well as learn about hygiene and health. The lyrics are very light and the tone is cheerful, making this song a reference for memorizing vocabulary in learning

Japanese.

From this research, it is hoped that readers will be able to use it as a learning resource to gain insight and knowledge. And do not forget to criticize, input, suggest, in any form we really appreciate so that in the future the writing of this research will be better.

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