

# A Survey on the Students' Healthy Life Behavior in SDN 16 of East Pontianak Regency

Zusyah Porja Daryanto  
IKIP-PGRI Pontianak,  
Indonesia  
[porja.diah86@gmail.com](mailto:porja.diah86@gmail.com)

Stephani Yane  
IKIP-PGRI Pontianak,  
Indonesia  
[stephaniyane@gmail.com](mailto:stephaniyane@gmail.com)

Heri Rustanto  
IKIP-PGRI Pontianak,  
Indonesia  
[rustantoheri@gmail.com](mailto:rustantoheri@gmail.com)

**Abstract--The purpose of this study was to investigate and analyze the behavior of a healthy life of elementary school students in SDN 16 in East Pontianak regency. The research method used in this study was a descriptive study using the survey research method. The population of this study was 6-grade students of SDN 16 in east Pontianak regency which consists of 60 students. The whole population was taken as the sample of the study. The data were analyzed by using descriptive statistics with percentages. The result of the study indicated that, In general, most of the 6th-grade students of SDN 16 in east Pontianak regency have good healthy life behavior.**

**Keywords: healthy life behavior, elementary school students, survey study**

## I. INTRODUCTION

Health plays an important role in human beings in their daily life. Health is a condition when an individual can relish life so can be efficient to his own life or others. According to Health law no. 23 of 1992 explains that Health is defined as a state of well-being of the body, soul, and social that enables everyone to live productively socially and economically[1]. Then, it can be said that health is divided into three aspects such as physics, mental, and social.

The three aspects are vital to human life in order to fulfill their achievement. In order to succeed in their life, individuals need to have a good social life, this is the purpose of someone needs to health in social aspect. In supporting their social life, individuals need to have both physical and mental health to be active and rational for others. Those three aspects cannot be separated in an individual to be functioning properly in society. That is why the application of healthy life in physics, mental, and social needs to be emphasized since at an early age.

A crucial stage to emphasize healthy life is at the elementary school. At this level, the students are in the phase of growing and developing which determines their growth in the future. The age of the first year in elementary school is around 7 to 8 years old, this is the age where the students experience a new environment other than their home and meet new people besides their parents and sibling. This new experience needs the students to be healthy in physics, mental, and social to interact and get used to

the new circumstances and everything in it. According to (Elizabeth, 2000:252), in the pre-school period, the family is the agent of socialization to the children, but when entering the school period the teacher and peer take part more to give influence to their socialization [2].

Moreover, Elementary school is the first stage formal school that teaches the paradigm about clean and healthy life behavior [3]. The students' performance will be disrupted when the teacher did not give education on healthy living from an early age. Some habits that can affect children's health behaviors in children, especially in school are the child's breakfast patterns, hand washing habits, ear hygiene, skin hygiene, hygiene, hair hygiene, bathing and also the habits of children to consume unhealthily [3].

According to Notoatmodjo (2007) in Suryani, Oktina, Juliansyah, Damayanti, & Yulianto (2020) Behavior is formed on 3 main factors, namely predisposing factors, enabling factors, and reinforcing factors. Predisposing factors include community knowledge and attitudes, community traditions and beliefs on related matters, the value of the system adopted by the community, education level, and socioeconomic level. Enabling factors include the availability of facilities and infrastructure for the community. The attitude and behavior of respected figures become reinforcing factors for the formation of behavior [4].

An effort to promote a healthy life can be started in school through UKS or school health unit. In the implementation, UKS intends to improve the student's ability to live healthily by creating a healthy environment, and providing every requirement of a healthy life. (Depdikbud, 1998:1) explains that the increase of healthy life is required by school society because school is the place of learning to take place to create a better generation. Then it is necessary to emphasize healthy life start from the school ages [5].

There are some facilitation that the teacher can use to promote healthy life behavior. One of them is through UKS. The teachers and the students can contribute to each other in emphasizing, giving experience, and knowledge related to the student's healthy life. Therefore, this study was intended to know the students' healthy life behavior specifically

on the physical aspect. The study was conducted with the 6th-grade students of SDN 16 in East Pontianak regency. The problem of this study is how well does the students' healthy life behavior in SDN 16 in East Pontianak. . Follow the text for further instructions on text formatting, tables, figures, citations and references.

II. METHOD

The research method used in this study is a descriptive analysis by analyzing the percentage of the students' responses to the questionnaire. The participant of this study was the 6th-grade students of SDN 16 in East Pontianak regency. There are two classes of 6th-grade in this school. The researcher took all the 60 students from two classes by using total sampling.

The data was taken from the students' response to the close-ended questionnaire consists of 35 items. The questionnaire was used to get information related to the students' healthy life behavior with two aspects such as keeping personal health and hygiene and keeping environment health and hygiene. The questionnaire consists of two options of 'yes' and 'no' response where 'yes' is value as 1 point and 'no' is 0 for each statement or question. The students were guided during the questionnaire session, in order to avoid misunderstanding and to get a common understanding for every sample.

III. RESULTS AND DISCUSSION

researcher took all the 60 students from two classes by using total sampling.

The objective of this study is to investigate the students' healthy life behavior. It is as the starting point for later to know how well the role of UKS in contributing to the students' life behavior.

After the data was collected, the calculation of frequency and percentage was conducted. From the frequency distribution resulted that the minimum score is 51.43, and the maximum score is 91.43. The midpoint is 77.14 with the standard deviation is 9.3196. The data can be described in the table below:

**Tabel 1** The descriptive statistic of students' health life behavior in SDN 16 in East Pontianak regency.

Statistic data	Result
N	60
Mean score	77,905
Std. Deviation	9,31952
Median	77,14
Mode	85,71
Max score	91,43
Min score	51,43

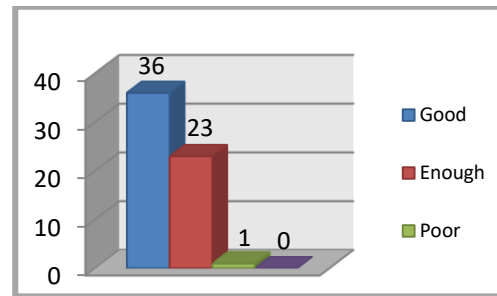
The frequency data is presented in table as follow:

**Table 2:** The frequency data of the students' healthy life behavior.

No	Interval	Category	Frequency	
			Absolute	Relative (%)
1	76% - 100%	Good	36	60%
2	56% - 75%	Enough	23	38,33%
3	40% - 55%	Poor	1	1,67%
4	<40%	Very poor	0	0%
<b>Total</b>			<b>60</b>	<b>100%</b>

From the table above, it can be seen that most of the students are categorized as have good healthy life behavior. Only one student was categorized as having poor healthy life behavior, and zero who have very poor healthy life behavior. The rest of the students have enough healthy life behavior. The frequency of the students' healthy life behavior can be seen in the diagram below:

**Diagram 1.** Students' healthy life behavior in SDN 16 in East Pontianak regency.



There are two aspects which underlie the questionnaire items such as students' behavior to personal health and hygiene, and students' behavior to environment health and hygiene. The description of the data can be described as follow:

**3.1 Students' behavior on personal health and hygiene.**

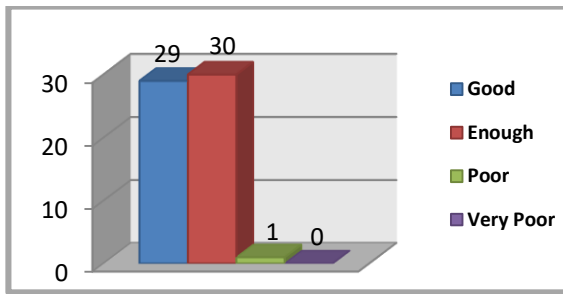
The aspects of behavior on personal health and hygiene were measured in 32 items of questions. The minimum score is 46.875 and the maximum score is 90.625. The mean score is 75.99 and the standard deviation is 9.9571. The description of the frequency and percentage can be described as follow:

Tabel 3 The descriptive analysis of the students' behavior of personal health and hygiene.

No.	Interval	Category	Frequency	
			Absolute	Relative (%)
1	76% - 100%	Good	29	48,33%
2	56% - 75%	Enough	30	50%
3	40% - 55%	Poor	1	1,67%
4	<40%	Very Poor	0	0%
<b>Total</b>			<b>60</b>	<b>100%</b>

The table above indicates that most of the students have enough behavior in personal health and hygiene. One student is categorized as poor and zero students are very poor of having behavior on personal health and hygiene, while the rest have good behavior of personal health and hygiene. From the data above it can be concluded that the students of SDN 16 in east Pontianak regency have sufficient behavior on personal health and hygiene. The description of the data about the students' behavior on personal health and hygiene can be described in the diagram below:

Diagram 2. The description of students' behavior on personal health and hygiene.



### 3.2 The students' behavior on environmental health and hygiene.

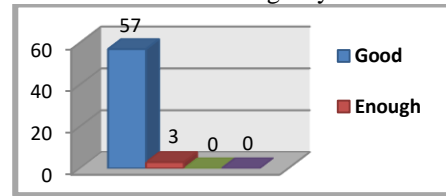
Another aspect which underlie the questionnaire is the students' behavior on the environment health and hygiene. This aspect was measured in 3 items of question. The frequency of distribution showed that the minimum score is 66.667, and the maximum score is 100. The mean score is 98.333 with the standard deviation is 7.32614. The description of the data can be described in the table below:

Tabel 4 The descriptive statistic of the students' behavior on environmental health and hygiene.

No.	Interval	Category	Frequency	
			Absolute	Relative (%)
1	76% - 100%	Good	57	95%
2	56% - 75%	Enough	3	5%
3	40% - 55%	Poor	0	0%
4	<40%	Very Poor	0	0%
<b>Total</b>			<b>60</b>	<b>100%</b>

There are 57 or around 95% of students who have good behavior on the environment health and hygiene and 3 or around 5% of students who are categorized as enough behavior. There are no students who categorized as poor and very poor behavior of environment health and hygiene. It means that the students have a high awareness of the health and hygiene of the environment. The percentage of the students' behavior on the environment health and hygiene can be described in the diagram below:

Diagram 3. The students' behavior on the environmental health and hygiene in SDN 16 in East Pontianak regency.



From the finding above, it can be said that the students of the 6th grade of elementary school have good healthy life behavior. It means that all of the school society have high awareness related to the students' behavior of a healthy life. As Simbolon & Simorangkir (2018) explain that the behavior of a healthy life in school is a set of behavior which is being practiced by students, teacher, and the school community on the basis of awareness as the result of learning so that they can independently prevent disease, improve their health and play an active role in creating a healthy environment [6].

The proof that the 6th-grade students of SDN 16 in east Pontianak regency have good healthy life behavior is from the environment. It is supported by Harahap, Saefuddin, Riani, & Indriyanto, (2018) that the clean school environment has a significant influence on students' clean lifestyle behavior [7]. The health and the hygiene of the environment has an important impact on the students' habits.

Additionally, Irshad Hussain, Muhammad Ahmad Alamgir (2015) highlighted that physical environment and environmental factors affect the health and wellbeing of elementary school students [8]. A better environment promotes health and a healthy attitude among elementary school students.

## IV. CONCLUSION

The students' answer related to their behavior on personal and environmental health and hygiene is categorized as good. The students have good behavior of personal healthy life because they have good behavior in environmental health and hygiene. It is very important to emphasize healthy life and hygiene to the students since elementary school. It is because elementary school students are in a state of faster growth and development. This is the transition time

from childhood to adolescence which demands them to be more active and in a good shape of physical.

### REFERENCES

- [1] Soekidjo, N. : Pendidikan dan Perilaku Kesehatan. PT. Rineka Cipta, Jakarta (2003)
- [2] Elizabeth, H.: Psikologi Perkembangan. Erlangga, Jakarta (2000)
- [3] Vionalita, G., & Kusumaningtiar, D. A.: Knowledge of Clean and Healthy Behavior and Quality of Life among School-Children. 431–436. *Advances in Health Sciences Research*, 2(Hsic) (2017)
- [4] Suryani, D., Oktina, B. R., Juliansyah, E., Damayanti, R., & Yulianto, A.: The clean and healthy life behavior (PHBS) among elementary school students in east Kuripan,.. 11(March), 10–22. *Jurnal Ilmu Kesehatan Masyarakat*, West Nusa Tenggara province (2020)
- [5] Depdikbud.: Kamus Besar Bahasa Indonesia. Balai Pustaka, Jakarta (1998)
- [6] Simbolon, P., & Simorangkir, L.: Penerapan UKS dengan PHBS di Wilayah Kerja Puskesmas Pancur Batu Kabupaten Deli Serdang. 17(1), 16–25. *Jurnal Kesehatan Lingkungan, Indonesia* (2018)
- [7] Harahap, T. A., Saefuddin, A., Riani, E., & Indriyanto, B.: The Relationship Between Clean School Environment And Student' s Clean Lifestyle Behaviour In Indonesia Junior And Senior High, 7(3). (2018)
- [8] Irshad Hussain, Muhammad Ahmad Alamgir, M. S.: A study of health education and its needs for elementary school students. 10(3), 26–37. *Journal on School Education Technology* (2015)