RELATIONSHIP OF AND ATTITUDE WITH CLEAN AND HEALTHY LIVING BEHAVIOR (PHBS) IN THE COMMUNITY IN U BARO VILLAGE COT GIREK DISTRIC NORTH ACEH

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ABSTRACT

The importance of clean and healthy living behavior (PHBS) in the household is that every household can improve their health and not get sick easily, children grow up healthy and intelligent, work productivity of family members increases. Clean and healthy living behavior (PHBS) is an action that is produced based on awareness and is partly an effort to become a person/group to improve themselves in the health sector. One of the efforts made to improve health is by providing health education so that people are healthy and free from various diseases. The aim of this research is to determine the relationship between knowledge and attitudes and clean and healthy living behavior (PHBS) in the community in U Baro village, Cot Girek subdistrict, North Aceh district. The instrument used in this research was a questionnaire. This research uses quantitative research with a correlational design with a cross sectional approach. This research was carried out on 29 - 2 August 2023. The total sample was 92 respondents. The sampling technique used purposive sampling. Data analysis in this study used the chi square test, the results of the study showed that there was a relationship between knowledge and clean and healthy living behavior with a p value of $0.006 < 0.05$, which means there is a significant relationship between knowledge and clean and healthy living behavior, it can be seen that there is The relationship between attitude and clean and healthy living behavior has a p value of $0.003 < 0.05$, which means there is a significant relationship between attitude and clean and healthy living behavior.

Keywords: knowledge, attitude and behavior of clean and healthy living

INTRODUCTION

Clean and Healthy Living Behavior (PHBS) is a collection of behaviors that are practiced based on individual awareness to prevent health problems. PHBS is practiced based on awareness as a result of learning, which makes a person or family able to help themselves in the health sector and play an active role in realizing the health of their community (Ministry of Health, 2019.) The importance of clean and healthy living behavior (PHBS) in the household setting, namely every household can improve health and not get sick easily, children grow up healthy and intelligent, work productivity of family members increases. By improving the health of household members, costs that should be allocated for health can be diverted to investment costs such as education costs, fulfilling family nutrition, and business capital to increase family income (Maryunani, 2013).

There are 10 indicators of the Clean and Healthy Living Behavior Program in the household setting that must be carried out by the family and all its members. The 10 indicators of Clean and Healthy Living Behavior in the household are 1) carrying out childbirth by health workers, 2) exclusive breastfeeding 3) children under 5 years being weighed every month, 4) using clean water, 5) washing hands with water clean and soapy, 6) use a healthy toilet, 7) eradicate mosquito larvae, 8) eat vegetables and fruit every day, 9) do physical activity every day and 10) don't smoke in the house. (Maryunani, 2013). Indonesia is ranked 2nd in the world as the country with the worst sanitation after India. This is very ironic compared to countries in the Southeast Asia region such as Singapore and Malaysia whose sanitation service coverage is above 90 percent. Poor sanitation can cause various diseases (WHO, 2017). while India ranks first and China ranks second. In several previous health research reports, it was found that only 38.7% of households had implemented PHBS, which shows that the figure is still not optimal (Rahman & Patilaiya, 2018).

Development programs in the health sector aim to improve the quality of human resources. These efforts are in line with government policy known as Healthy Indonesia. The PHBS program in its implementation still needs to be developed. Various obstacles were found, one of which was the lack of a common understanding of the PHBS program by health cadres. It is fully realized that the role of cadres as volunteers who are directly in the community is very important and determining as a motivator for changes in community behavior towards a positive direction. For this reason, it is necessary to provide guidance as a guideline in implementing activities (East Java Health Office, 2018)

U Baro Village, Cot Girek District, based on the results of the author's observations, there are still people who are less concerned about clean and healthy living behavior (PHBS) and have low knowledge regarding the consumption of fruit and vegetables in their daily eating habits.

METHODS

This type of research is quantitative, with analytical methods. The design chosen in this research*crosssectional.* This method is used to measure the causal relationship between knowledge, attitudes and clean and healthy living behavior (PHBS) in the community in U Baro village, Cot Girek District, North Aceh Regency, by measuring the independent variable and the dependent variable at one time. The sample in this study was 92 taken using purposive sampling technique. Data collection is through distributing questionnaires with questionnaire instruments that have passed previous validity and reliability tests. The research questionnaire consists of knowledge and attitude question items as well as clean and healthy living behavior (PHBS) variables.. The data that has been collected is then processed in five stages of data processing which include:*editing, coding, transfering, cleaning, dan tabulating.* The data that has been processed is then analyzed using the univariate analysis method to find percentages and bivariate analysis using the Chi-Square test with the error rate (alpha) used, namely 5% or 0.05.

RESULTS AND DISCUSSION

Based on research conducted by researchers on 29 - 2 August 2023, there were 92 respondents with research entitled "The relationship between knowledge and attitudes and clean and healthy living behavior (PHBS) in the community in U Baro Village, Cot Girek District, North Aceh Regency". Then the results of the characteristics of respondents can be obtained as follows

Table 4.1 Frequency Distribution of Respondents' Age, Gender, Occupation and Latest Education

No	Characteristics	F	%
1	**Age**		
	Early adolescence	8	8,69
	Late teens	25	27,17
	Early adulthood	6	6,52
	Late adulthood	22	23,91
	Early seniors	23	25
	Late seniors	8	8,69
2	**Gender**		
	man	40	43.5
	Woman	52	56.5
3	**Work**		
	Work	74	80.4
	Doesn't work	18	19.6
4	**last education**		

	SD	9	9.8
	JUNIOR HIGH SCHOOL	20	21.7
	SMA	34	37.0
	Masters	29	31.5
Amount		92	100

Source: Primary Data (Processed in 2023)

Based on table 4.1, it can be seen that the age frequency distribution of more than one quarter of the respondents (27.17%) is in the late teens category, the gender frequency distribution of more than half of the respondents (56.5%) is in the female category, the employment frequency distribution is more than three-quarters of respondents were in the working category (80.4%) and the last education level of more than a third of respondents was in the high school category (37%).

Table 4.5 The Relationship between Knowledge and Clean and Healthy
Living Behavior (PHBS)

No	Knowledge	Clean and Healthy Living Behavior (PHBS)				Amount		P value
		Good		Enough				
		F	%	F	%	f	%	
1	Good	38	74,5	13	25,5	51	100	
2	Enough	12	42,9	16	57,1	28	100	
3	Less	11	84,6	2	15,4	13	100	0,006
	Amount	61	66,3	31	33,7	92	100	

Source: Primary Data (Processed in 2023)

Based on table 4.5, it can be seen that there is a relationship between knowledge and clean and healthy living behaviorwith value*p value* 0,006< 0,05, which means there is significant knowledge of clean and healthy living behavior.

Table 4.6 The Relationship between Attitude and Clean and Healthy Living Behavior
(PHBS)

No	Attitude	Clean and Healthy Living Behavior (PHBS)				Amount		P value
		Good		Enough				
		F	%	F	%	f	%	
1	Positive	21	84	4	84	25	100	
2	Negative	43	92	23	28	67	100	0,003
	Amount	64	69,6	27	29,3	92	100	

Source: Primary Data (Processed in 2023)

Based on table 4.6, it can be seen that there is a relationship between attitude and clean and healthy living behaviorwith value*p value* 0,000< 0,05, which means there is a significant relationship between attitude and clean and healthy living behavior.

DISCUSSION

1. The relationship between knowledge and clean and healthy living behavior (PHBS)

Based on the results of research conducted on 92 respondents with the title the relationship between knowledge and attitudes and clean and healthy living behavior (PHBS) in the community in U Baro village, Cot Girek District, North Aceh Regency, the research resultsIt can be seen that there is a relationship between knowledge and clean and healthy living behavior with value *p value* 0,006< 0,05, which means there is significant knowledge of clean and healthy living behavior.

The results of this research are in line with research by Julianti, Ratna et al (2018), based on the chi-square test in table 3 shows that the p-value is 0.000, which means the p<0.05 value, then the alternative hypothesis (Ha) is accepted and the null hypothesis (Ho) is rejected. So it is concluded that there is a relationship between knowledge and PHBS (Clean and Healthy Living Behavior) in Wale-Ale Village, South Tongkuno District, Muna Regency, Southeast Sulawesi.

The results of this research are in line with research by Salmon, Rumayar and Tucunan (2019), the results of the test value of the relationship between knowledge and PHBS in household order in Kima Atas Subdistrict, Manado City using the chi-square test produced a value (p value) of 0.001 which states that there is the relationship between knowledge and PHBS household arrangements in Kima Atas Village, Manado City.

The research results of Chandra, Fauzan., A., & Aquarista, M. F, (2017), show that the results of statistical test analysis have a value of p = 0.029 < 0.05. There is a significant relationship between knowledge and clean and healthy living behavior. The results of statistical test analysis with a value of p = 0.012 < 0.05, there is a significant relationship between attitude and clean living behavior. Knowledge will provide results that are quite pure and meaningful for improving people's behavior, this is in accordance with Rogers' question in Notoadmodjo which states that knowledge/cognition is a very important domain for forming attitudes and behavior that are not based on knowledge (Salmon, Rumayar and Tucunan, 2019).

Knowledge is the result of knowing and occurs after someone senses a particular object through the five human senses. Most of a person's knowledge is obtained through the eyes and ears and is very important in the formation of a person's actions. Knowledge is closely related to

education, where it is hoped that with higher education the person's knowledge will be broader, but not all people with low education have absolutely low knowledge (Anggraeni, Suniyadewi & Devhy, 2018).

According to researchers' assumptions, family knowledge about implementing clean and healthy living is generally said to be quite good. This sufficient knowledge is based on statement points regarding exclusive breastfeeding, washing hands with clean water and soap, eradicating mosquito larvae at home, and not smoking.

2. The relationship between attitudes and clean and healthy living behavior (PHBS)

Based on the results of research conducted on 92 respondents with the title the relationship between knowledge and attitudes and clean and healthy living behavior (PHBS) in the community in U Baro Village, Cot Girek District, North Aceh Regency, the research resultsIt can be seen that there is a relationship between attitude and clean and healthy living behaviorwith value*p value* 0,003< 0,05, which means there is a significant relationship between attitude and clean and healthy living behavior.

The results of this research are in line with research (Anggraeni, Suniyadewi & Devhy, 2018), the results of statistical tests show that there is a significant relationship between family attitudes and the implementation of clean and healthy living in the household structure, with a p value = 0.000 (p < 0.05).) then Ho is rejected and the research hypothesis (Ha) is accepted, which means there is a significant relationship between the family attitude variable and the implementation of clean and healthy living in the household structure in Payangan Village, Marga I Tabanan Health Center Working Area.

The results of this research are supported by research by Srisantyorini and Ernyasihuji (2020), the results of the chi-square statistical test with Continuity Correction obtained a p value = 0.003, so it can be concluded that there is a significant relationship between attitudes and PHBS in students in grades IV, V and VI of State Elementary Schools. Sampora 1 Cisauk District. From the results of the analysis, it was also obtained that OR= 2.977, meaning that students who had a bad attitude had 3 times the chance of having bad PHBS behavior compared to students who had a good attitude.

Attitude is a person's reaction or response that is still closed to a stimulus or object. Attitude is an action or activity but is a predisposition to action or behavior (Srisantyorini & Ernyasihuji, 2020). People who have a bad attitude tend to have a level of just accepting and responding, while someone is said to have a supportive attitude, that is, they not only have a level of accepting and responding but have reached a level of respect or responsibility because the attitude shown by a person is an inner response to the stimulus. in the form of materials or objects. outside the object that gives

rise to knowledge in the form of subjects which then give rise to an inner response in the form of the object's attitude towards what it knows (Saputra & Suryani, 2021).

According to researchers' assumptions, the better the family's attitude regarding clean and healthy living, the better the implementation of clean and healthy living, and vice versa, the less the family's attitude regarding clean and healthy living, the less the family's implementation of clean and healthy living. the.

CONCLUSION

The results of the research show that there is a relationship between knowledge and clean and healthy living behavior and values$p$ $value$ 0.006 < 0.05, which means there is significant knowledge of clean and healthy living behavior. The results of the research show that there is a relationship between attitudes and clean and healthy living behavior and values$p$ $value$ 0.003 < 0.05, which means there is a significant relationship between attitude and clean and healthy living behavior.

ACKNOWLEDGEMENT

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