IMPLEMENTING HEALTHY LIFE AND SELF AND ENVIRONMENTAL CLEAN ON ORPHANS IN ISLAHUL HIDAYAT ORPHANAGE

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Abstract

Clean and healthy living behavior (PHBS) is a step that must be taken to achieve optimal health degrees for everyone including in the foundation. The emergence of various diseases that often affect children aged (5-11 years) is generally related to Clean and Healthy Living Behavior (PHBS). Some children exhibit unhealthy behaviors such as preferring to consume unhealthy foods that are high in fat, sugar, salt, low in fiber, increase the risk of hypertension, diabetes mellitus, obesity, and so on. In addition, it was also found that children who did not brush their teeth when after eating and before going to bed their teeth cavities. This condition must be anticipated immediately by improving a healthy lifestyle through PHBS. Based on surveys and interviews conducted with children at Rumah Yatim and Duafa Yayasan Islahul Hayat, Pondok Petir said it did not know how to brush their teeth properly and correctly. This community service (PKM) aims to improve the knowledge and degree of health of children in Rumah Yatim and Duafa Yayasan Islahul Hayat, Pondok Petir by counseling to maintain dental health and how to brush teeth properly and mass brushing activities. This PKM activity was carried out in accordance with the planning and lasted for one day. PHBS Dental Health Counseling and The Right Teeth brushing Movement is effective to realize health education to instill PHBS values so that it has the potential as a change agent to promote PHBS both in school, family, and community environments.

Keywords: Islahul Hayat Foundation; clean and healthy living behavior; how to brush teeth properly; PKM

INTRODUCTION

Clean and Healthy Living Behavior (PHBS) is a form of embodiment of healthy paradigms in healthy-oriented individual, family, and community cultures, aiming to improve, maintain, and protect their health both physically, mentally, spiritually, and socially. In addition, the clean and healthy living behavior program aims to provide a learning experience or create a condition for individuals, groups, families, by opening lines of communication, information, and education to improve knowledge, attitudes, and behaviors so that people are aware, willing, and able to practice clean and healthy living behaviors through leadership approaches (advocacy), fostering atmosphere (social support), and community empowerment (empowerment). Thus the public can recognize and overcome their own problems (Ministry of Health, 2007).

Health development aims to increase awareness, ability, and willingness to live a healthy life for each resident in order to realize the highest level of health. The community is expected to be able to play a role as a health development actor in maintaining, maintaining, and improving their own health degrees and playing an active role in realizing public health. This hope can be realized if the community is fully empowered with its resources to be able to implement PHBS in everyday life, whether at home, at school, at work. PHBS that must be done by each individual/family/group
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is very much, starting from waking up to going back to sleep again. PHBS is a set of behaviors practiced on the basis of awareness as a learning result that allows individuals/families/groups to help themselves in the field of health and play an active role in realizing public health degrees.

Along with the era of globalization, habits that can threaten the health of learners are also increasing. The emergence of various diseases that often affect children aged (5-11 years) is generally related to PHBS. Some children who exhibit unhealthy behaviors such as preferring to consume unhealthy foods that are high in fat, sugar, salt, low in fiber, increase the risk of hypertension, diabetes mellitus, obesity, and so on (Ministry of Health, 2011).

This condition should be immediately anticipated by improving a healthy lifestyle through PHBS. Child health care is aimed at preparing future generations who are healthy, intelligent, and qualified to lower child mortality. Educational institutions are seen as a strategic place to promote health. The Foundation is also an effective institution for realizing health education, where children can be taught about the intent of healthy and unhealthy behaviors and their consequences. In addition, the age of children (5-11 years) is a golden age to instill PHBS values and has the potential as a change agent to promote PHBS both in the school, family, and community environment (Adiwiryo, 2010).

Children at Rumah Yatim and Duafa Yayasan Islahul Hayat will be targeted by the community service program (PKM) of Pamulang University students. They are children who mostly do not know how to brush their teeth properly and correctly and it seems that some children have cavities. Children in Rumah Yatim and Duafa Yayasan Islahul Hayat become the object of the PKM program because they need efforts in improving knowledge and degrees of health, by implementing DENTAL HEALTH PHBS and the correct teething movement.

METHOD

This community service activity was held at Rumah Yatim and Duafa Yayasan Islahul Hayat Depok City on November 7, 2021. In community service activities there are 2 types of activities carried out at this dedication, namely counseling and providing materials on the application of clean and healthy living behaviors including dental and oral health and practicing them. The target audience at this activity is elementary school-age children (5-11 years old) at Rumah Yatim and Duafa Yayasan Islahul Hayat. Counseling was at least given to 17 participants of Rumah Yatim and Duafa Yayasan Islahul Hayat, Depok City consisting of 16 male participants and 1 female participant.

The method used in this activity consists of counseling/lectures and mass toothbrushes using the senses and materials provided. The counseling material provided is about the importance of brushing teeth and how to brush teeth using the correct techniques in this activity, children are given simulations of application to the mass toothbrush program carried out by PKM students.

This activity is carried out in a way:
1) Children gather in the living room of Yatim and Duafa Islahul Hayat Foundation of Depok City;
2) Opening by the student and the supervisor lecturer (Online);
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3) Introduction between the implementation of PMKM activities with the target;
4) Perception of dental health on target;
5) Providing counseling/education about dental health from the PMKM team;
6) Question and answer sessions about the material that has been submitted;
7) Demonstration of how to brush your teeth properly by wearing a dental phantom;
8) Practice together;
9) Games and activity assessment.

RESULT AND DISCUSSION
The PKM activity, which was carried out by the PKM team of Pamulang University students, was held on November 7, 2021 at Pondok Petir Depok City, involving 17 children at Rumah Yatim and Duafa Yayasan Islahul Hayat. The activity lasted for one day including preparation of activities, continued coordination with the foundation, submission of activities to the campus and the foundation, making and preparing materials for counseling and training activities for children at Rumah Yatim and Duafa Yayasan Islahul Hayat. Field observation activities in the form of our observations directly to children aged (5-11 years) who still say they do not know how to brush their teeth properly and correctly. The results of further observations were discussed with the supervisor lecturer and the PKM implementation team. The results of the discussion were then notified by the chairman of the Islahul Hayat Foundation as a representative in the area that we observed through counseling and training. The prepared material contains related to the socialization of the importance of brushing teeth and how to brush your teeth using the right techniques. To support this activity we make a presentation in the form of PPT materials and videos of brushing teeth using the correct technique. The success of the extension program is known by monitoring the preparation and implementation of activities running smoothly. At least children are able to apply how to brush their teeth using the right techniques.

![Figure 1. Process Education Provision and Q&A About How to Brush Teeth Properly](image-url)
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This PKM activity was carried out in the Depok City area precisely at the Yatim Foundation and Duafa Ishlahul Hayat. With participants who came from among children aged 5-11 years and the surrounding community. The total number of participants was 17.

This activity began with an extension event in which there were materials for dental health. The things discussed are related to the characteristics and characteristics of healthy teeth, damaged
teeth and how to overcome them. Followed by dental cleaning practices that start from brushing teeth.

After the practice of brushing teeth is carried out, it turns out that there are still a lot of children or other communities who are still not right in cleaning their teeth. Hence, the authors did an example of how to clean the teeth properly. To check the readiness and level of understanding of the material that has been given and practiced, games activities are still related to dental health.

The participants were very enthusiastic and participated very well in this game. The results obtained from this game activity of course the participants consisting of children and adults will be very understanding and ready to apply related to how to clean teeth and dental health in everyday life. In addition, the games certainly have prizes for the right and right in carrying out the games, as a form of appreciation and to increase morale for the children who participate in the event.

During the activity, there must be some obstacles experienced. Such as technical constraints on the installation of sound so that it takes time but not too much. The readiness of the committee that is responsive and capable under any circumstances can be overcome as soon as possible so that activities can take place again.

CONCLUSION

The conclusions that can be drawn from the implementation of Community Service (PKM) activities by UNPAM students at Rumah Yatim and Duafa Yayasan Islahul Hayat, Pondok Petir are as follows:

1) Children at Islahul Hayat Foundation, Pondok Petir follow the activity with passion and hope that the PKM activities that have been implemented can increase children's knowledge on how to clean and brush their teeth properly;

2) Children do the practice of brushing their teeth en masse in a cool way using phantom teeth and fun so that they can continue to improve maintaining healthy teeth and mouth;

3) Children are more active to brush their teeth and practice it properly with their friends.

REFERENCE


