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The Relationship Of Clean And Healthy Living Behavior To The Risk Of Worms In Children At SD Negeri No 095130 Senio Bangun Mount Malela District Simalungun Regency

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ABSTRACT

The prevalence of helminthiasis in Indonesia based on research is still high, around 60-80% knowing the relationship between clean and healthy living behavior with the risk of helminthiasis in children at State Elementary School Number 095130 SenioBangun. This type of research is analytic. The sample of this study were all students in grades IV, V SD. as much as 37 . The results obtained based on hand washing are known from 37 students the majority of respondents wash their hands well on students who are not at risk as many as 14 respondents (60.9%), based on snack consumption it is known that from 37 students the majority of respondents consume good snacks on risky students as many as 16 respondents (76.2%) and based on the use of latrines, it is known from 37 students the majority of respondents use good latrines for students who are not at risk as many as 12 respondents (54.5%). It is hoped that this research can be input for teaching staff and health workers to improve the quality of health services and education as well as information on clean and healthy living behavior by providing counseling.

1. Introduction

Clean and Healthy Life Behavior (PHBS) are all health behaviors that are carried out with awareness so that family or family members can help themselves in the health sector and play an active role in health activities in the community (Depkes RI, 2008).

Worms are one of the diseases that still occur in the community but get less attention (neglected diseases). Diseases that are included in neglected diseases do not cause outbreaks that appear suddenly or cause many victims, but are diseases that slowly undermine human health, cause permanent disability, decrease children's intelligence and can eventually cause death.

Worm disease is one of the public health problems in Indonesia. From the results of the study, it turns out that the prevalence of worm disease is still high, namely 60-80%. This prevalence is caused by the tropical climate and high humidity in Indonesia, which is a good environment for the development of worms, as well as poor sanitation and hygiene conditions (Azwar, 2009).

Worms or often called worms are endemic and chronic diseases caused by parasitic worms with a high prevalence, not lethal, do not interfere with the health of the human body, resulting in reduced nutritional conditions and public health. , tapeworm Taenia solium and hookworm Ancylostoma duodena (Priyoto, 2015).

One of the symptoms that are often caused by a worm infection is vomiting and diarrhea. In addition, Ascaris lumbricoides which is a type of stomach worm commonly found in children can cause death due to blockage of the small intestine and bile duct. worms including intestinal nematodes. Most of these nematodes are still a public health problem (Priyoto, 2015).

Health development as one of the national development efforts is directed at achieving awareness, willingness, and ability to live a healthy life for every resident in order to realize optimal public health degrees. Efforts to achieve optimal public health are always pursued and involve all aspects of life, both psychological, mental and social (Sitorus H, 2008).

The worm problem control program is an infectious disease control directly integrated with the diarrheal disease control program with the aim of reducing the prevalence of helminthiasis so that it can support improving the quality of human resources in order to realize healthy Indonesian people in 2010, increasing the intelligence of elementary school children in order to improve human resources and improve the health of school children. through empowerment of clean and healthy living behavior (Profile of North Sumatra Province, 2012).

In Indonesia, the prevalence of intestinal worms is still very high, especially in toddlers and elementary school age children. In the long term, intestinal worms in children can have an impact on impaired ability to learn. Elementary school age children are a group of people who are expected to grow into potential human resources in the future. So it needs to be considered and prepared to be able to grow perfectly both physically and intellectually (Depkes RI, 2006).

Clean and Healthy Living Behavior (PHBS) is one of the strategies launched by the Ministry of Health to achieve the 2015 Millennium Development Goals through the formulation of the vision and mission of Healthy Indonesia, as aspired by all Indonesian people in welcoming the Millennium Development Goals (MDGs) (Sitorus H, 2008).

According to Zitty's research (2014) the relationship between knowledge and attitudes with clean and healthy living behavior (PHBS) in students at SD InpresSirkur, Airmadidi District, North Minahasa Regency. The results of the statistical test showed that there was a significant relationship between students' knowledge and clean and healthy living behavior (p = <0.001), as well as the statistical test results between student attitudes and clean and healthy living behavior which showed a significant relationship (p = <0.005).

The human factor is personal hygiene. Personal hygiene is the effort of a person to maintain and enhance his or her own health which includes maintaining cleanliness, healthy food, regular way of life, increasing endurance and physical health, avoiding disease, and health checks. In relation to helminth infections, several researchers have shown that school age is the group that is often affected by worms because they often have contact with the ground. Worm disease is transmitted by dirty hands and long nails. One of the causes of the spread of worm disease is personal hygiene that is still poor (Priyoto, 2015).

Personal hygiene is closely related to environmental sanitation, meaning that when performing personal hygiene it must be followed or supported by good environmental sanitation.

According to Fitri's research (2012) on the analysis of risk factors for worm infection in elementary school students in the East Angkola sub-district, South Tapanuli district. The results of the chi-square test obtained p value = 0.000, it can be concluded that there is a significant relationship between latrines and helminth infections. Hand washing habits have a significant effect on the incidence of helminth infections. The results of the chi-square test obtained p value = 0.000, it can be concluded that there is a significant relationship between hand washing habits and helminth infections.

Because of the high number of children who are at risk of getting worms, the researchers are interested in conducting research on "The Relationship of Clean and Healthy Life Behavior (PHBS) to the Risk of Worms in Children in SD Negeri No. 095130 SenioBangun, GunungMalela District, Simalungun Regency in 2021". The purpose of this study was to determine the relationship between clean and healthy living behavior (PHBS) on the risk of helminthiasis in children at SD Negeri No 095130 SenioBangun, GunungMalela District, Simalungun Regency in 2021.

2. METHOD

This research method is quantitative and analytical, which is to find out how the Relationship of Clean and Healthy Life Behavior (PHBS) to the Risk of Worms in Children at SD Negeri No 095130 SenioBangun, GunungMalela District, Simalungun Regency in 2021 with an observational design through a cross-sectional approach. This research was conducted in August 2021 at SD Negeri No. 095130 Senio Bangun, Gunung Malela District, Simalungun Regency. The population in this study were all 37 children. Samples were taken by total sampling. The instrument used in this study was a questionnaire. Data analysis used univariate analysis and bivariate analysis use with chi square.

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3. RESULTS AND DISCUSSION

- **Descriptive Analysis**

TABLE 1
THE HABIT OF HAND WASHING

No	Washing Hands	Frequency (f)	Percentage (%)
1.	Bad	14	37,8
2.	Good	23	62,2
	Result	37	100

Based on the table above, it can be seen that the majority of students washing their hands at school are in the good category, namely 23 people (62.2%), and the minority in the bad category, namely 14 people (37.8%).

TABLE2
THE HABITS OF CONSUMING SNACK AT SCHOOL

No	Eat Snacks	Frequency (f)	Percentage (%)
1.	Bad	16	43,2
2.	Good	21	56,8
	Result	**37**	**100**

Based on the table above, it can be seen that the majority of students consuming snacks at school are in the good category, namely 21 people (56.8%), and the minority in the bad category, namely 16 people (43.2%).

TABLE3
THE LATRINE HABITS AT SCHOOL

No	Use the Latrine	Frequency (f)	Percentage (%)
1.	Bad	15	40,5
2.	Good	22	59,5
	Result	**37**	**100**

Based on the table above, it can be seen that the majority of students using latrines at school are in the good category, namely 22 people (59.5%), and the minority in the bad category, namely 15 people (40.5%).

TABLE4
DISTRIBUTION OF WORM RISK

No	Worms Risk	Frequency (f)	Percentage (%)
1.	Risky	21	56,8
2.	No Risk	16	43,2
	Result	37	100

Based on the table above, it can be seen that the majority of students based on the risk of worms at school are in the risk category, namely 21 people (56.8%), and the minority in the non-risk category, namely 16 people (43.2%)

- **Hypotesis Testing**

TABLE5
ANALYSISOF THE HABIT OF HAND WASHING WITH WORM RISK

No	**Washing Hands**	**Worms Risk**				**Amount**		**P Value**	**OR**
		Risky		**Not Risk**					
		F	**%**	**F**	**%**	**F**	**%**		
1.	Bad	12	85,7	2	14,3	14	100	0,007	1,679-51,875
2.	Good	9	39,1	14	60,9	23	100		
Result		**21**	**56,8**	**16**	**43,2**	**37**	**100**		

Based on the table above, it can be seen that from 37 students the majority of respondents washed their hands both in the non-risk group as many as 14 respondents (60.9%) and the minority in the risk group as many as 9 respondents (39.1%).

Based on the results of the study above, the results of the Chi-Square test were obtained with a P value of 0.007 (<0.05). These results indicate a relationship between hand washing and the risk of worms. The results of this study are in line with the research of Sudarwanto (2010) who conducted research on the relationship between clean and healthy living behavior in elementary

school students to the risk of worms in SD Negeri No. 205862 East Java found that washing hands properly had a significant relationship with the incidence of intestinal worms p=0.002<0.05. Hand washing is a useful habit to clean hands from dirt and kill germs that cause harmful diseases.

TABLE6
ANALYSIS THE HABITS OF CONSUMING SNACK AT SCHOOL WITH WORM RISK

No	Eat Snacks	Worms Risk				Amount		P Value	OR
		Risky		Not Risk					
		F	%	F	%	F	%		
1.	Bad	5	31,3	11	68,8	16	100	0,009	0,033-0,610
2.	Good	16	76,2	5	23,8	21	100		
Result		21	56,8	16	43,2	37	100		

Based on the table above, it can be seen that from 37 students the majority of respondents consumed good snacks in the risk group as many as 16 respondents (76.2%) and the minority at no risk as many as 5 respondents (23.8%).

Based on the results of the study above, the results of the Chi-Square test were obtained with a P value of 0.009 (<0.05). These results indicate a relationship between eating snacks and the risk of worms.

According to Sinarbakti (2010), healthy snacks are snacks that are nutritious and do not contain harmful substances. The benefits are to be healthy and avoid disease. How to choose healthy snacks, namely clean, away from trash cans, sewers, dust and fumes from motorized vehicles, closed, not used to hold people, not too sweet and brightly colored, still fresh, not fried in dry cooking oil, does not contain sweeteners, preservatives, flavoring agents, and artificial coloring agents, not musty or rancid, not wrapped in old paper or newspapers, packaged in plastic or other packaging and are clean and safe, see expiration date.

The results of this study are in line with research by Rusdinata (2013) who conducted research on the relationship between clean and healthy living behavior in elementary school students to the risk of worms in SD Negeri No. 106164 Sambirejo Timur, Medan Tembung District, found that consuming healthy snacks had a significant relationship with the risk of intestinal worms p=0.008<0.05.

TABLE7
ANALYSIS USE THE LATRINE WITH WORM RISK

No	Use the Latrine	Worms Risk				Amount		P Value	OR
		Risky		Not Risk					
		F	%	F	%	F	%		
1.	Bad	11	73,3	4	26,7	15	100	0,176	0,798-13,640
2.	Good	10	45,5	12	54,5	22	100		
Result		21	56,8	16	43,2	37	100		

Based on the table above, it can be seen that from 37 students the majority of respondents used good latrines in the non-risk group as many as 12 respondents (54.5%) and the minority in the risk group as many as 10 respondents (45.5%).

Based on the results of the study above, the results of the Chi-Square test were obtained with a P value of 0.176 (> 0.05). These results indicate that there is no relationship between using a latrine and the risk of worms.

The results of this study are in line with research by Rusdinata (2013) who conducted research on the relationship between clean and healthy living behavior in elementary school students to the risk of worms in SD Negeri No. 106164 Sambirejo Timur, Medan Tembung District, found that using the correct latrine had no significant relationship to the risk of worms p=1.00>0.05.

According to the researcher's assumptions, many elementary school students have less understanding and understanding of clean and healthy latrines, they do not realize that using unsanitary and unhealthy latrines can lead to reasoning of germs such as worms.

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4. CONCLUSION

Based on the results of the study, there was a relationship between hand washing and the risk of worms in children in SD Negeri No. 095130 Senio Bangun, Gunung Malela District, Simalungun Regency in 2021, p = 0.007 <0.05, There was a relationship between eating snacks and the risk of worms in children in SD Negeri No. 095130 Senio Bangun, Gunung Malela Sub-district, Simalungun Regency in 2021, p= 0.009<0.05 and There is no relationship between using latrines and the risk of worms in children in SD Negeri No. 095130 Senio Bangun, Gunung Malela District, Simalungun Regency in 2021, p=0.176>0.05

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