

## HEALTHY AND PRODUCTIVE LIFESTYLE EDUCATION FOR YOUTH AT SENIOR HIGH SCHOOL KALAM KUDUS 2 JAKARTA

Ernawati, Yohanes Firmansyah, Alexander Halim Santoso, Sukmawati Tansil Tan, Noer Saelan Tadjudin, Sari Mariyati Dewi Nataprawira, Susy Olivia Lontoh, Hendsun, Fendy Wellen, Jeffry Luwito, Valeria Saputra, Stanley Surya Cahyadi, Muhamad Rizki Nanda F

<sup>1</sup>Faculty of Medicine, Tarumanagara University, Special Capital Region of Jakarta, Indonesia

\*Email Correspondence: [ernawati@fk.untar.ac.id](mailto:ernawati@fk.untar.ac.id)

---

### Article History:

Received: 22-Oktober 2022

Revised: 24 November 2022

Accepted: 08 Desember 2022

**Keywords:** *Clean and Healthy Living Behavior; Teenager; Youth; Education*

**Abstract:** *Clean and Healthy Living Behavior is an endeavor to live a healthy lifestyle at both the individual and communal levels. In the current pandemic era, it is crucial to focus on Clean and Healthy Living Behavior in order to avoid various viruses and diseases. The necessity of Clean and Healthy Behavior must continue to be emphasized to all segments of society. Youth is a group that need attention. According to a situational analysis conducted at SMA Kalam Kudus II in Jakarta, there is a problem with poor levels of cleanliness and health consciousness. To raise high school students' understanding of clean and healthy lives, it is required to conduct activities such as lectures, discussions, and outreach. This service activity takes place in Kalam Kudus II Jakarta High School. This service action was accomplished by performing a survey of service sites, preparing service locations, and delivering Clean and Healthy Behavior support resources. Youth members have participated in Clean and Healthy Living Behavior socialization activities using lecture, discussion, and question and answer formats. This service activity worked smoothly overall. The conclusion that can be derived from this is that service activity participants recognize the significance of clean and healthy lifestyle choices in preventing various diseases.*

## INTRODUCTION

Health is the most important factor in determining the quality of a person's life. A person with a good health state is also capable and productive at work. The quality of public health is affected by numerous everyday behaviors. The adoption of a clean and healthy lifestyle is one of them.(Adliyani, 2015; Utina, 2012)

A healthy lifestyle is one that pays attention to all aspects of health conditions, beginning with food and drink, nutrition consumed, and our daily behavior, be it in a sports routine that will certainly maintain health conditions and will also prevent anything that can become the cause of disease for our bodies; furthermore, health is everyone's dream.(Lukman & Rahmanto, 2020; Nopiyanto et al., 2020; Safitri & Harun, 2020) For a healthy existence, carrying out a routine activity while paying attention to a healthy lifestyle is essential. However, physical and spiritual wealth are useless if we are still mired in a condition or scenario of illness, whether due to behavior that disregards the state of the body. A healthy lifestyle is a long-term commitment to support and maintain a variety of body processes so that they have a positive effect on health.(Dasbhara, 2020; Susiati et al., 2021; Widiastuti, 2021)

In daily life, the implementation of Clean and Healthy Behavior is crucial. This Clean and Healthy Living Behavior will have a significant impact on the health status of the community since it is performed with the intention of attaining the highest health degree.(Anhusadar & Islamiyah, 2020; Penelitian Pendidikan Kebutuhan Khusus & Pratiwi, 2019; Utami & Sani, 2021)

Educating young groups is possible through school involvement. This is consistent with the government-instituted clean and healthy behavior program in schools. Clean and healthy lifestyle behavior in schools is an activity designed to encourage students, faculty, and the school community to adopt a healthy lifestyle in order to establish healthy schools. The advantages of clean and healthy behavior in schools include the creation of a clean and healthy environment and the enhancement of the teaching and learning process.(Antari et al., 2020; Astuti & Suwardi, 2021; Tentama, 2018; Zukmadini et al., 2020)

Community service activities regarding building awareness of clean and healthy living behaviors, carried out at SMA Kalam Kudus II Jakarta to provide insight into knowledge and knowledge related to Clean and Healthy Behavior, and the importance and benefits of implementing clean and healthy living behaviors from a young age. Adolescents will be provided with an understanding by observing environmental situations and conditions as well as health problems through forms of activity.

The purpose of implementing this community service is:

1. Increasing understanding and building public awareness, especially starting from youth regarding Clean and Healthy Behavior.
2. Increasing youth awareness especially SMA Kalam Kudus II Jakarta class 12 about Clean

and Healthy Behavior.

3. There are changes in people's behavior, especially starting at the age of teenagers.

## METHOD

This service to the community was performed on December 5, 2022. 55 students in class 12 at SMA Kalam Kudus II, Jakarta, participated in an educational exercise on Clean and Healthy Behavior. The implementation of activities commences with a survey and the identification of partner-owned issues, followed by coordination with the school. At addition, the activity is conducted by educating pupils in schools.

In order for activities to go smoothly, the team use a variety of methodologies such as lecture methods, questions and answers, and reflections that are tailored to field findings. In order to properly listen to partners' complaints and wants, the mentoring technique taught by the facilitator during training was implemented. Clearly, the objective is to maximize existing training activities. Partners in this program are positioned as objects in this activity because Partners are expected to devote their time, energy, focus, and concern for partner issues.

## RESULTS AND DISCUSSION

The stages of community service activities have been completed by conducting site visits to prepare venues for community service on 2 December 2022 with partners. The Head and Secretary of SMA Kalam Kudus II Jakarta, located in Jl. Angsana Utama II Block F6 No.1, RT.3/RW. Duri Kosambi, Cengkareng District, West Jakarta City, Special Capital Region of Jakarta 11750, greeted the community service team. The Kalam Kudus II Jakarta High School has agreed to conduct the activity on December 5, 2022 due to the high volume of Partner events in November and December in conjunction with the Semester End Examination. The socialization on clean and healthy living behavior was conducted in the classrooms of SMA Kalam Kudus II Jakarta on December 5, 2022, with class 12 science and social studies students and teacher representatives in attendance. The event begins between 10:00 and 12:00 WIB. All students and teachers embraced this activity as a means of increasing public awareness of the importance of adopting a clean and healthy lifestyle BEHAVIOR in order to avoid various diseases, particularly in the era of the Covid-19 pandemic. The service team discussed the significance of Clean and Healthy Behavior in their presentation.

This activity also provides counseling on:

1. Understanding of a healthy lifestyle
2. Eat balanced and regular nutrition
3. Benefits of Clean and Healthy Behavior.
4. Regular physical activity and exercise
5. Get enough sleep

6. Personal and environmental hygiene
7. Healthy living habits
8. Routine health checks
9. Time and stress management

**Table 1. The results of the Pre-Post Test before and after counseling are as follows**

Parameter	Total students	Average Correct Answers
Before Counseling	55	2,4 (0,64)
After Counseling	55	4,5 (0,23)

The enthusiasm of the participants in this activity was seen in the discussion and question and answer sessions that were conducted. This is illustrated by the increase in scores from the pre and post tests (Table 1). At the end of the event, the participants of this activity were committed to implementing clean and healthy living behaviors and becoming pioneers in society.



**Figure 1. Documentation of Extension Activities at SMA Kalam Kudus II Jakarta**



**Figure 2. Documentation of Pre-Post Test Activities**

## CONCLUSION

The conclusion that can be derived from the activities that have been carried out is that the participants in this activity are very committed to its success and recognize the importance of clean and healthy living habits as a means of disease prevention. Participants in the activity are also prepared to become pioneers of clean and healthy lifestyles at SMA Kalam Kudus II Jakarta.

From this activity, suggestions can be made that Tarumanagara University's community service institutions can conduct activities in various fields and disciplines, such as in schools or with other community organizations. This practice must be performed periodically to educate the people in the middle of a pandemic that has swept the globe, particularly Jakarta.

## ACKNOWLEDGEMENTS

We are grateful to the Tarumanagara University Research and Service Institute for providing funds in carrying out this community service activity, as well as to all levels of the Kalam Kudus School, especially Kalam Kudus II Jakarta High School, who have become our partners.

## REFERENCE

- Adliyani, Z. O. N. (2015). Pengaruh Perilaku Individu terhadap Hidup Sehat The Effect of Human Behavior for Healthy Life. *Majority*.
- Anhusadar, L., & Islamiyah, I. (2020). Penerapan Perilaku Hidup Bersih dan Sehat Anak Usia Dini di Tengah Pandemi Covid 19. *Jurnal Obsesi : Jurnal Pendidikan Anak Usia Dini*. <https://doi.org/10.31004/obsesi.v5i1.555>
- Antari, N. P. U., Dewi, N. P. K., Putri, K. A. K., Rahayu, L. R. P., Wulandari, N. P. N. K., Ningsih, N. P. A. W., Pertiwi, N. W. A., Cahyanti, N. P. S. D. C., Damayanti, M. E. A., Dewi, M. T. L., Candrayani, K. T., & Jati, G. B. K. A. (2020). PERILAKU HIDUP BERSIH DAN SEHAT MAHASISWA UNIVERSITAS MAHASARASWATI DENPASAR SELAMA PANDEMI COVID-19. *Jurnal Ilmiah Medicamento*. <https://doi.org/10.36733/medicamento.v6i2.1056>
- Astuti, F. P., & Suwardi, S. (2021). PERSEPSI ORANGTUA TERHADAP PERILAKU HIDUP BERSIH DAN SEHAT PADA ANAK USIA DINI. *Jurnal Anak Usia Dini Holistik Integratif (AUDHI)*. <https://doi.org/10.36722/jaudhi.v3i1.588>
- Dasbhara, C. (2020). Pentingnya Menjaga Pola Hidup Sehat Selama Masa Pandemi. *Yoursay.Suara.Com*.
- Lukman, A. M., & Rahmanto, O. (2020). Aplikasi Panduan Pola Hidup Sehat. *Indonesian Journal on Software Engineering (IJSE)*. <https://doi.org/10.31294/ijse.v6i1.7774>
- Nopiyanto, Y. E., Raibowo, S., Sugihartono, T., & Yarmani, Y. (2020). Pola Hidup Sehat Dengan Olahraga dan Asupan Gizi Untuk Meningkatkan Imun Tubuh Menghadapi Covid-19. *Dharma Raflesia : Jurnal Ilmiah Pengembangan Dan Penerapan IPTEKS*. <https://doi.org/10.33369/dr.v18i2.13008>
- Penelitian Pendidikan Kebutuhan Khusus, J., & Pratiwi, R. (2019). Implementasi Perilaku Hidup Bersih dan Sehat di Lingkungan SLB Negeri 2 Padang. *Jurnal Penelitian Pendidikan*

*Khusus.*

- Safitri, H. I., & Harun, H. (2020). Membiasakan Pola Hidup Sehat dan Bersih pada Anak Usia Dini Selama Pandemi Covid-19. *Jurnal Obsesi : Jurnal Pendidikan Anak Usia Dini*. <https://doi.org/10.31004/obsesi.v5i1.542>
- Susiati, S., Makatita, S. H., Azwan, A., Taufik, T., Musyawir, M., Amir, N. F., & Indrayani, N. (2021). Edukasi Pola Hidup Sehat dalam Menghadapi Tanggap Darurat Pandemi Covid-19. *Jurnal Abdidas*. <https://doi.org/10.31004/abdidas.v2i2.272>
- Tentama, F. (2018). PENERAPAN PERILAKU HIDUP BERSIH DAN SEHAT (PHBS) DEMI KESEJAHTERAAN MASYARAKAT KECAMATAN TUNTANG KABUPATEN SEMARANG JAWA TENGAH. *Jurnal Pemberdayaan: Publikasi Hasil Pengabdian Kepada Masyarakat*. <https://doi.org/10.12928/jp.v1i1.309>
- Utami, F. A., & Sani, F. (2021). Gambaran Perilaku Hidup Bersih dan Sehat (PHBS) di Era Pandemi Corona Virus Disease (COVID-19) di Indonesia. *Jurnal Biostatistik, Kependudukan, Dan Informatika Kesehatan*. <https://doi.org/10.51181/bikfokes.v1i3.4662>
- Utina, S. S. (2012). Alkohol dan Pengaruhnya Terhadap Kesehatan Mental. *Jurnal Health and Sport*.
- Widiastuti, K. (2021). PENERAPAN POLA HIDUP SEHAT PADA SANTRIWATI DI PONDOK PESANTREN KHULAFATUR RASYIDIN TAHUN PELAJARAN 2018/2019. *Tarbawi Khatulistiwa: Jurnal Pendidikan Islam*. <https://doi.org/10.29406/tbw.v6i1.2776>
- Zukmadini, A. Y., Karyadi, B., & Kasrina, K. (2020). Edukasi Perilaku Hidup Bersih dan Sehat (PHBS) dalam Pencegahan COVID-19 Kepada Anak-Anak di Panti Asuhan. *Jurnal Pengabdian Magister Pendidikan IPA*. <https://doi.org/10.29303/jppmi.v3i1.440>