

**HABITUATION OF CLEAN AND HEALTHY LIVING BEHAVIORS IN  
EARLY CHILDHOOD DURING THE COVID-19 PANDEMIC**<sup>1</sup>Salma Putri Maulida, <sup>2</sup>Dewi Siti Aisyah, <sup>3</sup>Lilis Karyawati<sup>1,2,3</sup>Universitas Singaperbangsa Karawang, Indonesia<sup>1</sup>[salmaputrimaulida09@gmail.com](mailto:salmaputrimaulida09@gmail.com), <sup>2</sup>[dewi.siti@fai.unsika.ac.id](mailto:dewi.siti@fai.unsika.ac.id),  
<sup>3</sup>[lilis.karyawati@fai.unsika.ac.id](mailto:lilis.karyawati@fai.unsika.ac.id)**Abstrak**

Perilaku hidup bersih dan sehat sangatlah penting untuk di implementasikan dan menjadi tanggung jawab pada diri masing-masing terutama di waktu pandemi covid-19 saat ini. Jumlah orang yang terinfeksi virus covid-19 terus meningkat sehingga perlu kesadaran pada diri seseorang untuk membiasakan hidup sehat dan bersih. Perilaku hidup bersih dan sehat perlu ditanamkan sejak dini agar kelak bisa menjadi suatu kebiasaan sehingga anak dapat terhindar dari berbagai penyakit. Tujuan dilakukannya penelitian ini yaitu untuk mengetahui penerapan perilaku hidup bersih dan sehat yang telah diajarkan dan dibiasakan pada anak usia dini di TK Kartika IX-8 Yonif Para Raider 305 Karawang terutama di masa pandemi covid-19. Metode penelitian ini menggunakan kualitatif deskriptif dengan teknik pengumpulan data menggunakan wawancara dengan tiga tahapan yakni reduksi data, *display* data, lalu mengambil kesimpulan hasil wawancara. Hasil yang didapat ialah penerapan perilaku hidup bersih dan sehat di TK Kartika IX-8 sangat baik. Terjalannya kerja sama guru dan orang tua siswa makin memudahkan untuk membiasakan perilaku hidup bersih dan sehat pada anak usia dini terutama di masa pandemi covid-19 yang terjadi pada saat ini. Selain itu TK Kartika IX-8 juga dilengkapi dengan fasilitas yang mendukung dalam menerapkan perilaku hidup bersih dan sehat sehingga perilaku hidup bersih dan sehat dapat berjalan dengan baik. Novelty yang kemudian menjadi kontribusi penelitian ini adalah habit formation dan cuci tangan merupakan kebiasaan yang baik dan perlu dijadikan karakter peserta didik.

**Kata Kunci:** PHBS, Pandemi Covid-19, Guru, Orang Tua.

**Abstract**

Clean and healthy living behaviors are very important to be implemented and become a responsibility to each of them, especially during the current covid-19 pandemic. The number of people infected with the covid-19 virus continues to increase so it is necessary to be aware of oneself to get used to living a healthy and clean life. Clean and healthy living behavior needs to be instilled from an early age so that later it can become a habit so that children can avoid various diseases. The purpose of this research is to find out the application of clean and healthy living behaviors that have been taught and habituated in early childhood at Kartika IX-8 Kindergarten Yonif Para Raider 305 Karawang, especially during the covid-19 pandemic. This research method uses descriptive qualitative with data collection techniques using interviews with three stages, namely data reduction, *data display* , and then drawing conclusions from the interview results. The results obtained are that the implementation of clean and healthy living behaviors in Kartika IX-8 Kindergarten is very good. The cooperation between teachers and parents of students makes it easier to get used to clean and healthy living behaviors in early childhood, especially during the current Covid-19 pandemic. In addition, Kartika IX-8 Kindergarten is also equipped with facilities that support in implementing clean and healthy living behaviors so that clean and healthy living behaviors can run well. Novelty that later became a contribution to this research is habit formation and hand washing is a good habit and needs to be used as a character of students.

**Keywords:** PHBS, Covid-19 Pandemic, Teachers, Parents.

## Introduction

Children are a gift or gift given by Allah and require the right stimulus so that children's growth and development can develop optimally. Children have unique and different traits. NAEYC (*National Association Education for Young Children*) said that early childhood is someone who exists in the age range of 0-8 years.[1] The childhood period is also called the *golden age* because during this period all aspects of development in children are developing and increasing rapidly, therefore children need an example and education that is correct or appropriate to develop children's growth and development through formal, non-formal, and in formal education. In order for children to develop optimally, the role of parents and the surrounding environment is needed to provide stimulus to children and create a supportive and safe environment for children's growth and development.

Education is very important for all human beings because education is an effort to make humans better. Education needs to be implemented from an early age to form a quality and quality generation or descendants in the future.[2] Education comes from the word *didik* or *educate* which has the meaning of striving and providing guidance to children.[3] Early childhood education according to Law Number 20 of 2003 concerning the National Education System is a guidance provided to children from birth to the age of six years with the provision of appropriate stimuli to help the development and growth of children to enter further education.[4] At this time, the aspect of children's growth and development is increasing, therefore it is necessary to apply the habituation of a clean and healthy lifestyle through habituation from an early age.

The Covid-19 virus (*Corona Virus Disease 2019*) is a virus that can attack breathing and cause severe pneumonia and cause death. This virus is very dangerous and can spread through the air and fluids from coughing or sneezing. The liquid spreads through the air and can then lodge in the body through the nose, eyes and mouth. If the liquid hits another person, that person can also be exposed to the covid-19 virus. Fluids expelled through sneezing and coughing from patients with the virus can last for 24 hours.[5]

Because the spread of the covid-19 virus is very fast, the habit of a clean and healthy lifestyle is each person's personal responsibility. Getting used to a clean and healthy lifestyle needs to be implemented from an early age, especially during the current Covid-19 pandemic. Clean and healthy living behavior according to the Ministry of Health of the Republic of Indonesia is a behavior that is carried out because of self-understanding so that all family members can help themselves in the health department and have a function in community activities to make the community a bringer of change so that they can develop daily behavior habits to live a healthy and

clean life.[6] Covid-19 occurred in December 2019, the Covid-19 virus began to occur in Wuhan China and then spread to other countries including Indonesia.[7] The increase in positive cases of covid in Indonesia is due to the fact that there are still many people who underestimate this dangerous virus. The data obtained from the Covid-19 Handling and National Economic Recovery Committee on July 13, 2021, there were 2,567,630 people who were confirmed positive cases of covid.[8] The data can increase so that it becomes a preparedness for all parties, which is why it is very important to prioritize health during this covid pandemic. Early childhood is vulnerable to various diseases and generally it turns out that this is caused by the lack of implementation of a clean lifestyle. Therefore, insights into health and habits of clean and healthy living behaviors are important to be trained from an early age to create a healthy school environment and home environment.[9]

The Covid-19 pandemic also had an impact on the world of education, so the government issued a policy to conduct online learning from the PAUD to university levels. This is done to reduce the spread of the covid-19 virus.[10] However, not all educators, students, and parents have the skills to use various online learning sites, so online learning sometimes does not run optimally. At this time the Ministry of Education and Culture (Kemendikbud) has issued a television program, namely "Learning from home" to help educators, parents, and students who have internet barriers and to overcome student boredom when studying at home.[11] With the policy issued by the government, it is hoped that teachers, parents and children can continue to maintain their health and follow the appeal to carry out activities from home.

The increase in covid-19 cases that occurred in Indonesia certainly makes the community even more anxious. However, there are still many people who underestimate and do not comply with the health appeals or protocols issued by the government. Although WHO and the Ministry of Health of the Republic of Indonesia have provided various information and guidelines regarding covid-19, there are still many people who have not been able to understand the information and guidelines. To stop the spread of the virus, not only through *social distancing* but also needs to be balanced with the implementation of a clean and healthy lifestyle. According to the opinion of Sulaeman and Supriadi (2020), in addition to providing insight about covid to the community, it is also necessary to provide insight into a clean and healthy lifestyle so that people can avoid or stop the transmission of covid-19.[12] Therefore , the application of a clean and healthy lifestyle needs to be taught and carried out from an early age so that children are accustomed to living clean so that children can avoid various diseases in the future.

The implementation of clean and healthy living behaviors through habituation that can be carried out according to the Ministry of National Education is helping or helping others, reading prayers and meals, greeting by saying greetings when meeting other people, doing self-cleaning such as bathing, brushing teeth, and defecating. It can also be done by maintaining the cleanliness of the environment by not littering, carrying out worship activities in accordance with their religion, following the rules at school, saying thank you, respecting older people, using polite language, repairing used utensils, and leaving for school on time.[13] Teaching clean and healthy living behaviors to children can also use image or animation video media to make it more interesting and then can practice with children such as washing hands, cleaning used utensils, consuming nutritious food, brushing teeth, bathing, shampooing, using masks and maintaining distance, especially during this pandemic.

Based on the description that has been explained above, covid-19 cases are increasing because there are still many people who do not comply with health rules and do not implement a clean and healthy lifestyle. Therefore, the researcher is interested in conducting a mini research at Kartika IX-8 Karawang Kindergarten to examine whether the kindergarten institution has implemented clean and healthy living behaviors in early childhood, especially during the current Covid-19 pandemic. The results of observations have been carried out in kindergartens, clean and healthy living behaviors have been implemented, especially during the covid-19 pandemic. The school has implemented clean and healthy living behaviors in early childhood. Such as wearing *face shields*, washing hands, maintaining distance, dividing students' schedules to school into two sessions so that children can keep their distance, re-cleaning up play utensils or tableware when they have finished being used, doing movements and songs together before starting learning, cutting children's nails every Monday, and wearing masks when in the school environment.

## Research Methods

This study uses a descriptive qualitative research method that was compiled to describe the application of clean and healthy living behaviors in early childhood during the covid-19 pandemic. Descriptive research according to Punaji Setyosari is a type of research that has the purpose of explaining or describing an event or situation, object or everything that is bound by variables that can be explained either in the form of numbers or words.[14] This research method is analyzed based on the facts that occurred and is not manipulated at all by the researcher.[15] The subjects in this study were 12 respondents including 4 teachers, 4 parents of students, and 4 students at Kartika IX-8 Kindergarten, Karawang. The reason the researcher is interested in using the descriptive qualitative method is because the researcher wants to uncover the facts and phenomena that occur

regarding the application of clean and healthy living behaviors that occur in the field. The place where this research was carried out was at Kartika IX-8 Kindergarten Yonif Para Raider 305 Karawang. The researcher chose this place because this place is considered strategic because the institution is a superior institution with school accreditation, namely A. Another reason the researcher chose the school institution is because it is easier to get information and the availability of manpower and time.

The data source in this study was obtained through interviews with 4 teachers, 4 parents of students, and 4 students at Kartika IX-8 Kindergarten, Karawang. *Interview* (interview) is a data collection technique that is carried out by communicating orally with respondents in both structured, non-structured, and semi-structured forms.[16] Interview data was obtained in the form of opinions and was conducted individually based on the results of interviews between respondents and researchers. The interview in this study went through three stages of process namely data reduction, *data display*, and then drawing conclusions. Interviews were conducted in detail with the teachers of Kartika IX-8 Kindergarten and parents of students by asking about the implementation of clean and healthy living behaviors carried out at home and in the school environment during the current Covid-19 pandemic.

## Discussion

The covid-19 virus is a dangerous virus and can attack humans regardless of age. This virus can attack the respiratory tract with mild, moderate or severe symptoms.[15] Symptoms that occur are similar to those of the common cold and can even be high fever and can be very dangerous and can lead to death. The increase in the Covid-19 outbreak is caused by people who still underestimate this virus and the lack of implementation of clean and healthy living behaviors in the community. As a result of this increase in cases, the government finally declared a policy that teachers and students conduct learning from home or online to break the chain of the spread of the covid-19 virus. Clean and healthy living behaviors are very important to be implemented from an early age, especially during the covid-19 pandemic that is happening at this time, of course the application of clean and healthy living behaviors is taught by teachers and parents of students to children in different ways.

Clean and healthy living behavior is a set of actions that are done with awareness as a result of learning that can make a person able to help himself and play an active role in the field of Health.[17] Maintaining personal hygiene and the surrounding environment is a responsibility to each oneself, personal hygiene includes cleanliness of all body members and clothing used. Self-hygiene that can be applied to early childhood at home is bathing twice a day using clean soap and

running water, brushing teeth, washing hair or shampooing, tidying up hair after bathing and shampooing using a comb, cleaning children's ears both outside and inside the ears, recleaning toys or cutlery that have been used, dispose of garbage in its place, and cover your mouth when coughing or sneezing. This clean and healthy living behavior needs to be instilled and habituated from an early age.

One of the elements or factors that can affect the implementation of clean and healthy living behaviors is habituation carried out at home, the surrounding environment and at school, therefore teachers and parents should provide examples of the application of clean and healthy living behaviors to children.[13] At first, parents admit that it is difficult to apply clean and healthy living behaviors to their children, but children become accustomed to these clean and healthy living behaviors. This is in accordance with the results of interviews that have been conducted with the parents of students:

"At first, we as parents of students found it very difficult to implement clean and healthy living behaviors in children such as cutting nails, inviting children to clean their ears, and getting children used to cleaning up toys or equipment that they have used. However, by cooperating with classroom teachers such as teachers who always check students' nails on Mondays and check students' hygiene, over time children will want to carry out clean and healthy living behaviors. Teachers also provide learning videos about clean and healthy living behaviors which are sent through group whatsapp and make video calls with children so that children want to carry out clean and healthy living behavior activities without being told by parents".

Habituation of clean and healthy living behavior can be applied through various ways and media so that it can attract children's attention and be easily understood by children. Habituation of clean and healthy living behaviors can be done with regular exercise, eating nutritious food that is good for children's health, washing hands and getting enough rest. Based on the results of interviews that have been conducted by the researcher with teachers at Kartika IX-8 Karawang Kindergarten, it can be concluded that teachers have implemented clean and healthy living behaviors to children by inviting children to do movements and songs in the school field by complying with health protocols and still wearing masks and *face shields*, then teachers also always remind children about clean and healthy living behaviors through learning videos and *Video call* with students when learning is carried out online. This is in accordance with the results of interviews that have been conducted with teachers at Kartika IX-8 Kindergarten as follows:

"We as teachers at Kartika IX-8 Kindergarten always remind and set an example for students about clean and healthy living behaviors, especially during the Covid-19 pandemic. Once a week in the morning before learning is carried out, we invite students to gather in the school field to do physical exercises such as gymnastics and movement and song together while still

complying with health protocols, namely wearing masks, face shields and maintaining distance. When learning is carried out online, we also invite students to continue to do sports such as playing bicycles, doing gymnastics and moving songs from home. We also always remind students to eat nutritious food and get enough rest. When learning is carried out online, we send assignments in the form of videos in the form of animations and learning videos that have been recorded by the teacher. We also ask for help from the parents of students to record the assignments that we have given in the form of videos then the parents of the students can send it to the class group whatsapp". These clean and healthy living behavior activities are carried out continuously or continuously so that children become accustomed to doing it.

Early childhood is in the golden *age* , meaning that all aspects of development are developing and at this time children can learn quickly by imitating the people around them, therefore parents and teachers become models or examples for children. This is in accordance with Bandura's modeling theory which states that early childhood learns from people who are more mature to treat it, children also learn and imitate from what children see and hear. Therefore, cooperation between teachers and parents is very important. Habituation of clean and healthy living behaviors carried out from an early age will have a good influence on children's healthy lifestyles, which means that children will be accustomed to maintaining the cleanliness of themselves and the surrounding environment. Therefore, good cooperation between teachers and parents of students is needed so that children's growth and development run optimally, one of which is by implementing clean and healthy living behaviors from an early age.[18] Based on the results of observations made by researchers at Kartika IX-8 Karawang Kindergarten, cooperation between parents and teachers has been well established. The teacher gives examples of how to wash hands correctly through songs and learning videos that are sent to students' parents, then children imitate and students' parents send the handwashing assignment in the form of videos. When learning face-to-face, teachers also always invite students to wash their hands before and after doing activities by inviting students to the sink that has been provided by parents. The method used by teachers in teaching handwashing is interesting and easy for students to understand. The results of the interviews that have been conducted by the researcher with the informant are as follows:

"When learning is carried out face-to-face, we as teachers apply clean and healthy living behaviors to students by inviting students to wash their hands together. We invite students to go to the school sink and then the children queue for their turn to be able to wash their hands with soap. We also teach students how to wash their hands properly and the stages of hand washing through songs sung together with students to make it easier for students to remember. When learning is done online, we send videos on how to wash hands properly using soap and running water."

After the teacher sends a video on how to wash their hands, the children follow the instructions, then the parents record the activities of the child who is washing their hands and then send it to the class teacher in the form of a video.

"We as parents of students certainly support the handwashing activity by providing a place to wash hands that is easy for children to reach and providing hand soap. We also always remind children to maintain cleanliness in the home and school environment". The results of the interview with the students are as follows: "When I was at home, my mother always recorded my activities and then sent them to my teacher. Mamah also always accompanied my activities while at home".

One of the other ways to implement clean and healthy living behaviors is to maintain nutritional needs and diet in children. Children should be kept away from foods such as ciki, *soft drinks*, candy, *junk food*, chocolate and other sweet foods. It is recommended to give food and drinks that are in accordance with the nutritional needs of children. The food given to children must be balanced, harmonious and compatible. What is meant by balance is that the value or nutritional content of food must be in accordance with the needs of children based on their age. Next is alignment, meaning adjusted to the family's socio-cultural, religious, and economic conditions. Then harmonious, meaning in accordance with the child's growth and development level [19]. Eating fruits and vegetables is very good for our body because fruits and vegetables contain a lot of vitamins, fiber and minerals that can be beneficial for our body. Then drinking 6-8 glasses of water a day can also help the immune system in our body to avoid dehydration.[20] In addition to eating nutritious food, children's health is also affected by adequate sleep patterns. Food is food that contains substances needed by the body and contains nutrients (four healthy, five perfect) that are good for the body to consume. In addition, healthy food is food that contains nutrition, is hygienic, and does not contain germs that can cause disease and harm the health of the body.[21]

"As a parent, I have implemented clean and healthy living behaviors for my children. Like I always get used to children drinking milk before going to school, bringing food supplies for children, always bringing water stored in drinking places for children to take to school, and inviting children to go cycling to the surrounding environment. In addition, I also do simple and easy cooking activities with children while remembering the names of fruits and vegetables as taught by the teacher at school".

Based on the results of the interview, it can be concluded that the parents of the students have implemented clean and healthy living behaviors by accustoming their children to consume nutritious food. The teacher's statement that the teacher has implemented clean and healthy living behaviors with hand washing activities is reinforced by the results of interviews with children.

"I am always diligent in washing my hands especially before and after eating. Moms and teachers said that at this time there is a covid-19 pandemic. My mother and teacher said the coronavirus is so dangerous that it requires me to maintain more hygiene, maintain distance, and wear a mask. Therefore, when I go out of the house, I always wear a mask and diligently wash my hands with soap and running water."

In addition to teachers and parents of students who have implemented clean and healthy living behaviors well to children, the hygiene facilities at Kartika IX-8 Karawang Kindergarten are also very good, especially during the covid-19 pandemic. Such as the availability of sinks and hand soap in the bathroom and entrance to Kartika IX-8 Kindergarten which is made according to the child's reach so that children can easily wash their hands, when children will enter the school environment children will be checked the temperature first at the entrance, the availability of *hand sanitizers* in each class, the availability of *face shields* for teachers and children, the availability of UKS rooms, the availability of large fields so that teachers and children can easily carry out sports activities while maintaining distance and health protocols. At Kartika IX-8 Karawang Kindergarten there is also a clean and healthy living behavior program such as dental check-ups held once a month by the dentist, giving *extra pudding* in the form of nutritious food for children every Wednesday and Friday, weighing the weight and height of children every two weeks, teaching children to dispose of garbage in its place, eating together programs at school with the theme of children bringing provisions in the form of fruits and vegetables from home, cleaning the classroom and mosquito larvae every day, as well as getting children used to always washing their hands with running soap before the child enters the school environment.

## Conclusion

Based on the results of the interview that has been held at Kartika IX-8 Karawang Kindergarten with data sources, namely teachers, students and parents of students. Therefore, the results were obtained that there was good cooperation between parents and teachers in implementing clean and healthy living behaviors in children, especially during the Covid-19 pandemic. Children who initially find it difficult to get used to a healthy lifestyle are now more accustomed to carrying out clean and healthy living behaviors. The application of clean and healthy living behaviors applied to children includes personal hygiene such as brushing teeth, nail examinations held by schools so that children can get used to cleaning their nails, cleaning their ears, cleaning their hair or shampooing, washing their hands with soap and running water, consuming nutritious food, getting enough rest, and exercising. Teachers at Kartika IX-8 Kindergarten also accustom children to wash their hands, wear masks, and maintain hygiene in children in the form of learning videos when school is held

online. The implementation of clean and healthy living behaviors can run well if there is a good cooperative relationship between teachers and parents of students.

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