

Clean and Healthy Living Behavior (Washing Hands with Soap) with a Peer Group Support Approach to the Community

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Abstract

Background: Healthy living behavior is an important activity to be carried out by all levels of society at large. So that in carrying out daily activities can avoid diseases caused by a lack of personal hygiene. In the process of carrying out clean and healthy living behavior activities such as washing hands with soap, not a few people feel bored. The side effect that will be obtained because of this activity is a decrease in work motivation from the community. So, it needs a particular activity to overcome this problem. One of the activities that can be carried out is to provide a support system for fellow citizens in carrying out clean and healthy living behaviors, namely washing hands with soap.

Objective: To increase an individual health status will particularly impact community groups and the country.

Method: This activity is carried out at least once a week by gathering and telling about daily activities, which always start with washing hands.

Result: Mutual support between people working more often outside the home can provide new motivation and enthusiasm for doing their job and a clean and healthy lifestyle. Health education with a peer support approach to the community is more interesting.

Conclusion: It has more enthusiasts, so the community will be more obedient to the agreed rules, namely carrying out clean and healthy living behavior activities that can optimize the performance of each individual.

Keywords: Clean and healthy living behavior, Peer group support, Washing hands with soap

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Introduction

Awareness of the importance of implementing Clean and Healthy Behavior (PHBS), which is “Washing Hands with Soap,” is decreasing. This can be seen in how a person gets used to washing hands in everyday life; many people ranging from children, and teenagers to adults, do not understand the importance of always getting used to washing hands in everyday life, especially as an effort to maintain health.¹

PHBS's "Washing Hands with Soap" needs particular attention, especially for people very vulnerable to experiencing health problems such as diarrhea, respiratory diseases, and skin diseases. This happens because the activity patterns of each individual vary significantly inside and outside the home, all of which can be at risk of making people sick.² The general public must also know the benefits of washing hands with soap to optimize their health. The community needs to know about the positive and negative impacts related to PHBS "Washing Hands with Soap".³

Provision of personal hygiene facilities at home, such as water faucets, soap, buckets, etc., must receive attention so that the working community, especially farmers who work in the fields, can carry out PHBS "Washing Hands with Soap" more enthusiastically because it has the support of the community in general.⁴ PHBS "Washing Hands with Soap" is a good habit that will improve individual health status if carried out continuously throughout the life cycle. Increasing individual health status will particularly impact community groups and the country.

Method

Based on the community problem identification results, a problem-solving mechanism was obtained by counseling on the importance of clean and healthy living by washing hands with soap. The health education mechanism uses a peer group support approach.⁵ The implementation mechanism is divided into three processes, namely, 1) conduct counseling about the impact of not practicing a clean and healthy lifestyle; 2) form small groups of participants; 3) provide procedures for washing hands using soap properly through a peer group support approach. A team of health educators initiated this mechanism to provide an example, then continued with the community to do it themselves. This mechanism can be carried out continuously at least once a week, so that it can become a good habit for implementing clean and healthy living behaviors by

washing hands with soap.

Results & Discussion

Health education on clean and healthy living has been conducted by washing hands with soap in the community. The implementation of counseling and group discussion mechanisms with a peer group support approach was done for one day. When the counseling was carried out, the community looked enthusiastic in paying attention and listening to every material delivered by the extension team. This counseling is focused on providing understanding to the community regarding the impact of not practicing a clean and healthy lifestyle, namely washing hands with soap. The impacts that can occur include being susceptible to disease due to the condition of the hands that have lots of germs and infect parts of the body. In addition, if you only wash your hands but don't use soap, then the germs and bacteria in the hand area cannot be cleaned optimally because running water alone cannot kill germs and bacteria.⁶

Suppose the behavior of clean and healthy life, namely by washing hands with soap, is not appropriately managed. In that case, it will decrease health because the body is more susceptible to attack by germs and bacteria. The activity was continued by providing health education with a peer group support approach. This activity is carried out by forming small groups, giving discussion time, and explaining problems that have occurred while working.^{7,8,9} The mechanism for the peer group support approach is divided into six stages to make it easier when evaluating. In the first phase, each participant in the group was allowed to introduce themselves and share their experiences in working with a clean and healthy lifestyle. In the second phase, people participating in this activity are encouraged to convey any problems they experience when washing their hands with soap. In the third phase, each problem that has been recorded is used as material for discussion at a later stage. A solution is sought with the group so that each group has the right to provide input and responses regarding existing problems. In the fourth phase, each community is invited to share their experiences implementing clean

and healthy living behaviors by washing soap. In the fifth phase, which accommodated all suggestions and input from the third and fourth phases, a strategy was planned to assist other members in solving this problem. In the sixth or final phase of peer group support activities, group members conclude the topics discussed and provide further plans for time contracts for discussion activities with the peer group support approach.¹⁰

At the end of each activity, the implementation was evaluated; the result was that all participants in this community service activity felt helped and happy with this mechanism. The counseling and discussion mechanism with a peer group support approach can be concluded to increase the understanding of every community member who participates in this activity from start to finish.¹¹ Several factors can optimally support this activity, including conditions or places that support it, audiences who listen and pay attention, and excellent room conditions to be more optimal in discussions. It is hoped that this activity can continue to be carried out until complete health status is achieved.

Conclusion

This health education activity concludes that there is an increase in public knowledge and understanding of preventing things we don't want, such as stomach aches and diarrhea, so unwanted items can be avoided.

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Conflict of Interest

There is no conflict of interest in this article.

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