

Cadres of Clean and Healthy Behaviour on Primary School Children in Medan Marelan Garbage Final Disposal

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Abstract: Health status influenced by several factors namely heredity, health care, behavioural and environmental. The final landfill which belongs to the environmental factor proposed is an area with poor environmental quality. Waste that accumulates and aqueous is very possible for the proliferation of diseases such as worm eggs. School is an educational institution that becomes the target of clean and healthy behaviour, so the application of the behaviour becomes better. The attention of education managers and health institutions to the practice of clean healthy living behaviour of student in the garbage final disposal is still very minimal. The existence of student, school committees, and teacher boards at each school can be empowered to improve better clean and healthy behaviour. Based on this need improvement effort clean and healthy behaviour in primary school children. This effort can be done by the establishment of cadres of primary school children who are concerned with clean and healthy behaviour. The establishment of this primary school cadre is coordinated by a school committee in collaboration with the school. The formation of this cadre is expected continuously and regeneration so that ultimately can reduce the problem of worms and other health problems experienced by primary school child.

1 INTRODUCTION

Clean and healthy life behaviour is an effort to provide a learning experience or create a condition for individuals, families, groups and communities, by opening the way of communication, providing information and educating, to improve knowledge, attitude and behaviour through leadership approach advocacy, community building (empowerment) as an effort to help people recognize and solve their own problems, in their own order, in order to implement healthy ways of life, in order to maintain, maintain and improve health. The clean and healthy behaviour targets include five orders: household, school, workplace, health facilities and public places (Indonesia Health Ministry, 2009). The high prevalence of infection with worm infection is caused by several factors, namely, low clean and healthy life behaviour such as hand washing before eating and after defecation, nails hygiene, contact with soil habit, and footwear usage. Moreover, it can be caused by poor environmental sanitation, such as in Kelurahan Paya Pasir, Medan Marelan Sub-

district adjacent to Terjun Garbage Final Disposal which is the Final Disposal Place of Waste.

Waste conditions scattered on the home page are very likely to contain infective worm eggs and the inclusion of garbage trucks around the home and school environment is bad for the health of children and very risky infected by worm eggs because the worm eggs can be inhaled through the air with dust. Human life with all its activities must not be separated by the name of garbage. As time goes by, the human population is increasing and technological development is getting more sophisticated resulting in lots of garbage, such as household garbage and others. This garbage will be collected in a place called Final Disposal Place.

Trash in this landfill if not managed properly will be a source of diseases such as worms and anaemia (Lina, 2016). Primary school No 067773 is located at Jalan Paluh Nibung Kelurahan Paya Pasir Medan Marelan District. This school is the nearest primary school with the Trash Final Disposal Place of Medan City namely Terjun garbage final disposal. The school consists of 2 separate buildings consisting of

buildings for classrooms and buildings for the teacher's office. The classroom building consists of 6 rooms, while the teacher office and principal office buildings are combined. The school is very close to the waste landfill even the smell of garbage can smell from the school. Many students work as waste pickers. Socio-economic society is down and middle.

The location of the school is adjacent to the homes of residents who work as scavengers whose scattered waste. The attention of education managers and health institutions to the practice of clean healthy living behaviour (clean and healthy behaviour) is still very minimal. The existence of school committees in each school can be empowered to improve better clean and healthy behaviour. The empowerment of the school committee is done by forming cadres of elementary school children who are concerned with clean and healthy behaviour. The formation of this cadre is expected continuously and regeneration so that ultimately can reduce the problem of worms and other health problems experienced by student. the objectives of this study are forming clean and healthy behaviour cadres in primary school children in final waste disposal in Medan Marelan District. The benefits of this study are increasing partner knowledge and student about clean and healthy living behaviour and implementation of clean and healthy life behavior in schools.

2 IMPLEMENTATION METHOD

2.1 Method of Approach Used in Program Devotion

The method of approach taken during the dedication to partners is by training, guidance and assistance to the school committees who become partners and targeted student. Increased knowledge of school principals, teachers, and student about clean and healthy behaviour after training with learning and play methods. In addition, it is expected that with better knowledge, can apply clean and healthy behaviour so that worms and anaemia problems that have been high can decrease. Through this service, partners are also expected to be willing and able to implement clean and healthy behaviour in a sustainable manner

2.2 Implementation of Activity

The activities carried out for problem solving include:

2.2.1. Socialization of Service Activities, Namely an Explanation of the Clean and Healthy Behaviour Training Plan

Socialization of devotion activities is given to the school committees on the two primary schools who become partners with the aim that partners understand about the meaning and purpose of the activities of dedication. In addition, this socialization will also form an attitude and desire to want to be fully involved in the activities of dedication. Based on this case then the implementation of the activity goes well.

2.2.2. Recruit Student Who Take Part in Training for Prospective Clean and Healthy Behaviour Cadres at School as Participants of the Activity

Recruitment is done after the socialization of activities. Some student and teachers who are motivated to follow the devotion activities will be asked for their willingness and commitment by the community service team to become a cadre. Criteria for selecting cadre candidates are children who excel, have good discipline, and are liked by their friends.

2.2.3. Training on Clean and Healthy Behaviour

Training on clean and healthy behaviour, how to conduct clean and healthy behaviour correctly, and the benefits and impacts of clean and healthy behaviour. This training was conducted by a team of dedication accompanied by health centre staff in the field of school health program. This training is needed to provide a good level of understanding of the purpose and implementation of service activities. The existence of a good understanding of the activities and implementation of activities will facilitate the achievement of the purpose of community service activities so as to form a cadre of clean and healthy behaviour in student in school. While the partners are willing and able to implement clean and healthy behaviour sustainably in schools that ultimately the incidence of worms and anaemia in student can be reduced.

2.2.4. Implementation of Clean and Healthy Behaviour Activities

The implementation of this service is carried out for 6 months starting from the management of activities, socialization, recruitment, training and evaluation permits. Within 2 months after clean and healthy behaviour training, the devotion team will ask the principals, teachers, cadres of clean and healthy behaviour in student related to the constraints or problems encountered in the implementation and clean and healthy behaviour.

2.2.5. Evaluation of Activities based on the Implementation of Clean and Healthy Behaviour Activities

Evaluation of activities is carried out by a team of devotion based on inputs, suggestions, and real problems encountered by school principals, teachers, cadres, and student during the implementation of clean and healthy behaviour activities. If necessary, the results of this evaluation will be submitted to health centres, health offices, education offices, cleanliness agencies or other relevant agencies with a view to resolving related issues or recommendations. One example of follow-up is based on an evaluation of activities to reactivate UKS activities in schools monitored by primary health centre on a regular basis.

3 THE RESULT AND DISCUSSION

3.1 The Preparation of Devotional Activities

Implementation of community service in accordance with the proposal is done in primary school No 067773 and School Min Darul Ulum Kelurahan Terjun Subdistrict Medan Marelan. Based on the above matter, on May 7, 2018, the team devoted the survey to school No 067773 and school Min Darul Ulum Kelurahan Terjun Subdistrict of Medan Marelan with the aim of preparing the implementation of the service activity. In the survey, the team delivered the purpose and objectives of the activity as well as the socialization of the activities. Then plan the time of the activity and discuss the things that are needed in the implementation of the activity.

3.2 Recruit Participants in Community Service Activities

On June 1, 2018, the team went to SD 067773 and SD Min Darul Ulum in the Terjun District of Medan Marelan District to recruit community service participants, namely primary school children who would become cadres of clean and healthy behaviour. This cadre was recruited by 1 person from each class so that each class had clean and healthy behaviour cadres in both schools. Recruit this cadre is done openly and every student have the same right to be elected. But the chosen cadres are determined based on the assessment of the devotion team with certain characteristics that is having a good learning achievement, eager and liked many friends, and have good communication skills.

3.3 Socialization of Activities at Clean and Healthy Behaviour Cadres

After the cadre was formed, then the team conducted socialization activities. This socialization is about the things that the cadres have to do in school. Besides the training plan to increase cadre knowledge about clean and healthy behaviour. The implementation of clean and healthy behaviour training was carried out 3 times every Saturday after returning home from school so as not to interfere with the learning activities at school. The training schedule 3 times each Saturday is determined by mutual agreement between the team, the cadres, the teachers, and the principal.

3.4 Training Clean and Healthy Behaviour on Cadre

After the socialization, the next activity is to conduct training on clean and healthy behaviour. In the training on June 4, 2018, participants were not only student who became cadres, but also attended by some teachers and parents who were members of the school committee. This is because they have a great curiosity about what is meant by clean and healthy behaviour and its benefits to health. The material from this training is an understanding of the clean and healthy behaviour and the scope, benefits and impact of clean and healthy behaviour. In this training was also presented how the duties and obligations of cadres to student in each class, how the cadres perform the monitoring function and give motivation to his classmates to improve clean and healthy behaviour.

During the training with lecture methods and discussion while playing using flipchart media and distributing brochures about clean and healthy behaviour. In the lecture session, the cadres, teachers and parents are very serious and enthusiastic about listening and actively asking about things that have not been understood. It also commented on the experiences and phenomena that exist in the community. This lecture is very satisfying for teachers and parents who see that many of them who frankly say that the establishment of clean and healthy behaviour cadres in student has a positive impact in reducing the amount of waste that can have a negative impact on health. In addition to improving the health of student and the behaviour of clean and healthy living that can prevent or reduce the incidence of helminthiasis and anaemia in student. The existence of this lecture is very open insight and increase knowledge for student, teachers and parents about the importance of clean and healthy behaviour. Based on this it is expected to increase knowledge for cadres, student, teachers and parents in implementing clean and healthy behaviour so that problems of worms and anaemia in student can be reduced. The lecture materials include:

1. Understanding clean and healthy behaviour, its benefits and impacts and activities in the application of clean and healthy behaviour.
2. Monitoring the implementation of clean and healthy behaviour in student. In addition to lectures and discussions, the training materials are also provided in the form of brochures, posters and textbooks that can be a reference for cadres and also increase the knowledge of primary students in general.

3.5 Implementation of Clean and Healthy Behaviour by Cadre

After the cadre is trained by a team of devotion assisted also by the health centre field officer of the school health program, the cadres are ready to carry out their activities. Every day before student enters the class must wash their hands first with running water and soap at the facilities provided by the team devotion. In addition, the cadre also makes a schedule to sweep the classes and pages in turns so that the class every day is clean. Sweeping class schedule is done by 2 students and the schedule of sweeping the outside page in front of the class is also done by 2 students. Based on this it is seen that the class and yard of the school to be cleaner than before the devotion activities. The garbage that has

been swept and collected is then disposed of in the trash which is also provided by the team. Classroom sweeps, in-class garbage bins, as well as broom beds, and dustbins in the yard are also provided by community service teams.

3.6 Evaluation Clean and Healthy Behaviour activities by Cadre

The evaluation result of the team of dedication to the existence of the cadre of clean and healthy behaviour was done twice, that is the first evaluation was done two weeks after the training of the cadre. The second evaluation is conducted a month after the implementation of cadre training. In addition, this monitoring is also done by calling cadres of trainees, teachers, principals and parents who attend during the training. Evaluation includes difficulties in implementing clean and healthy behaviour in both schools. Based on monitoring and evaluation it is known that in general found difficulty (obstacles) in handling the outside environment that is page and also classroom when rain falling and long duration.

It resulted in the school yard flooded even water can get into the classroom. This results in not only dry waste that has been collected into moist or wet that causes unpleasant smell, but also there will be a lot of garbage follow-up from the flood. The next difficulty is the absence of operational tools or vehicles in citing or collecting garbage from these two schools and thus having to independently burn the garbage that has accumulated. Based on the evaluation of the team and the discussions of the team with the cadres, teachers and parents stated that the devotion activities performed by the team are very satisfactory and provide great and significant benefits for them. The obvious change seen is those students are increasing their knowledge and behaviour in maintaining personal hygiene and cleanliness both in class and in school grounds. Classrooms and school grounds also look neater and cleaner than before this community service activity. If this can take place continuously it will create a clean and healthy environment with better self-health of school children that will greatly support the prevention and decrease occurrence of anxiety and anaemia.

4 CONCLUSIONS

The establishment of clean and healthy behaviour cadres in two schools namely primary school No

067773 and school Min Darul Ulum in Kelurahan Terjun Subdistrict of Medan Marelan is very useful to improve self health of student and environmental health in school. It also establishes a healthier clean living behaviour better in student. The existence of this school which is close to the final waste dumps is very risky to poor environmental health so that this cadre succeeded in reducing the risk. It is expected that the cadres who have been formed actively and routinely perform their functions in primary student. In addition, cadres regenerate to the class when they are graduated so that the cadre function in this school is sustainable. Based on this, worms and anaemia that were previously high in student in this place could be reduced.

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