

## GRAHITA HEALTHY THROUGH CLEAN AND HEALTHY LIFESTYLE BEHAVIOR (PHBS) IN SOCIAL HOME TUNAGRAHITA PADANG

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### ABSTRACT

Introduction: Not only do mental problems and health problems often attack children with disabilities and mental retardation living in an orphanage social home, but a place gathering of children mentally disabled also is a place strategic in giving knowledge of the importance of having clean and healthy living behavior, where the participants educate taught to do matter simple for example wash hand use soap that has a major impact on health. Caregiver's role as control of sanitation in the environment House will provide a good education for foster children so that PHBS maintenance in the environment House care can be optimized. The method is done by the method counseling, involving the role of caregivers as control of sanitation in the environment. During the implementation process, caregivers and foster children are given structured education through counseling and demonstrations and continue practicing washing hands and eating together. Challenges in delivering material for participants with special needs because of their ability to think low and relatively difficult to digest. The training program facilitates new things. Activity devotion was held for two days, on Saturday, May 20-21, 2023, well and smoothly attended by 36 students with mental retardation. Expected output \_ well achieved, every child can understand submitted material. \_ It is hoped that this activity can change clean and healthy living behavior, maintain personal and environmental hygiene, and place his stay to reach optimal health status.

*Keywords: Grahita, Healthy, PHBS*

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### INTRODUCTION

The child has characteristic that is always growing and developing, starting from conception to the end of adolescence. Whole stages of child growth and development must pass well, but not all children can go through all stages optimally. Some children fail or are interrupted from growing flowers (Yunus, 2013). An experienced group of children with disturbance grows flower that is turned off physically and mentally. Persons' disabled physique includes deaf, blind, quadriplegic, and mute. Persons mentally disabled are mentally disabled, mentally disabled, autism, and attention deficit and hyperactivity disorder (ADHD). Group of children with disabilities disabled classified physically and mentally into children with special needs (Ministry of Health RI, 2010).

One of the children with special needs, namely mentally retarded, where children experience mental retardation and frequent called mental retardation. According to the American Association on Mental Retardation, children with mental retardation have a level of intelligence below 70, difficulty in behavior adaptive, and occur at the age of 18 years. The

special characteristics of mentally disabled children that differentiate them from other children of the same age can be seen physically, including face wide, thick or cleft, mouth gaping open, and tongue usually protruding out (Justinus, 2006). Based on the above concept of mentally disabled children, a child with level limitations in intelligence experience difficulty taking care of themselves, maintaining health, and protecting themselves, so fulfillment needs help.

Various efforts must This is made so that children with special needs can go through a period of growth and development in optimal conditions. Problems well-being social services involving children with disabilities mentally disabled accommodated and fostered at the Social Institution, the Bina Grahita Harapan Ibu Social Home (PSBGHI) is one of the Service Technical Implementation Units (UPTD) of the Social Service West Sumatra Province is responsible responsible for executing service and rehabilitation social disabled mental retardation disabilities to be the able role in life society.

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Not only mental problems, health problems often attack children with disabilities and mental retardation living in an orphanage social, Pantisocial is a place gathering children mentally disabled but places strategically giving knowledge of its importance also have clean and healthy living behavior, where the participants educate and taught to do matter simple for example wash hand use soap that has a major impact on health. The study results showed that all foster children are 98 children, starting from age up to maturity. Based on the data obtained at the orphanage, Social children are vulnerable to various diseases, including diarrhea and itching of the skin. Some kids are seen experiencing skin problems such as itching on the skin,

The results of interviews with one manager at House Social say that most of the kids still have bath habits that do not use soap and do not clean, throwing away trash out of place even though it is already placed the trash in every room. Often administrator reminded the parlor to throw away trash on the spot garbage. Other than that, some children do not wash their hands before eating. Based on the results of the interviews, it was also found that the orphanage children found it socially difficult to be told to bathe, wash their hands and clean each room. Based on the results of observations, orphanage conditions social the back is not neat, but circulation is good air and lighting, clean water conditions in the bathrooms, and the floors are slippery.

Embed values a healthy lifestyle in the orphanage social is need absolute. Among them is to maintain, improve and protect children from various diseases that can affect the growth process of children. One effort can be made to promote improvement programs in health degrees through Clean and Healthy Living Behavior (PHBS). PHBS is a bunch of behavior practiced based on awareness as a result of learning that makes a person, family, group, or society capable of helping himself (independent) in the health sector and playing a role actively in realizing public health, revitalization of the PHBS program can be carried out through health promotion (Ministry of Health RI, 2020). According to the Health Promotion Center (2011), there is eight a must indicator fulfilled condition success something agency education in implementing the PHBS program, namely washing hand using soap, there is prohibition smoking at school, consuming healthy food in the school canteen, throwing away trash in place, measurement height and weight each month, following activity measured and regular exercise, eradicate larva mosquito in a manner routinely, and urinate and defecate in clean latrines.

It is very important to understand the importance of clean and healthy living behavior (PHBS) for children in orphanages. Remember, most children living in orphanage care, even orphans and orphans, are incapacitated. Every child must be independent and highly aware of the importance of clean and healthy living. Parental role substitutes, in this case, the administrator orphanages, are also no less important in improving orphanage social awareness.

Based on the problem above, it is necessary to activity education and demonstrations. Even though the child is mentally retarded own level of ability to think is low, and relatively difficult to digest new things learned will be facilitated by a training program designed for clean and healthy living behavior (PHBS). This program will help developmentally disabled children get to know PHBS in an easy and fun way and later give knowledge related to Healthy, Clean Living Behavior (PHBS) through education and insight into clean and healthy lifestyles.

## **METHODS**

The method is carried out to enhance the participation and understanding of foster children and caregivers. House care in implementing PHBS with the method of counseling involving the role of caregivers as control of sanitation in the environment House so that PHBS maintenance in the environment House care can be optimized. During the implementation process, caregivers and foster children are given education structured through counseling and demonstrations practicing washing hands six Correct then, eating together, and practicing PHBS maintenance according to healthy PHBS criteria.

## **RESULTS AND DISCUSSION**

Activity Results in devotion community with the theme "Grahita Healthy" Through Clean and Healthy Living Behavior was conducted at the Bina Grahita Harapan Ibu Social Institution, which 36 mentally disabled children attended. It was carried out properly and smoothly on Saturday, May 20-21, 2023. Activity preparation started from the survey location by doing social care visits

Bina Grahita Harapan Ibu, application for activity permit in a manner written to the Chief House social Bina Grahita Harapan Ibu, preparation the m atari conveyed during the activity devotion community, schedule preparation activities TOR events, the media used laptop. In focus, the tools needed are as planned. Select a group of capable children to teach and share into two groups, the Pointing Coordinator field from the social care administrator.

Activity first-day showing coordinator from manager orphanages responsible for groups of mentally disabled children to always remind about PHBS in activities a day. Coordinator 2 people were selected to be trained and taught any important points that must be mentally disabled children do in orphanages' social activities so that PHBS is implemented in each activity of graphite children who live in the orphanage social.



The second Day Activities give PHBS material for mentally disabled children, starting with an opening by the mother manager orphanage, delivery of material devotion public delivered to participants about Clean and Healthy Living Behavior in the environment orphanage, followed by a demonstration of 6 steps wash hands properly and correctly before eating. Material be delivered in 45 Minutes. Please ask those who are not clear. For execution, discussion and ask answers are held for 15 minutes. Review participants who can recall points from submitted material. There are 2 participants mentally disabled, who want to come on stage forward. After coming on stage, participants are given a gift.

Closing Activity devotion public ended by taking a group photo. The output obtained from activity devotion in this society is increasing knowledge among participants about clean and healthy living behavior in the environment orphanage. It can be seen from many response participants answering questions posed by the presenter. For application from the material being taught, the coordinator of each group is committed to implementing PHBS in the environment orphanage and reminding the orphans always to carry out PHBS in activities a day in the neighborhood orphanage.

## CONCLUSION

Based on the results of community service, it can be concluded that giving knowledge of ethics of correct coughing and sneezing is important to prevent transmission of flu and cough among children. Then in doing devotion, society is important to provide exemplary. For children, and in particular, for students, guidance related to explanation Guidance related to children - many children contribute to correcting cough in the application to prevent the spread of infection in the school environment. 5.2 Suggestions

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