

Application of Habituation to a Clean and Healthy Lifestyle For Children Aged 5-6 Years

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Abstract. This study aims to identify and analyze the application of healthy living habits in kindergarten-age children. This research was conducted in Reok District, Indonesia. The research approach uses descriptive qualitative. The research subjects were ten parents of children aged 5-6 years—data collection techniques using interviews and observation. The instruments used were interview guides and observation sheets. Data analysis uses the Miles and Huberman model. Based on this analysis model, several results were found: a) there are still many parents who do not set an example to their children regarding hygiene and health; b) few parents explicitly tell their children what is right and wrong; c) parents still lack knowledge about how to cut fingernails and toenails according to general health standards; d) almost all parents do not teach and accustom their children to choose clean and healthy snacks; and e) rarely do parents set an example for their children to dispose of trash in the right place, use clean latrines and flush the toilet properly.

Keywords: children aged 5-6 years, healthy and clean living behavior, parents

1. Introduction

The National Education System Law Number 20 of 2003, paragraph 1, explains that those included in early childhood are children aged 0-6 years [1]. At this time, the child enters the golden age. [2] state that in the golden age there is a tremendous transformation in the brain and physique of the child. At this time, all the potential in children is very well developed because childhood development has already occurred. In addition, at this stage, it is very appropriate to instil character values that will later become provisions for children's future life [3].

Early childhood can catch or model everything that is around them. This is where the role of parents is significant for childcare. Setting an example of good behaviour to children will produce something good too. Parents are the first individuals to know how the child's growth and development change, both the child's character and personality. If the parents' upbringing is good and directed, then in the future, the child will grow and develop into a child who is helpful to the nation and the State [4-6]. Knowing, knowing, and understanding the child's world takes work. A world that should belong to every child who but in his possession depends a lot on the role of parents [7-8].

A clean and healthy lifestyle (PHBS) is a set of behaviours that are practised based on awareness as a result of learning, which makes a person, family, group, or community able to

help themselves (independently) in the health sector and play an active role in realizing public health [9-10].

[11] said that the benefits of a clean and healthy lifestyle, in general, are to increase public awareness so that they are willing and able to live a clean and healthy life. This is important so that the public is aware and can prevent and anticipate or overcome health problems that may arise.

According to [11], there are 8 (eight) indicators of a clean and healthy lifestyle for early childhood, namely: washing hands with soap and running water; cutting the nails of the hands and feet; brushing your teeth after meals and before bedtime; eat vegetables and fruits every day; selection of clean and healthy snacks; throwing Garbage in the trash can; exercise regularly, and use clean latrines.

Providing education about clean and healthy lifestyles in early childhood is certainly not easy. The main goal is that children are accustomed to living clean and healthy, not just knowing what a clean and healthy lifestyle is. Habituation to a clean and healthy lifestyle must be given from an early age, considering the current outbreak of various diseases and viruses that are very harmful to health.

Based on preliminary observations in Senggapi, Reok District, East Nusa Tenggara Province, researchers found ten parents who should have paid more attention to positive parenting in habituating a clean and healthy lifestyle in children. In addition, parents also need help understanding and knowing about carrying out care, care, and protection, so the child's hygiene is not well observed. This is characterized by several factors: children who do not wash their hands with soap and running water, children who rarely brush their teeth, children who do not cut their hands and feet, and many more. Relevant research by [12] suggests that parental parenting affects the ability to clean and healthy living behaviours. Where family education plays a vital role in this habituation, providing positive parenting will also positively impact children, and children will feel safe and comfortable [13].

The study aimed to explore parents' habits in educating their children (especially children aged 5-6 years) about clean and healthy living habits in Senggapi, Reok District, NTT province.

2. Method and Materials

The type of research used in this study is a qualitative descriptive type of research. According to [14], the qualitative descriptive method is a research method based on the post-positivism philosophy used to examine the condition of natural objects (as opposed to experiments) where the researcher is an instrument. Qualitative descriptive research aims to describe, describe, explain, explain and answer in more detail the problem to be studied by studying as possible an individual, a group, or an event. In this study, researchers will analyze the application of positive parenting in habituating a clean and healthy lifestyle. Researchers will analyze the extent of the application of positive parenting from parents to early childhood.

The research subjects were parents in Senggapi, Reok District, East Nusa Tenggara province. They are parents who have children aged 5-6 years. They numbered ten people. The people of Senggapi generally work as farmers. In detail, the work of the research subjects is shown in Table 1.

Table 1. The work of the Research Subjects

No	Initial	Work	Gender
1.	P.N.	housewives	woman
2.	R	housewives	Woman
3.	SL	housewives	Woman
4.	TM	housewives	Woman
5.	LE	farmer	Woman
6.	YAD	farmer	Woman
7.	AA	farmer	Woman
8.	VH	farmer	Woman
9.	BL	farmer	Woman
10.	MGA	farmer	Woman

Data collection was used to interview, and observation techniques and the instruments used were interview guides and sheets. The research data analysis model uses the Miles and Huberman method by following the three stages of analysis [14] as previously described.

3. Results and Discussion

3.1 Results

Senggapi area is an area that is included in Wangkung village, Reok district with RT/RW 002/001. The number of residents in the Senggapi area constantly changes every year. In addition to death events, the Senggapi area also has the possibility of changes in the number of residents. Based on data obtained from the head of the Bangkung Village Head, the total population of Senggapi is 147 people. The total population consists of 86 male residents and 61 female residents. Meanwhile, the number of households in the Senggapi area is 35 households.

Research findings related to the habituation of clean and healthy living behaviour in children aged 5-6 years can be explained in the following eight points.

1. I was washing my Hands With Soap And Running Water. Based on the interview results, 6 out of 10 parents always teach children to wash their hands by setting a good example. Meanwhile, the other four parents must teach their children to wash their hands. Washing hands with soap and running water is very important because washing hands can reduce the risk of virus transmission or even diarrheal diseases. While the results of observations were made on parents as well, researchers found that 6 out of 10 parents could set a good example and give a firm picture between right and wrong when teaching handwashing with soap and running water. While the other four did not give examples to children on how to wash their hands properly.
2. They are cutting The Nails Of The Hands And Feet. Based on the interviews conducted, five parents teach children to cut their nails by setting a good example, while the other four do not always teach how to cut nails when it is time to be taught when parents also give examples to children. Moreover, one parent only teaches the child to cut the nails when the child wants to. Based on the observations, it was found that many parents provide education and examples of healthy living to their children based only on their knowledge, not on general health standards related to how to cut fingernails and toenails properly.

3. They are brushing Your Teeth After Eating And Before Bedtime. From the results of the interviews that have been conducted, parents still need to fully understand the importance of maintaining dental hygiene. Parents teach only the child to brush their teeth one time a day. Based on the results of observations made by parents, researchers get the fact that 7 out of 10 parents teach children always to brush their teeth after meals and before going to bed by giving examples to children. Meanwhile, the other three parents teach children to brush their teeth only when they have their own will by giving examples without paying attention to right and wrong in brushing their teeth.
4. Eat Vegetables And Fruits Every Day. In this aspect, it was found that, on the one hand, parents had encouraged their children to eat vegetables, but on the other hand, parents had not made regular decisions about eating vegetables. In addition, parents do not or rarely encourage their children to eat fruit. By not encouraging children to eat fruit, parents are not trying to provide or buy fruit. Fruits are not a basic need for them.
5. They are choosing Clean and Healthy Snacks. In this pin, three parents do not see the importance of teaching their children to choose healthy snacks. Besides, they generally do not pay attention seriously when their children buy snacks. Some parents still do not forbid their children to buy specific snacks that are not good for their health. Even so, there are 7 (seven) parents often teach their children how to choose healthy snacks for health. Recognition of parents, children gave various responses when their parents suggested they choose specific snacks which were considered suitable for health.
6. She was throwing Garbage in the Trash Can. From the interview results, 6 out of 10 parents always teach children to throw garbage cans by giving examples, while the other four do not teach children to throw Garbage in the trash can. Based on the observations made, according to the interview results, 6 out of 10 parents taught children to dispose of trash cans by giving examples but not balanced with the word, please. In comparison, the other four parents did not teach their children to throw Garbage in the trash can, and parents did not give an excellent example to the child.
7. Exercise Regularly. From the results of the interviews that have been conducted, five parents said it is not mandatory to exercise. Parents also say that the way children play is already included in exercising. Meanwhile, the other five parents did not teach their children to exercise because the parents did not exercise either. Moreover, parents also do not make it a rule to exercise regularly.
8. They are using a Clean Latrine. From the results of the interviews that have been conducted, 4 out of 10 parents say that parents always teach to use a clean latrine or toilet by giving a firm picture between right and wrong. Moreover, six other parents were also taught to use a clean latrine even though, in their respective homes, the water provided by the local government had yet to enter. However, parents always provide water taken from the river.

3.2 Discussion

The results of the analysis of several indicators of healthy living in the lives of children aged 5-6 years and some of the findings, as previously described, are explained below for discussion points for further attention related to parenting a healthy lifestyle for children.

First, teaching children to wash their hands with soap and running water is a healthy living education for them. Since childhood, parents must teach children about the importance of keeping their hands clean. It is necessary to explain to them that the hands are a part of the body that quickly spreads various bacteria. The findings of this study reveal that four out of ten parents need help understanding the importance of using soap and running water to wash

their hands. Therefore, parents or prospective parents need to be empowered to have sufficient knowledge and skills regarding their role as health educators for their children [13]. Parents or educators need to provide a "ladder" (scaffold) that leads them to do good things for themselves [15].

Second, Teaching children to cut their fingernails is essential for parents to know. Fingernails and feet can also store many bacteria if not cleaned. Based on the study results, parents set a good example according to the knowledge of parents alone without knowing the correct way to cut the nails of the hands and feet.

Third, Teaching children to brush their teeth is very important for every parent. Parents can teach children to brush their teeth moderately two times a day, namely after meals and before bed. This way, parents can build awareness and encourage children to maintain healthy teeth early on. Based on the study results, 7 out of 10 parents teach children to always brush their teeth after meals and before going to bed by giving examples to children. Meanwhile, the other three parents teach children to brush their teeth only when they have their own will by giving examples without paying attention to right and wrong in brushing their teeth.

Fourth, Teaching children to eat vegetables and fruits daily is very important. Vegetables and fruits contain many essential vitamins and benefits for children's growth and development. In addition to preventing various diseases that enter the child's body, the child's body has been balanced with vitamins that enter through these vegetables and fruits. Based on the research results, parents always teach children to eat vegetables daily by giving examples. At the same time, teaching children to eat fruit is rare. Parents also do not make it a rule always to eat vegetables and fruits in their respective homes.

Fifth, Teaching children to choose healthy snacks is also essential for parents to know. Clean and healthy food can have a good impact on children, such as children can do activities well and concentrate well while studying. Based on the study's results, 7 out of 10 parents always teach children to choose clean and healthy snacks by giving a ban for obvious reasons, while the other three parents do not teach them to choose clean and healthy snacks, so there is no prohibition for apparent reasons.

Sixth, Teach children always to throw Garbage in the trash can. This is very important for parents to know. Because teaching children from an early age to throw Garbage in the trash will make children understand about caring for the surrounding environment. Based on the study results, 6 out of 10 parents teach children to dispose of trash cans by giving examples but not balanced with the word, please. In comparison, the other four parents do not teach children to throw Garbage in the trash can, and parents also do not give good examples to their children.

Seventh, The importance of teaching children to exercise regularly. Regular exercise can positively impact the body, such as strengthening children's muscles and bones, reducing the risk of being overweight in children, and increasing social skills and discipline in children. Based on the results of the study, five parents said it was not mandatory to exercise. Parents also say that the way children play is already included in exercising. Meanwhile, the other five parents did not teach their children to exercise because the parents did not exercise either. Moreover, parents also do not make it a rule to exercise regularly.

Eighth, Teaching children to use a clean latrine is very important for parents to know. Parents must always teach children to urinate and defecate properly, that is, to be sharpened. Furthermore, after using the latrine, the removed manure should be watered using clean water. Based on the study's results, parents have applied positive parenting in accustoming children to use clean latrines/toilets.

Thus, parents are the family's first and closest educators for children [13]. As the closest education for children, parents must first understand and practice healthy living in everyday life, both physical cleanliness, food, and lifestyle. Using appropriate measures in habituation activities every day at home can teach early childhood always to apply a clean and healthy life.

4. Conclusion

Based on the findings above, the conclusion is that parents need to understand the habit of a clean and healthy lifestyle fully. Parents still need to understand the importance of what needs to be applied to children in teaching children to live clean and healthy lives. Parents teach children without applying the proper measures to a clean and healthy lifestyle. So that it can be known that the child only follows the direction of the parents if the parents teach the child according to the steps of good and correct habituation.

So, applying habituation to a healthy lifestyle for children aged 5-6 years is not optimal. It even tends to be low because the habituation given by parents differs from the content in the steps to habituate a clean and healthy lifestyle.

This study must examine the habituation carried out by parents in the application of clean and healthy living by providing solutions or efforts for parents to implement a clean and healthy lifestyle. Therefore, the advice given to parents is that parents need to know that the importance of habituating a clean and healthy lifestyle is done in the best possible way, namely by following the steps to implement a clean and healthy lifestyle so that children can *grow and develop properly*.

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