

LITERATUR REVIEW
THE BEHAVIOUR OF HAND WASHING WITH SOAP ON
ELEMENTARY SCHOOL STUDENTS TO IMPROVE CLEAN AND
HEALTHY LIFE

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ABSTRACT

Background: One of the indicators of clean and healthy life in the school is hand washing with soap and water flow. Hand washing with soap and water flow is a preventive action that can protect childrens from infectious desease like diarrhea, pneumonia, acute respiratory infections and others infectious desease. Students is an efective target to change to habits of clean and healthy life. Elementary school age childrens is in a condition that very sensitive to stimulus so it is easy to be guided, directed, and instilled good habits, including habits of clean and healthy life habits such as hands washing with soap and water flow. **Objective:** Examine factors that influence hand washing behavior with soap in elementary school students based on existing research data. **Methodology:** The type of this research is a literature review with literature study research design. The search was conducted using a health research database through the Garuda Portal and Research Gate. **Results:** Based on analyze of five research articles, the practice of washing hands is influenced by several factors, that is knowledge, the role of teacher and parents, and the availability of facilities and infrastructure. The availability of facilities and infrastructure is the factor that most influences the behavior of washing hands in students. **Conclitions:** Hand washing behavior is realized based on several factors, each factor is influencing one with another, therefore, all of these factors must done simultaneously because it is a unity that can realize healthy behavior.

Keywords: hand washing and elementary school students

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REVIEW LITERATUR
PRAKTIK CUCI TANGAN PAKAI SABUN PADA SISWA SEKOLAH
DASAR UNTUK MENINGKATKAN PHBS

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ABSTRAK

Latar belakang: Salah satu indikator PHBS di tatanan sekolah antara lain adalah cuci tangan pakai sabun (CTPS) dan air mengalir. Cuci tangan pakai sabun dan air mengalir merupakan suatu bentuk upaya preventif yang dapat dilakukan untuk melindungi anak-anak dari penyakit menular seperti diare, pneumonia, ISPA, dan penyakit menular lainnya. Siswa merupakan sasaran yang efektif untuk merubah perilaku dan kebiasaan hidup sehat. Anak usia sekolah berada pada kondisi yang sangat peka terhadap stimulus sehingga mudah dibimbing, diarahkan, dan ditanamkan kebiasaan-kebiasaan yang baik, termasuk kebiasaan berperilaku hidup bersih dan sehat seperti mencuci tangan pakai sabun dan air mengalir. **Tujuan:** Menelaah faktor apa saja yang berpengaruh dalam perilaku cuci tangan pakai sabun pada siswa sekolah dasar berdasarkan data penelitian yang ada. **Metodologi:** Jenis penelitian ini adalah review literatur dengan desain penelitian studi pustaka dengan. Penelusuran dilakukan menggunakan data base penelitian kesehatan melalui Portal Garuda dan Research Gate. **Hasil:** Berdasarkan hasil telaah lima artikel penelitian, praktik cuci tangan siswa dipengaruhi oleh beberapa faktor, yaitu pengetahuan, peran guru, peran orang tua dan sarana prasarana. Faktor ketersediaan sarana dan prasarana merupakan faktor yang paling berpengaruh terhadap perilaku cuci tangan pada siswa. **Kesimpulan:** Perilaku cuci tangan tercipta berdasarkan beberapa faktor, setiap faktor saling mempengaruhi satu sama lain, oleh karena itu, semua faktor tersebut harus berjalan beriringan karena merupakan satu-kesatuan yang dapat mewujudkan perilaku sehat.

Kata Kunci: cuci tangan dan siswa sekolah dasar.

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