

Student empowerment work program at MI Al-Islam Giwangan in optimizing clean and healthy living behavior (PHBS) with a focus handwashing through the KKN program

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Abstract

The Community Service Program of Universitas 'Aisyiyah Yogyakarta was carried out at MI Al-Islam Giwangan with the aim of increasing the awareness of first- and second-grade students regarding the importance of a Clean and Healthy Lifestyle (PHBS), particularly proper handwashing habits. A descriptive method was employed using survey and observation approaches involving 26 students. The activities included health education, direct handwashing practice, and observation of students' hygiene. The results showed that 80% of students performed handwashing at critical moments, while 20% were still inconsistent, either in using soap or maintaining the recommended washing duration. This empowerment program successfully improved students' understanding and motivation to adopt clean and healthy behaviors. Based on the results of this community service, it can be concluded that a participatory approach through KKN is effective in instilling healthy habits from an early age, serving as both a preventive measure against infectious diseases and a strategic effort to shape a healthy and productive future generation.

Keywords: clean and healthy lifestyle (PHBS); empowerment; handwashing

1. Introduction

Clean and healthy living behaviours are a set of habits that can be practised consciously. Good health can be achieved by changing unhealthy habits into healthy ones and creating a clean environment. However, this cannot be optimally achieved without the active involvement of the community, thus requiring empowerment that can increase participation in maintaining and improving the quality of health together. Empowerment is an effort to increase community participation in meeting their needs and solving problems based on local wisdom and potential (Kurnia *et al.*, 2020). Community empowerment in the health sector is a process that aims to raise awareness about the importance of maintaining (Inherni *et al.*, 2023).

One of the most effective strategies to increase community health potential is through health promotion related to Clean and Healthy Living Behaviors (PHBS) (Salsabilla *et al.*, 2022). Health promotion and community empowerment efforts can be carried out in order to change community behaviour towards PHBS. Therefore, healthy habits can be applied from an early age so that they have a positive impact on long-term health, especially for children who are in their developmental years (Priliana dan Herlina, 2025). In Indonesia, there are many cases of diseases caused by poor self-care. In general, children aged 6-12 years are the most important group for implementing healthy habits (Rahmah dan Achdiani, 2024). School-age children are the next generation of human resources

for the future, with 20% of Indonesia's population being school-age children. The pattern of guidance for the formation of clean living behaviour is through guidance in primary schools (Akbar *et al.*, 2023). Therefore, introducing PHBS at an early age is very important to form healthy living habits that they will carry with them (Fitriani dan Yusuf, 2020).

This activity was carried out in accordance with the procedures and participatory empowerment model that has been widely implemented, one of which is in the real work lecture (KKN) programme. Real work lectures (KKN) are a series of activities that are included in the graduation requirements for students. The Community Service Learning Programme (KKN) is an applied academic activity where students directly engage with the community and apply the knowledge gained during their studies (Salsabilla *et al.*, 2022). In preparing the KKN work programme at Universitas 'Aisyiyah Yogyakarta, problems were identified through direct observation at MI Al Islam RW 01, where it was found that several students were still lacking in consistently applying clean and healthy living behaviours, such as incomplete hand washing habits and a lack of understanding of the importance of maintaining a clean school environment. This PHBS activity was held in grades 1 and 2 at MI Al-Islam with the aim of increasing the awareness of grade 1 and 2 students at MI Al-Islam RW 01 about the importance of PHBS, particularly the habit of washing hands and maintaining school environmental hygiene, through a KKN empowerment programme that focuses on forming clean and healthy living behaviours at an early age, specifically at MI Al-Islam. This approach not only provides health education but also builds sustainable habits that can have a positive impact into adulthood. Thus, this activity.

2. Methods

The empowerment activity for MI Al-Islam female students used a descriptive method with a survey and observation approach. The subjects of this empowerment were 26 MI Al-Islam students in grades 1 and 2, located in RT 02, RW 01, Giwangan Village, Umbulharjo, Yogyakarta. Data was collected on 15 August 2025 from 10:00 to 11:30 a.m. through direct observation, focusing on hand washing and healthy lifestyles for students. All activities of KKN Group 70 were directly supervised by the institution through the Field Supervisor with a structured plan. This can be seen from the various group activities carried out, ranging from preparations to the completion of reports.

2.1. Intial Survey Stage

In carrying out this empowerment activity, the KKN group from Universitas 'Asiyiyah Yogyakarta was represented by three students who conducted a direct survey to collect effective data, located in RT 02, RW 01, Giwangan Village, Yogyakarta.

2.2. Preparatory Stage

At this stage, students prepare themselves physically and mentally to participate in the clean and healthy lifestyle (PHBS) education programme. After understanding the educational structure, needs and habits of MI Al-Islam students, students conduct preliminary research on the material to be presented for the clean and healthy lifestyle (PHBS) education programme to MI Al-Islam students.

2.3. Implementation and Activity Stage

During this programme briefing, students in grades 1 and 2 at MI Al-Islam first introduced themselves, then the students explained the importance of clean and healthy living habits (PHBS) in simple terms and immediately put it into practice to ensure that the students understood and were able to wash their hands properly.

2.4. Constraint

There were several obstacles encountered in carrying out this activity, including: the education was provided to students in grades 1 and 2, so the material had to be presented in a cheerful and joyful atmosphere so that the children would not get bored during the session and could understand the material provided by the students well so that it could be implemented in their daily lives. In addition, the classroom conditions were not conducive.

3. Results and Discussion

The Community Service Program (KKN) group 70 has a theme titled "Instilling the importance of clean and healthy living behavior (PHBS) in daily life," which took place on Friday, August 15, 2025, from 10:00 to 11:30 AM at MI Al-Islam. The event was attended by 26 students from MI Al-Islam along with teachers from the same school. This empowerment targeted 26 first and second grade students at MI Al-Islam located in RT 02, RW 01, Giwangan Village, Umbulharjo District. Data was collected through direct observation focusing on handwashing behavior and healthy living patterns on August 15, 2025.



Figure 1. Delivery of clean and healthy living behavior (PHBS)

The results of the observation show that most students (80%) wash their hands at important moments, such as before eating and after activities outside the classroom. However, 20% of students are still not consistent in washing their hands properly, such as not using soap or not washing their hands correctly for the recommended amount of time. The steps for proper hand washing include:

- a. Wet hands, rub palms with soap
- b. Rub both backs of hands alternately
- c. Rub between fingers thoroughly, clean fingertips alternately by washing them against each other
- d. Rub and rotate the thumb alternately, placing it on the palm and rubbing gently
- e. Rinse with clean water and dry



Figure 2. Handwashing Poster

Although awareness of the importance of handwashing is high, correct practice is often still lacking among elementary students. This empowerment improved students' understanding and motivation regarding clean living behavior and regular handwashing, enabling them to practice these behaviors independently and realize the importance of hygiene to prevent disease. Healthy living behavior is based on awareness as a form of learning for individuals to help themselves with health issues and participate in creating a healthy community environment (Wati dan Ridlo, 2020). Examples include maintaining personal hygiene, consuming nutritious food, exercising regularly, having enough rest, and avoiding bad habits such as smoking or alcohol consumption. Healthy living integrates various aspects of healthy behavior consistently in daily life, including balanced nutrition, regular physical activity, environmental cleanliness, sufficient sleep, and good stress management. Healthy living plays a key role in maintaining optimal body function and preventing chronic diseases (Hasibuan *et al.*, 2024). Handwashing is a simple and effective way to prevent the spread of infectious diseases, such as diarrhea, respiratory infections, and others.

Besides promoting clean living by emphasizing sanitary toilet use and proper waste disposal, students were also encouraged to consume nutritious and hygienic food (Lawolo dan Ramadhani, 2024). Empowerment through surveys and observations at MI Al-Islam gave a real picture of healthy living patterns, contributing not only to disease prevention but also improving overall quality of life (Hasibuan *et al.*, 2024). Educational empowerment reinforcing habits at school significantly increased handwashing and healthy living practices. Overall, the results indicate the need to strengthen health promotion programs in schools to improve and maintain healthy habits. The descriptive method with direct observation proved effective to provide an initial overview of health behaviors at MI Al-Islam that need enhancement.



Figure 3. Hand Soap Distribution

The empowerment activity concluded by reading hamdallah and ended with a group photo including some students and the school principal who accompanied the activity. The activity ran smoothly without obstacles as expected.

4. Conclusion

Empowerment of clean and healthy living behavior (PHBS) focusing on proper handwashing was conducted for first and second grade students of MI Al-Islam Giwangan. The activities included education, practical healthy living behaviors, and observation of handwashing and hygiene. Implementers were KKN group 70 students from Universitas Aisyiyah Yogyakarta, conducting surveys, counseling, and observations. The subjects were 26 students of MI Al-Islam RW 01, RT 02, Giwangan Village, monitored by the principal and teachers of MI Al-Islam, Umbulharjo Subdistrict, Yogyakarta. This was undertaken because some students still did not consistently practice clean living behaviors, especially correct handwashing. The goal was to raise awareness and healthy habits early for sustainable clean and healthy living patterns, disease prevention, and creating a clean school environment. The approach used was health promotion-based empowerment through descriptive, survey, and observation methods. KKN students conducted initial monitoring, prepared educational

materials, then provided counseling and handwashing practice directly in a cheerful atmosphere to facilitate understanding and implementation of healthy living behaviors.

5. Acknowledgements

With deep gratitude, we would like to express our thanks to Asyiyah University Yogyakarta for providing the opportunity and facilities to carry out this Community Service Programme. We would also like to express our gratitude to the entire RW 02 Giwangan regional apparatus, Giwangan Village, and the RW 02 community for giving us the opportunity to carry out this programme. We hope that this programme will have a positive impact and benefit the community.

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