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# The Effect of Education on Community Attitudes and Actions About Clean and Healthy Living Behavior in Households in the Industrial Area, Morosi Village, Morosi District, Konawe Regency

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### ABSTRACT

**Introduction:** Clean and Healthy Living Behavior in household arrangements, especially in the Konawe district in 2021, amounted to 1,721 households that applied only 36.39% of the 4,729 RTs surveyed. And in 2021 it will increase by 25,721 households that apply by 44.26% from 48,337 RTs surveyed. The results of initial observations made to the community, from 33 Morosi village residents who were interviewed all did not understand what clean and healthy living behavior was.

**Method:** This study uses pre-experimental research methods. The research design used was One-Group Pretest-Posttest. In this research design, group extension methods were used. The research implementation time will be carried out for approximately 30 days starting from April to June 2022. Thus, the total sample for this study is 161 respondents.

**Result:** It is known that the average increase for the attitude variable is 11.83851 with a t-count value greater than t-table ( $7,315 > 1.61831$ ) and the Action variable with an average increase of 26,27329 and it is known that the t-count for the action variable is greater than t-table ( $15,611 > 1.68299$ ).

**Conclusion:** There is an effect of counseling on increasing community attitudes and actions or practices regarding Clean and Healthy Life Behavior in households in the Morosi Village Industrial area.

### Introduction

The pattern of implementing clean and healthy living is a form of behavior based on awareness as a form of learning so that individuals can help themselves both in health problems or participate in creating a healthy society in their environment. The program for implementing the

Clean and Healthy Lifestyle is a form of effort to provide lessons in the form of experiences for each individual, family member, group, or the general public.<sup>[1]</sup>

Lessons can be through communication media, giving news, as well as education so that there is an increase in knowledge, changes in

attitudes, and behavior through approaches from the leadership, fostering the atmosphere, and also making self-empowerment movements in community groups. This condition is a form of reflection that is useful for helping the community in recognizing and knowing and overcoming problems that occur in individuals in the household setting. The aim is none other than the formation of a society that applies healthy living habits in their daily life which is an effort to improve their health status in the household order or the community environment.<sup>[2]</sup>

Clean and healthy living behavior is still a special concern for the government. This can be seen from its determination as one of the indicators of health improvement in the 2015-2030 Sustainable Development Goals (SDGs) program. In the SDGs, Clean and Healthy Lifestyle is a prevention strategy with a short-term impact on improving health in 3 regional settings, namely schools, families and communities.<sup>[3]</sup>

The government has launched the Clean and Healthy Behavior Development Program for a long time, but in fact the success of the program is still far from the target. The percentage of the implementation rate in the household order has increased from 50.1% in 2010 to 53.9% in 2011, 56.5% in 2012, then decreased to 55% in 2013. This means that family members who have implemented Clean and Healthy Lifestyle are still very low. Because according to the achievement in 2013 was 65%, while the target for 2014 was 70%. It can be said that the achievement of Clean and Healthy Lifestyle in 2013 is still relatively low. The Ministry of Health in 2011 also stated that this achievement was still below the achievement indicators proclaimed by the Strategic Plan policy in 2010-2014.<sup>[4]</sup>

The percentage of the implementation of Clean and Healthy Lifestyle Behavior in household arrangements, especially in the Konawe district in 2021, is 1,721 households that implement Clean and Healthy Lifestyle or only 36.39% of the 4,729 RTs surveyed. And in 2021 there will be an increase of 25,721 households implementing a Clean and Healthy Lifestyle or 44.26% of the 48,337 Household surveyed.<sup>[5]</sup>

This shows that the implementation of Clean and Healthy Living Behavior has not met the achievement target set by the government of 70% per year, which means that the behavior of

the people in Konawe Regency in implementing clean and healthy living behavior is still low. Based on the distribution of the sub-district area as many as 29 sub-districts with a total achievement of Clean and Healthy Lifestyle in 2020, the first lowest was Routa sub-district 8 households or 1.17%, the second lowest was Onembute sub-district 24 households or 1.47% and the third lowest was Abuki sub-district, namely 27 households or 1.54% and Morosi sub-district are still included in the top ten lowest, namely 193 households or 12%, while in 2021 the first lowest was in West Wongeduku sub-district as many as 206 households or 8%.<sup>[5]</sup>

One way that is expected to be able to overcome this problem is to conduct counseling to households to teach clean and healthy living behavior. The results of this counseling are expected so that family members are able to change their behavior and attitudes towards healthy living.

Seeing the implementation of clean and healthy living behavior in the industrial area of Morosi sub-district which is very low, the author wants to know as well as intervene about the effect of counseling on community attitudes and actions about clean and healthy living behavior in households in the industrial area of Morosi village, Morosi district, Konawe district.

## Method

This study uses pre-experimental research methods. The research design used was the One-Group Pretest-Posttest. In this research design, the group extension method was used.<sup>[6]</sup> The research implementation time will be carried out for approximately 30 days starting from April to June 2022. Thus, the total sample for this study is 161 respondents.

## Result

**Table 1** states that it was found that before counseling there were 41 respondents (25.47%), and after counseling it increased to 150 (93.17%) respondents or (30.61%), it was known that before counseling there were 48 respondents with good attitude statements. 29.81%) of respondents and after counseling it increased to 119 (73.91%) and

it was known that before counseling the respondents with good action statements were 38 (23.60%) respondents and after counseling it increased to 141 (87.58%).

**Table 2** states that the results of the summary of descriptive statistics from the treatment data of Clean and Healthy Lifestyle Counseling are known to increase knowledge having an average of 34,90683 where the t count for the knowledge variable is greater than t table (21,576 > 1.61783). for the attitude variable the average is 11.83851

with a t-count value greater than t-table (7,315 > 1.61831) and the Action variable with an average increase of 26,27329 and it is known where t-count for the action variable is greater than t-table (15,611 > 1.68299). Thus, it can be concluded that through the provision of health education with Clean and Healthy Lifestyle has an influence on changes in knowledge, attitudes and actions, thus Ha is accepted and Ho is rejected.

**Table 1**  
**Frequency Distribution of Knowledge, Attitudes, Actions Before and After Counseling**

Variabel	Before Treatment						After Treatment					
	Good		Not enough		Total		Good		Not enough		Total	
	f	%	f	%	f	%	f	%	f	%	f	%
Attitude	48	29,81	113	70,19	161	100	119	73,91	42	26,09	161	100
Action	38	23,60	123	76,40	161	100	141	87,58	20	12,42	161	100

**Table 2**  
**Distribution of the effect of providing supervisors on increasing Knowledge, Attitudes and Actions.**

Response (n)	Giving Counseling on Clean and Healthy Life Behavior		t-count	t-table	Sig.	
	Measured Variables	Average Increase				
	Attitude		11.83851	7.315	1.61831	0.000
	Action		26.27329	15,611	1.68299	0.000

## Discussion

### The effect of the application of health counseling with clean and healthy living behavior on increasing attitudes.

The results of the summary of descriptive statistics from the treatment data for the provision of Clean and Healthy Lifestyle Counseling are known to increase for the attitude variable an average of 11.83851 with a t-count value greater than t-table (7,315 > 1.61831) thus it is known that there is an average increase of 11.8 percent of respondents' attitudes and the value of t count which is greater than t table with a significance value of 0.00 can be concluded that Ha is accepted and Ho is rejected.

Clean and Healthy Living Behavior is a set of behaviors that are practiced on the basis of

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.<sup>[7]</sup>

The purpose of Clean and Healthy Lifestyle is an effort to increase the knowledge, awareness, willingness, and ability of the community to live clean and healthy, then to increase the active participation of the community including the business world in an effort to realize optimal health degrees.<sup>[8]</sup>

Attitude is a response or response that remains closed from someone to a stimulus or something. According to Newcombe, a social psychologist argues that this position is a willingness or willingness to act, not the implementation of certain motivations. The

situation has not yet become an action or activity, but is still a predisposition to behavioral action.<sup>[9]</sup>

It is known that the positive impacts arising from the existence of the industry are opening up job opportunities for local residents, increasing the economic level of the area where the industry is located. Meanwhile, the negative impact caused is the emergence of environmental pollution due to industries that are not treated properly, such as noise, dust, gas and a decrease in water quality which results in a decrease in the quality of the surrounding environment. This impact can continue to impact on public health, so that adequate health infrastructure is needed for this impact.<sup>[10]</sup>

One of the other impacts is the low level of society in responding to clean and healthy living behavior, feeling indifferent or ignoring for reasons of being busy and not taking the time to improve their health status by making latrines, and the influence of the social environment found by foreigners with diverse behaviors such as different cultures in each country. ethnicity.

It is known that boarding houses in Morosi village have a large number as a community effort to improve the degree of the economy, but on the other hand, their construction is considered not to meet requirements such as ventilation and there is also no special place for waste disposal.

With the status of only domiciled and not permanent residents, there is a lack of awareness of the community to check their pregnancy, immunize their children and also eat healthy food on the grounds that they are not familiar with the situation and schedule of health services in Morosi village, as well as other reasons for being busy working who prefer food. instant good for parents and their children.

### **The effect of implementing Health education with Clean and Healthy Lifestyle on increasing Actions.**

The results of the summary of descriptive statistics from the treatment data for the provision of counseling on clean and healthy living behavior are known to increase for the Action variable with an average increase of 26,27329 and it is known where the t count for the action variable is greater than t table ( $15,611 > 1.68299$ ) thus it is known that there is an average increase of 26 ,2 percent knowledge and the t-count value is greater than the

t-table with a significance value of 0.00, it can be concluded that  $H_a$  is accepted and  $H_o$  is rejected..

The population of Morosi Sub-district in 2016 was 3,872 people, in 2017 there were 3,982 people, in 2018 there were 4,879 people, in 2019 it increased to 5,521 people, in 2020 there were 5,855 people but the compass version data amounted to 8,872 people calculated by local immigrants such as from the Regency other people who live and work in the industrial area, the data is only taken from the population records in the sub-district at the time of the study and it is estimated that there are still many who are not recorded where many local migrants work in the industries of PT Virtue Dragon and PT OSS, which open recruitment in one year not less than 3 (three) receipts with a quota of at least one thousand in one receipt.

Counseling is given in the hope of a change in behavior and in this study, observations were made for 30 days and evaluated at the end of the study with the conclusion that there were significant changes to make changes with an average estimate of 26 percent an increase when compared to previous behavior or community actions.

As a communication process, counseling means a process in which an individual (communicator) conveys certain symbols, usually verbal to influence the behavior of the communicant. Finally, counseling may be aimed at influencing other people.<sup>[11]</sup>

One of the ways that expected to be able to overcome this problem is to conduct counseling to households to teach clean and healthy living behavior. The results of this counseling are expected to enable family members to change their behavior and attitudes towards healthy living.<sup>[12]</sup>

Action is an activity or a person's activity. Meanwhile, in terms of the interests of the analytical framework, action is what a person does, which can be observed directly or indirectly.<sup>[13]</sup> This finding is in line with the results of Salimar's research on the role of counseling using leaflets and videos on changing actions. Behavior is a response to someone's actions or actions that can be observed and even studied which is distinguished in the form of passive and inactive, passive forms, namely responses that occur in humans and are not directly visible to others in the form of knowledge, attitudes and

perceptions, emotions, motivations and so on. which serves to process stimuli from outside.<sup>[14]</sup>

In this study, it can be assumed that the effect of counseling on improving people's behavior is due to a concrete explanation of the results of the extension which is accompanied by a summation of the impact of the lack of Clean and Healthy Life Behavior and complex and complete counseling tools or instruments so that they are easy to understand.

## Conclusion

It was concluded that there was an effect of counseling on public attitudes about Clean and Healthy Living Behavior in Households in the Industrial Estate of Morosi Village, Morosi District, Konawe Regency. There is an effect of counseling on community actions or practices regarding Clean and Healthy Life Behavior in households in the Morosi Village Industrial area. Therefore, it is expected to continue to carry out special monitoring in the industrial area related to the management and spatial planning of settlements and to collect data on every citizen whose status is only domiciled as a work bond for guidance in a jointly conscious effort to increase the degree of health, especially behavior behavior. Clean and healthy.

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