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The Relationship between the Role of the Teacher and the Behavior of Clean and Healthy Living in the School Environment (Covid-19 Pandemic Period) at MI Azzainiah II Karanganyar Paiton Probolinggo

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Abstract

Clean and Healthy Lifestyle (PHBS) in schools. Clean and Healthy Living Behavior (PHBS) in schools is a set of behaviors that are practiced by students, teachers and the school community on the basis of awareness as a result of learning, so that they can independently prevent disease, improve their health, and play an active role in creating a healthy environment. The teacher is a figure who is nurtured and imitated, therefore the role of the teacher is very influential on the students, because whatever the teacher does, the students will follow it. As for the cause of the non-maintenance of the school environment, namely the lack of awareness in maintaining the cleanliness of the school environment, health education is needed about the importance of clean and healthy living behavior. The purpose of the study was to analyze the teacher's role on clean and healthy living behavior in the school environment at MI Azzainiah II Karanganyar Paiton Probolinggo. The research method uses a quantitative correlation approach, and simple regression test analysis. The results and discussion cover the teacher's role in clean and healthy living behavior. The conclusion is there is an influence of the teacher's role on clean and healthy living behavior. The results showed that there was a relationship between the teacher's role on clean and healthy living behavior with sig. 0.000 (less than (0.05)). s role in clean and healthy living behavior. The conclusion is there is an influence of the teacher's role on clean and healthy living behavior. The results showed that there was a relationship between the teacher's role on clean and healthy living behavior with sig. 0.000 (less than (0.05)). s role in clean and healthy living behavior. The conclusion is there is an influence of the teacher's role on clean and healthy living behavior. The results showed that there was a relationship between the teacher's role on clean and healthy living behavior with sig. 0.000 (less than (0.05)).

Keywords: *Teacher's Role; PHBS; School*

Abstract

Clean and Healthy Living Behavior (PHBS) in schools. Clean and Healthy Living Behavior (PHBS) in schools is a set of behaviors that are practiced by students, teachers and the school community on the basis of *awareness* as learning outcomes, so that they are able to independently prevent disease, improve their health, and play an active role in creating a healthy environment. The teacher is a person who is admired and imitated, therefore the role of the teacher is very influential on students, because whatever the teacher does, students will follow him. As for the cause of not maintaining the school environment, namely due to a lack of awareness in maintaining the cleanliness of the school environment, for this reason health education is needed about the importance of clean and healthy living behavior. The aim of the research is to analyze the teacher's role in clean and healthy living behavior in the school environment at MI Azzainiah II Karanganyar Paiton Probolinggo. The research method uses a quantitative correlation approach, and simple regression analysis. The results and discussion include the teacher's role in clean and healthy living behavior. The conclusion is that there is an influence of the teacher's role on clean and healthy living behavior. The results showed that there was a relationship between the teacher's role and clean and healthy living behavior with sig. 0.000 (less than α (0.05)).

Keywords: Teacher's Role; PHBS; School

1 Introduction

The COVID-19 pandemic is still not over, but the need to carry out limited face-to-face learning is urgently needed, so that fears of learning loss can be avoided. Limited face-to-face learning should be carried out by implementing strict health protocols, one of which is by implementing Clean and Healthy Behavior (PHBS) in schools. Clean and Healthy Living Behavior (PHBS) in schools is a set of behaviors that are practiced by students, teachers and the school community on the basis of awareness as learning outcomes, so that they are able to independently prevent disease, improve their health, and play an active role in creating a healthy environment. (1) One of the characteristics of an advanced nation is having a high degree of health, because health status has a very large influence on the quality of human resources. Only healthy resources will be more productive and increase the nation's competitiveness. (2) Children are the next generation whose health status needs to be considered, children are also a group that is vulnerable to health problems and is very dependent on their parents. Children are easily influenced and motivated to be able to have a clean and healthy lifestyle. At this time, it is very appropriate to instill positive and health values, starting with providing an understanding of clean and healthy living behaviors and then continuing with other

matters regarding health, it is hoped that interest and willingness will grow from children to participate and be active in implementing these behaviors. this. (3)

Cleanliness of the school environment is not only the responsibility of students, but also the responsibility of teachers and other school members. The teacher is a person who is admired and imitated, therefore the role of the teacher is very influential on students, because whatever the teacher does, students will follow him. It is common knowledge that children are impersonate, which means a reliable copyist. Initially, the child will observe various things, both directly and indirectly, how the people around him behave, speak or decide something, then the child will instinctively imitate the various conditions he gets. (4)

Even though Clean and Healthy Living Behavior (PHBS) has now been widely implemented in schools, in reality there are still many schools whose environment has not been maintained. Many parties act apathetically, as if blinding their eyes and deaf ears to the urgency of health, whereas discipline in health will actually have a tremendous impact on the physical and mental self, both now and in the future

As for the cause of not maintaining the school environment, namely due to a lack of awareness in maintaining the cleanliness of the school environment. The results of the

initial observation found that MI Azzainiah II Karanganyar is one of the schools in the Paiton Probolinggo area, where the cleanliness of the environment still does not meet standards, including bathrooms that are still dirty and neglected, there are no trash cans in each class, waste management by burned, and there is no place to wash hands. Even though during a pandemic like now, where to wash your hands is an important requirement in preventing the occurrence of Covid-19. For this reason, health education is needed regarding the importance of clean and healthy living behavior (PHBS). Based on this background, the researcher intends to further examine clean and healthy living behaviors and the role of teachers in instilling these behaviors in children. Therefore, researchers want to conduct a study on "The Relationship of the Teacher's Role to Clean and Healthy Living Behavior in the School Environment (Covid-19 Pandemic Period) at MI Azzainiah II Karanganyar Paiton Probolinggo.

2 Method

The method used in this research is quantitative with a correlation research design (a research design made to examine how possible relationships occur between variables by taking into account the magnitude of the correlation coefficient).⁽⁵⁾ Research with a quantitative approach is research using an approach in which the data are numerical and processed using statistical methods.

This research was conducted at MI Azzainiah II, which is located at Jln.KH.Zaini Mun'im, Karanganyar Village, Paiton District, Probolinggo. The research time for the relationship between the teacher's role and clean and healthy living behavior (covid-19 pandemic) in schools was carried out in April – May 2022. The population and sample of this study were students from grades 5 and 6. The data sources used in this study were primary data (data obtained from the first source or observation directly and distributing questionnaires about the Relationship of the Teacher's Role to Clean and Healthy Living Behavior (during the covid-19 pandemic)) and secondary (in the form of document data on the number and names of students in grades 5 and 6 MI Azzainiah II for the 2021-2022 academic year). The source of research

funding is from LP3M Nurul Jadid Paiton University, Probolinggo.

The first stage in this research, the first thing the team did was to ask permission from the Head of Madrasah MI Azzainiah II to conduct a location survey, after getting permission the team then conducted a survey of Madrasahs to collect the necessary data, the team distributed questionnaires containing the teacher's role in PHBS at school, in the questionnaire a Likert scale system was used to assess alternative answers according to the questions where the categories were, namely very good (SB), given a score of 5, good (B) given a score of 4, good enough (CB) given a score of 3, not good (TB) was given a score of 2, and very not good (STB) was given a score of 1. Instrument testing in the study consisted of validity and reliability tests, and then data were analyzed using a simple regression test using the SPSS program.

3 Results and Discussion

From the results of research conducted at MI Azzainiah II, the following were obtained:

- a) The role of the teacher at MI Azzainiah II Karanganyar Paiton Probolinggo The role of the teacher at MI Azzainiah II Karanganyar Paiton Probolinggo is as follows:

Table 1 The Role of the Teacher at MI Azzainiah II Karanganyar Paiton Probolinggo

No	Teacher Role	Frequency	Percentage (%)
1	Well	31	96,9
2	Not good	1	3,1
Amount		32	100

Based on the table above, it is known that most of the roles of teachers in MI Azzainiah II are good, namely 31 respondents (96.9%).

- b) Clean and healthy living behavior at MI Azzainiah II Karanganyar Paiton Probolinggo Clean and healthy living behavior (PHBS) at MI Azzainiah II Karanganyar Paiton Probolinggo is as follows:

Table 2 Clean and Healthy Living Behavior at MI Azzainiah II Karanganyar Paiton Probolinggo

No	PHBS	Frequency	Percentage (%)
1	Well	21	65,6
2	Enough	11	34,4
3	Not enough	0	0
Amount		32	100

Based on table 2, it is known that most of the clean and healthy behavior in MI Azzainiah II is good, namely 21 respondents (65.6%). The Relationship of the Teacher's Role to Clean and Healthy Behavior in the School Environment (Covid-19 Pandemic Period) in MI Azzainiah II Karanganyar Paiton Probolinggo

A simple regression test was conducted to find out the relationship between the teacher's role and clean and healthy living behavior in the school environment (Covid-19 pandemic) at MI Azzainiah II Karanganyar Paiton Probolinggo

Table 3 The Relationship between the Teacher's Role and Clean and Healthy Living Behavior in the School Environment (Covid-19 Pandemic Period) at MI Azzainiah II Karanganyar Paiton Probolinggo:

ANOVA b

Model	Sum of Squares	df	Mean Square	F	Sig.
1 Regression	473,429	1	473,429	32,572	.000a
residual	436,040	30	14,535		
Total	909,469	31			

- a. Predictors:
(Constant), The Role of the Teacher
- b. Dependent Variables:
PHBS

The results of the study show that there is a significant relationship between the teacher's role and clean and healthy living behavior. This is based on the level of significance between the teacher's role and clean and healthy living behavior (p value = 0.000 < 0.05).

4 Conclusion

The role of the teachers at MI Azzainiah II Karanganyar Paiton Probolinggo has a good role in maintaining a clean and healthy school environment including most of them are also good in the habit of washing hands with soap, clean bathrooms, there are trash cans in each class. Statistical tests show that there is a relationship between the teacher's role and clean and healthy living behavior. It is recommended that more teachers further enhance their role in school by means of each lesson interspersed with material about PHBS, so that it will raise student concern by itself for the environment.

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