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Improving Clean and Healthy Living Behaviors Among Indonesian Migrant Workers in Malaysia

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Abstract

The Clean and Healthy Living Behavior Program (PHBS) is an effort to prevent disease by getting used to clean living and healthy behavior. PHBS is very important to be applied to the entire community, including Indonesian Migrant Workers (PMI). PMI live overseas, so health is very important. If they get sick, it will create new problems because access to health services is limited, and there is no family who can look after them. The solution offered to partners' problems is socialization regarding clean and healthy living habits, as well as how to get used to clean and healthy behavior. The development of a video about how to get used to living a clean and healthy life aims to increase the capacity of Indonesian migrant workers in Malaysia to get used to living a clean and healthy life, so that they can prevent disease attacks. The use of videos is intended to make socialization activities more effective. The Indonesian Embassy in Johor Bahru is a service partner, which will assist in bridging the service program that UNNES will carry out for PMI in the Johor Bahru Region. After conducting outreach to PMIs, the next step is to form several groups consisting of several PMIs to ensure the sustainability of the implementation of the PHBS program. The result of this activity is the availability of the PMI group as a forum for sharing and doing joint activities, as well as increasing knowledge and understanding about PHBS.

Keywords: Migrant Workers, Healthy, Malaysia

INTRODUCTION

The Clean and Healthy Living Behavior Program (PHBS) is an effort to prevent disease by getting used to clean living and healthy behavior [1,2,3,4,5]. This movement is one of the health promotion efforts which aims to ensure that everyone has a place to live with a clean environment and has healthy habits by creating conditions that are conducive for individuals, families, groups and communities [6,7,8,9]. The aim of the program launched by the government is to increase people's knowledge, attitudes and practices so that they can implement healthy ways of living by maintaining, maintaining and improving health [10,11,12,13]. One of the missions of health promotion is to empower individuals, families and communities to live healthy lives through community empowerment programs. It is hoped that people can independently behave healthily and strive for a clean environment [14,15,16,17].

PHBS is very important to be applied to the entire community [18,19], including Indonesian Migrant Workers (PMI). Data for January 2023 shows that the number of PMI reached 24,050 people, of which 9,745 people worked in the informal sector. Based on data from the Indonesian Migrant Worker Protection Agency, the highest number of PMI placements in January 2023 were in Malaysia (9,523 people), Taiwan (5,899 people) and Hong Kong (4,844 people). Data also shows that Malaysia is one of the countries where PMI is placed with the most complaints [20].

PMI tries his luck abroad to get work and higher income. However, not all PMI are lucky, because some of them experience problems, which either directly or indirectly affect their physical health. Emotional instability, the absence of friends or family who can be used as friends to talk to when dealing with problems often causes PMI to become depressed, even stressed. This emotional instability will gradually affect his physical health condition. Apart from the above, work demands often mean

they don't have time to exercise. Apart from work demands, the lack of friends to exercise is also one of the factors why PMIs do not exercise. In their free time, they prefer to chat, rest, or just hang out.

Migrant workers are people who work abroad, where most of these workers do not bring their families with them. Sexual desire and the absence of a partner are factors that cause casual sex. This casual sexual behavior is very risky for contracting several diseases that can be transmitted through sexual intercourse, including HIV/AIDS, gonorrhea, syphilis and other venereal diseases.

The Indonesian Embassy in Johor Bahru is a service partner, which will assist in bridging the service program that UNNES will carry out for PMI in the Johor Bahru Region . Based on the problems above, this community service activity aims to increase PMI's capacity for clean and healthy living behavior, so as to reduce the risk of contracting disease.

The solution offered to partners' problems is socialization regarding clean and healthy living habits, as well as how to get used to clean and healthy behavior. The development of a video about how to get used to living a clean and healthy life aims to increase the capacity of Indonesian migrant workers in Malaysia to get used to living a clean and healthy life, so that they can prevent disease attacks. Apart from that, a PMI group was created to socialize PHBS, for example by holding joint exercise or counseling groups.

It is hoped that by increasing the capacity for clean and healthy living behavior among Indonesian Migrant Workers in Malaysia, it is hoped that these workers can increase their immunity, so they can avoid disease. This method is offered because the targets are Indonesian migrant workers, because they live overseas, so health is very important. If they get sick, it will create new problems because access to health services is limited, and there is no family who can look after them.

The use of videos about how to get used to living a clean and healthy life, started with coordination with the Consulate General of the Republic of Indonesia (KJRI) in Johor Bahru Malaysia for implementing activities, making videos, then conducting outreach to Indonesian migrant workers, and organizing Indonesian migrant workers is for the implementation of service.

METHOD

Stages of implementation of Capacity Building service activities in Clean and Healthy Living Behavior for Indonesian Migrant Workers in Malaysia:

1. Licensing and coordination with the Embassy of the Republic of Indonesia (KJRI) in Johor Bahru Malaysia
2. Socialization with the Embassy of the Republic of Indonesia (KBRI) in Johor Bahru Malaysia
3. Making a video about clean and healthy living behavior by the service team.
4. Measuring the condition of capacity of Indonesian migrant workers (target of service activities) before activities (*pretest*) on Clean and Healthy Living Behavior.
5. Implementation of the promotion of Clean and Healthy Living Behavior in an effort to increase the immunity of migrant workers, so that they can avoid disease. by the service team for migrant workers .
6. Measuring the condition of capacity of Indonesian migrant workers (target of service activities) after activities (*posttest*) on Clean and Healthy Living Behavior.
7. Creation of a PMI group for sustainability programs
8. The process of measuring service results and data processing
9. Evaluation and dissemination of community service activities

collection instrument is a questionnaire to measure the capacity of PMI regarding Clean and Healthy Living Behavior. The target audience for this community service is Indonesian migrant workers in Malaysia .

RESULTS AND DISCUSSION

Coordination of the Service Team

Activity Devotion To this Community carried out on the day Saturday , June 17 2023, at the Consulate General Republic of Indonesia in Johor Bahru. Activity This attended by leadership and staff from Consulate General Republic of Indonesia Johor Bahru, as well a total of 31 workers Indonesian Migrants (PMI). The event opens with welcome from leader Consulate General Republic of Indonesia Johor Bahru, continued with welcome from Head of LPPM Semarang State University. The event

continued with exposure from The Consulate General of the Republic of Indonesia regarding Latest PMI conditions in Malaysia, continued with Focus Group Discussion.



Welcome Head of LPPM UNNES



Welcome Chairman of the Indonesian Consulate General in Johor Bahru



Exposure Condition Latest PMI in Malaysia



FGD about Condition Latest PMI in Malaysia

After the FGD, the PMIs were given sort of test with questionnaire (pre test) for know knowledge and understanding they about Clean and Healthy Living Behavior (PHBS). Test This held for 10 minutes , with amount question as many as 10 items. After doing the pre-test, then continued with give counseling about PHBS and other related matters with PMI problem . The event continued with post test For know PMI's understanding of PHBS after given counseling . Before closed , activities Devotion to the Community this also provides memories form book fiction For remove saturation or the stress of PMIs and books Skills For increase PMI knowledge .





Counseling by the Service Team

Results of activities devotion This in line with Notoatmodjo (2007) stated that one strategy for _ change behavior is giving information To use increase knowledge so that arise the realization that people eventually come to behave in accordance with his knowledge the . One of effort giving information available _ done is counseling . Knowledge happen after somebody do sensing to something object or stimulus.Change Attitudes are basically also influenced by factors acquired knowledge and confidence / belief _ from results sensing , which is one of them obtained through education or the learning process . Counseling with method lecture can increase knowledge .

Approach education can change behavior somebody including knowledge , where intervention provided _ is a health education process for change behavior . Health Education Methods with lecture can increase knowledge after a post-test was compared with pre-test. Results of activities devotion This prove that method discussion show the results are also effective in increase PMI's knowledge and attitudes about PHBS. On method discussion , where all participant active For state his opinions and experiences , as well discuss PHBS materials distributed until obtain appropriate conclusion . _ Principle Study with method connect or association stimulus with experience or old behavior , then message will more easy accepted or understood .

CONCLUSION

Socialization about PHBS using effective videos in increase PMI's understanding of importance behavior life clean and healthy . Once done socialization to the PMIs, them planned form a number of group consisting _ from some PMI for ensure sustainability implementation of the PHBS program. Results of activities This is availability PMI group as a place for sharing and activities together , as well increasing p e n g e knowledge and understanding about PHBS .

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