



Parents' Role in Familiarizing themselves with Clean and Healthy Living Behavior in Early Childhood during the COVID-19

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Abstract

COVID19 pandemic that continues through July 2021 is caused by the emergence of a new variant called delta with a rate higher transmission. The purpose of this study was to determine the role of parents in familiarizing young children with clean and healthy behavior (PHBS) during the COVID-19 pandemic. PHBS is the most effective way to prevent the spread of COVID-19. Parents play a very important role in familiarizing early childhood PHBS in everyday life, including washing hands before and after eating, throwing garbage in its place, eating fruits and vegetables, and doing some exercise. exercise. The method used is qualitative with a case study of three research participants, namely three mothers who have 5-6 yearold children and are currently attending kindergarten. Data collection was carried out using interview techniques. The data obtained was analyzed using thematic analysis by identifying patterns that were modeled in a phenomenon. The research results obtained are the results of a preliminary study, which shows that the role of parents in familiarization with PHBS is not optimal with regard to hand washing before and after meals, elimination of waste in their place, consumption of fruits and vegetables and exercise. Parents' efforts to familiarize themselves with PHBS are just a reminder without involving children to negotiate and make decisions regarding their children's needs for PHBS, so that children do not yet understand the benefits, impacts and the goals of the PHBS for their own health. Parents can use motion and song methods as well as digital media such as 3D animated movie videos to learn about PHBS in early childhood

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INTRODUCTION

Clean and Healthy Behavior (PHBS) is a series of activities in the health sector. PHBS is a vehicle whose goal is for the community to become an engine of change so that it can improve clean and healthy living behavior (Ardinansyah, A, et al., 2021). According to Sadimin, S., et al. (2021), PHBS may also improve health by starting with growth habits as clean, healthy individuals. In addition, PHBS should create a society that includes understanding, awareness and a healthy lifestyle. To achieve the objectives of the PHBS, it is necessary to organize a community that starts from the activities of daily life, that is to say the family, community and school environment. The empowerment of a healthy and clean community requires a good synergy of each community structure. At the community level, the criteria of cleanliness and health can be met by: assisted delivery, exclusive breastfeeding, regular weighing of babies, washing of hands with soap and clean water (Widyastuti, SD and Sugiarto, H., 2021). immediate environment of children, i.e. families, it is recommended to use clean water, keep the latrines clean, eradicate mosquito larvae, eat fruits and vegetables in a balanced way, exercise regularly and not smoke indoors (Ruhardi, A., & Yuliansari, D., 2021). Meanwhile, school-based PHBS can be done by washing hands with soap before and after eating, exercising, consuming healthy snacks, providing enough garbage cans, and doing community service. with the residents of the school (Luthfia, Y., 2021). PHBS in the community and in schools is currently limited due to the COVID19 pandemic which continues to increase. The transmission of COVID19 in Indonesia increases with the new variant, namely the "delta". The delta variant is known to be easier and faster to transmit (Kurnia, E., 2021; Diksa, I., 2021). The city of Bandung, which is the capital of West Java province in 2021, will become the second highest COVID19 case area in West Java (Putra, W, 2021). The Bandung city government attempted to deal with COVID19 using the PHBS by providing sinks and hand soap at several public facilities. The PHBS has been promoted nationally and internationally since 2007 (Myers, RE, 2010), but the awareness of the Indonesian people to behave in a clean and healthy manner is still low. The 2018 Basic Health Research (Riskesdas) results show that government efforts to promote PHBS have exceeded the achievement target, which is 70.62% of the 70% target. This figure shows that 70.62% of neighborhoods / cities support the PHBS program. Data shows

that at least 38% of families only practice the PHBS program in their daily lives. Several other studies show that the community's PHBS is still low in various indicators such as: washing hands properly, using clean water, brushing teeth and dirt (Rubai, WL, et al., 2021; Gani, HA, et al, 2015; Lestari, L. , 2021). Low public awareness also has an impact on low awareness of PHBS in early childhood.

Early childhood has a low rate of transmission, but that does not mean that it is not affected by the COVID19 virus. Indonesian Association of Pediatricians (IDAI) President Aman Bhakti Pulungan (in Supriatin, 2021) said Indonesia's infant mortality rate from COVID19 is the highest in the world, at three to five percent. Of the total positive COVID19 cases to date, 12.5% of them are in infancy, or 25,219 cases. Most hospitals do not have a special intensive care unit (Intensive Care Unit.) the children's room. Early childhood is vulnerable to COVID19 because health protocols are not accustomed to it. PHBS plays an important role in efforts to improve early childhood health. PHBS can balance nutrients and nutrients according to the needs of children. Suitability is considered based on the type of food, body weight, age and body activity. Herlinda, P., et al. (2018), the balance is adjusted between feeding and leaving by regularly weighing body weight. According to Riskesdas (2018), the percentage of PHBS in early childhood is still less than 50%. This lower figure affects early childhood health, which is characterized by Indonesia's high stunting rate of 27.6% and early childhood obesity rate of 10.8% in 2019 (Purnamasari, D., 2021). This situation raises concerns for early childhood health, so much so that parenting and support is needed to become familiar with PHBS. The role of parents is very important in making children understand PHBS during the COVID19 pandemic. Parents have an obligation to educate, train, counsel and remind their children to always maintain personal hygiene and health. Bandung Mayor Oded M Danial (on West Java Provincial Government official website, 2021) said early childhood should receive good habits from PHBS and maintain it permanently, not only in the event of a pandemic, but also when the situation returns to normal. This is in line with several studies showing that the role of parents is very dominant during the COVID19 pandemic (Resiyanthi, N, et al., 2021; Zuniareh, Z., et al. 2021; Windarta, L., 2021). The study also found that the role of parents was very influential and important for children during the pandemic. The COVID19 pandemic is forcing children to perform online

learning activities, so children can spend time at home with their parents. Parents are the main figures most aware of the evolution of children's behavior. Much research on PHBS has been done in Indonesia, but much has been done at the basic education level (Julianti, R., et al, 2018; Lina, HP, 2016; Lumongga, N., and Syahrial, E, 2013; Zukmadini, AY et al, 2020; Gani, HA et al, 2015). These studies have found that school-aged children need appropriate guidance, support and treatment to get used to PHBS. In the field of early childhood, there have been several studies including: Anhusadar, L. and Islamiyah, I., (2020), Safitri, HI, and Harun, H., (2020), Kurniati, E., and al., (2020)) and Rohita, R., (2020) with the aim of knowing parental understanding and how to implement PHBS. In addition, there are other early childhood PHBS studies located in Pekalongan and West Sumbawa (Tabi 'in, A, 2020; Ibrahim, I., et al., 2021). healthy lifestyle behaviors The method used is qualitative with a case study in the city of Bandung.

METHOD

This study uses a qualitative approach. The qualitative approach aims to understand social phenomena from the participant's perspective to discover the role of parents in familiarity with early childhood PHBS during the COVID19 pandemic (Syaodih, N, 2012). The research design used is a case study that occurs in individuals, groups or life portraits (Creswell in Zaluchu, SE, 2021). The case study explores attachment and diversity through data collection to obtain detailed facts about the role of parents in early familiarization with childhood PHBS. The data collection technique used consists of interviews with three participants, namely three mothers of 56-year-old children attending kindergarten in Panyileukan district, Bandung city, whose identities were obscured by Ms. Dewi, Ms. Diah and Mrs. Desi. Data Analysis The technique uses thematic analysis that identifies the subject from a phenomenon (Boyatzis, R., 1998). This study uses inductive analysis to provide insight into the role of parents in familiarity with early childhood PHBS.

RESULTS AND DISCUSSION

The role of parents in early childhood PHBS can be assessed by four indicators, namely, accustoming to the behavior of washing hands before and after eating, throwing garbage in its place, eating fruits and vegetables and doing

some exercise.

1. The role of parents in familiarizing the behavior of handwashing before and after meals until infancy Handwashing with soap and running water is part of efforts to prevent the transmission of HIV. COVID19 virus.

According to the results of the interviews, the role of parents in familiarizing handwashing behavior is still not optimal. Desi explained that they always make sure their children wash their hands before and after eating at home. Unlike Ms Dewi and Ms Desi, Ms Diah said she couldn't get used to washing her hands as she was busy with housework and taking care of her second child who was still a baby. Ms. Diah also said that her son was very active, so she did not know and could not accompany him properly. This is demonstrated by the following maintenance results:

"God willing, I always remind my children to wash their hands before and after any activity, including eating, when I work I ask my child for help. grandmother to remind me of the soap with the water in the ladle, but you have to shake it. " (Interview with Mrs. Dewi, June 27, 2021)

"My son continues to play, I don't like to see s 'he washes his hands or not, sometimes at home when he wants to eat he forgets to wash his hands, after eating his I often remember why his hands are dirty after eating, I am also busy with his little brother who is his least guarded brother. I also often tell him to wash his hands with soap, but due to the conditions in the house, the tap water goes straight into the tub, so he washes his hands in a bucket ". (Interview with Mrs. Diah, June 27, 2021)

"I always wash my hands with soap, I like to tell my children to wash their hands in tap water so that the dirt is washed away. I remember it very often, so my son is diligent enough to wash his hands, after playing or entering the house he often washes his hands. " (Interview with Ms. Desi, June 27, 2021)"

Results of this interview are consistent with research by Brilian, A. (2016) and Panggabean, FI and Sitompul, M. (2021) who found that there are still many parents who have not been able to teach their children how to wash their hands properly. The parenting role found in this study only reminded children, without teaching or explaining the importance of handwashing. The suboptimal role of parents in the habit of washing their hands will have a negative impact on children. Several studies have shown that a person with poor hand washing habits has a higher risk of contracting COVID19 transmission (Harmawati, H. and Yanti, E., 2021; Haryani, S., et al., 2021 ; Salaka, SA and Iqra, I., 2021). Lack of habit of washing hands can also cause illness.

ses, such as: skin diseases, diarrhea and intestinal worms (Nurzakky, M, 2012; Jimung, M. and Les-tari, S., 2021; Sianipar, HF and Sijabat, A., 2021).

Parents can strengthen their role by motivating children to get acquainted with PHBS with something interesting. Parents can use movement and song to teach them how to wash their hands properly. Research Juliawan, D.G, et al. (2019) found that singing is one of the good ways to get children used to washing their hands. Singing becomes more effective when performed with live demonstrations so children can practice immediately.

2. The role of parents to get used to the garbage in place for early childhood.

All participants stated that they were not able to get used to their children who throw garbage in his place. Desi had warned and provided enough trash cans, but her son was reluctant to throw the trash out for him. Most of Ms. Diah's children are away from home, so Ms. Diah rarely reminds her children to throw out the garbage for her. Dewi has a problem because she is busy working, so his grandmother takes care of her son. Ms. Dewi can only watch her son when he comes home from work at night or on public holidays. This is proven by the results of the following interviews:

"His grandmother likes to tell stories that my son is still lazy to throw garbage in its place. Let alone outside when playing, at home is still lazy. I have not been able to monitor directly because I work, his father also works. At least when it's a holiday, I remind you if it's caught that my child is littering, because at night it's time to rest, there's no longer any activity to eat packaged food. In this complex there is also a janitor so people don't care about waste." (Interview with Mrs. Dewi, 27 June 2021)

"He still often forgets to be at home too, especially when he's playing outside, he just throws his trash everywhere, while running, throws it away, I also have a hard time remembering him because he keeps playing outside" (Interview with Mrs. Diah, 27 June 2021)

"I'm getting used to it, but yeah, sometimes I throw trash in the place so I'm lazy to go to the trash. Even though at home there is a trash can but it is still difficult" (Interview with Mrs. Desi, 27 June 2021)

This is in line with several studies in Indonesia which found that waste is still high, due to a lack of public awareness (Athallah, T. and Husin, H., 2021; Fadlillah, AW, 2021; Kusnah, A, et al., 2021). The sub-optimal role of parents as members of the community in monitoring children's activities during play, especially outside the home, is at the root of the lack of awa-

reness of waste disposal at their home. place in everyday life, so that people do not worry about the behavior of children who still often throw garbage. The environment also helps children get used to throwing garbage for them (Utami, DT, 2018; Muslih, M., 2021). Children are tired and bored with parents' warnings, not understanding the dangers of waste. Parents can make a habit of throwing out trash for them through positive activities with children using technology and the surrounding environment.

Based on the research of Raimukti, S. and Agung, L. (2016), it was found that thanks to 3D animated films that educate about waste, it is easier for children to understand than normal explanations. The implication is that parents can invite their children to make and decorate bins, make creations with recyclable waste and be actively involved in community hygiene activities (Harlistyarintica, Y., Et al., 2017; Prasetyo, WH and Suyanto, T., 2013). If children understand it and practice it as a fun activity, the habit of throwing the trash in its place can be incorporated in children from an early age.

3. Familiarizing the Behavior of Consuming Fruits and Vegetables to Early Childhood

Ms. Diah and Ms. Desi often cook vegetables and provide fruits for their children to enjoy fruits and vegetables. Mrs. Diah's children love carrots, spinach, cauliflower, chayote and oyong, while Desi kids love spinach, carrots, cabbage, and cassava leaves. Unlike Ms. Diah and Ms. Desi, Ms. Dewi only delivers fruit to her home, not making sure the children eat it or not. In addition, Mrs. Dewi does not have time to cook vegetables. In her daily life, Ms. Dewi's children often eat fast food products, such as kibble and instant noodles. Dewi's son is less fond of vegetables or fruit. As for fruits, he only likes bananas. This is demonstrated by the results of the following interviews:

"I have prepared fruit at home, but I don't know if I eat it or not, sometimes when I come home from work the fruit is still intact. At night when I come home I like to tell them to eat fruit but I don't want to because I'm full at night. I also don't have time to cook, so I like to keep food that lasts in the fridge so I can fry it if my child is hungry." (Interview with Mrs. Dewi, 27 June 2021)

"Almost everything I like to cook, so my son likes some fruits and vegetables like watermelon, oranges, durian, grapes, carrots, spinach, cauliflower, chayote and oyong, but he doesn't like dragon fruit, bitter melon, eggplant and beans. ." (Interview with Mrs. Diah, 27 June 2021)

“Alhamdulillah, I like to force my children to eat fruit and vegetables, although not all, but my children like some fruits and vegetables such as oranges, apples, melon grapes, watermelon, pears, spinach, carrots, kale, cassava leaves. But many people don’t like it, hehe, it’s like salak, banana, papaya, durian, jackfruit, mustard greens, beans, eggplant, pumpkin.” (Interview with Mrs. Desi, 27 June 2021)

The interview results are consistent with the research findings of Sari, A.M. and Anggarayni, M. (2019) and Srue, D.M., et al. (2021) found that there are still many young children who dislike fruits and vegetables. Children often say they don’t like it because it’s bitter and doesn’t suit their language (Widani, N.L., 2019). Therefore, Mrs. Dewi’s baby does not like fruits and vegetables because she prefers fast food that tastes better.

The role of parents in the habit of consuming fruits and vegetables is not optimal, even if they have provided fruits and vegetables in the house, parents must also make sure that their children like and eat the fruits and vegetables that were provided. Parents can optimize their role by inviting their children to turn vegetables into ready-to-eat foods (Sari, A.M. & Anggarayni, M., 2019). Children can be involved in choosing which vegetables they want to buy, cook together, and eat them. Cooking together is a fun activity that helps develop creativity (Absari, DT, 2013). When cooking, parents can develop their child’s imagination through an explanation of the benefits and dangers if children do not like fruits and vegetables. Children will eat the vegetables because they feel responsible for the processed vegetables they have produced.

4. The Role of Parents in Familiarizing the Behavior of Doing Physical Activities to Early Childhood

Physical activity is necessary to maintain health both inside and outside the home with sanitary protocols. Ms. Dewi and Ms. Desi said that parents accustomed their children to physical activity three times a week. These activities can include badminton, free games and cycling. Ms Dewi and Ms Desi have failed to maximize the time spent in physical activity because children are addicted to gadgets and have a habit of watching television seven hours a day. It becomes a barrier for parents when they invite their children to exercise. Dewi and Ms. Desi also did not understand the importance of health protocols when children exercise outside the home. Unlike Ms. Dewi and Ms. Desi, Ms. Diah explained that when she was at home, Ms. Diah often found

time for her children to play with her sister, and sometimes Ms. Diah would ask the children to help clean the house. Ms. Diah often motivates her children to do physical activities outside the home, such as playing freely, playing soccer, cycling with friends, and walking to the mosque for congregation prayers.

Diah also often reminds his children to use health protocols when they leave the house, but children are always lazy to do so. Ms. Diah allows her son to play with gadgets and watch TV for only an hour and a half a day because a child is more physically active than Ms. Dewi and Ms. Desi’s children. This is proven by the results of the following interviews:

“Wow, he’s strong enough to play on his cellphone two hours a day, he hasn’t watched TV for up to four hours. When it comes to physical activities, I like to tell them to play bicycles, badminton, but at least it’s only for one hour twice a week, the rest are playing on cellphones and watching TV. The health protocol is still lacking, the children’s names are sometimes reminded and they still forget.”

(Interview with Mrs. Dewi, 27 June 2021)

“My son is very active, his son can play up to three hours a day, sometimes playing freely, cycling or walking to the mosque for congregational prayers. I don’t have to ask you to do physical activity anymore. But at least I told him to play with his sister or help clean the house. He already doesn’t have time to play on his cellphone, at most an hour, then half an hour watching TV. It’s just that if I’m told to wear a mask and wash hands, it’s difficult. You know just go. I’m confused about the explanation because the child doesn’t understand it.”

(Interview with Mrs. Diah, 27 June 2021)

“My son is now, Alhamdulillah, I have limited playing on his cellphone so it doesn’t take too long, it’s reduced to three hours a day, if you watch TV or other electronic devices, it’s more or less the same, three hours too. The most physical activity I ask for is one hour per two days a week, such as running, jumping and playing a bicycle. But yeah, sometimes I forget to play outside I forget to wear a mask, it’s bad to keep my distance, I’m just playing.”

(Interview with Mrs. Desi, 27 June 2021)

Lots of physical activity is good, especially for infancy, but kids need to use health protocols during this pandemic. or wash their hands every time they enter and leave the house. Also, while playing, parents cannot supervise their children when they cannot keep their distance from each other. All three participants said the cause for not using health protocols was that children did not understand the dangers of transmitting COVID-19 and the benefits of health protocols. All

participants are still confused about the explanation to the children, as the community in the participant's environment is not yet aware of the importance of using health protocols. The causes of the lack of public awareness according to Sari, R.K. (2021) are financial reasons and listless behavior.

Aquarini, A. (2020) found that lack of confidence in government to issue inconsistent policies was also the cause of lack of public awareness of health protocols. Parents can familiarize their children with physical activity through fun activities such as cycling, gymnastics, sight-seeing and gardening. This can be done to reduce the addiction to gadgets that have been loved by children. Parents are also playing a role in educating children about the importance of physical activity during the pandemic. Children need simple, easy-to-understand explanations. Parents can use interesting story books, pictures, audios, or videos about the benefits and dangers of exercise without health protocols (Rohita, R., 2020). Once the child understands this, parents can immediately practice with the child accompanied by a direct explanation of the medium used. In this way, physical activity with health protocols becomes something fun for children.

CONCLUSION

The role of parents in familiarizing children with PHBS is assessed by indicators of hand washing before and after meals, throwing trash in its place, consuming fruits and vegetables and exercising is still weak. Parents should ensure that PHBS is done by children independently by providing knowledge to children. An explanation of the benefits of a good and correct PHBS can prevent various illnesses, including illnesses caused by the transmission of the COVID19 virus. Interesting methods and media become recommendations for optimizing the role of parents in familiarizing themselves with early childhood PHBS. The habit of washing hands before and after meals can be learned using the singing method and direct demonstration with children. In addition, it is possible to get used to throwing out the garbage for it if the parents act as role models and facilitators for the children. These efforts can be achieved through the use of interesting media such as 3D movies and by inviting children to get creative with recyclable waste.

Parents should involve their children in the selection and negotiation of fruit and vegetable processing so that children can choose and communicate which fruits and vegetables they want

to eat. In addition to the consumption of fruits and vegetables, physical health is one of the efforts to strengthen early childhood immunity during the pandemic. Children should be given the opportunity to play outside or go on excursions with health protocols. Education in health protocols can be carried out by parents through digital media such as story books, pictures, audios or videos on the importance of health protocols. In this way, PHBS becomes a good fun habit, not only during the COVID19 pandemic but also continuously in everyday life.

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