



## Early Children's Healthy Behavior

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### Abstract

Early childhood is the investment of the nation, because they are the future generation. The quality of the nation in the future is determined quality early age children today. Efforts to improve the quality of human resources to do since the early systematic and continuous. Growing development of optimal early childhood depends on healthy behaviors that do. Healthy behaviors observed are nutrients as needed, regular exercise, rest and enough sleep, perform dental and oral care, personal hygiene and the environment, as well as to prevent accidents. The purpose of this study is to describe the healthy behaviors early childhood in the village of Batur sub district Getasan as a recommendation for early childhood institutions to be followed up nearby. Early childhood institution as a partner for parents should educate about healthy behaviors early childhood and into second place for the conduct of habituation healthy behaviors. Because research shows that healthy behavior is not implemented perfectly by the parents to be in a range adequate criteria.

### How to cite

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## INTRODUCTION

The first four years of a child is very important for the formation and development of the network is very fast (Gardner, 2003: 52-56). One of them is in the process of formation of the brain and its impact on the level of intelligence. The human brain is one of the very rapid growth of capital (Abdoerachman, 2005: 388-389). According Sutjiningsih (2002: 29) the growth and development require protein and fatty acids are balanced and needed proper stimulation and quality. The growth is the increase in the number of cells and tissue that is characterized by an increase in physical size and structure of the whole or part of the body, increasing the length / height or weight and grow full body structure. The development means increasing the body's functions and capabilities more complex the coarse motion capability, smooth motion, speech and language and socialization, in other words psychosocial. That is to say that early childhood is an investment of the nation, because they are the future generation. The quality of the nation in the future is determined quality early age children today.

Efforts to improve the quality of human resources to do since the early systematic and continuous. Growing development of optimal early childhood services depending on three pillars, namely health care, nutrition, and psychosocial stimulation. The provision of appropriate services and quality to do well when parents, caregivers and early childhood educators have the knowledge and understanding of health, nutrition, and psychosocial stimulation in accordance with the needs of growth and development of early childhood. Early childhood health education not only change and promote growth and development but understand the level of normal growth and development and optimization of all the potential mechanisms of early childhood. Research evidence has been conducted by Sagala, A., & Khasanah, I, Research evidence has been conducted by Sagala, A., & Khasanah, I, which was described that Early Childhood Education Institution has developing Integrative Holistic design of early childhood development in accordance with the ECD, which is expected to facilitate the design of the parents in the early childhood Zip get information about integrative holistic ECD began Nutrition, health, and proper care and learning for children. (2015:7).

Good cooperation between educators and parents are needed to optimize the growth and development of one of them with through healthy behaviors performed by younger children. The

benefits of developing healthy behaviors early on is a child will have a healthy lifestyle later in life. Early childhood accustomed to healthy behavior is not easily lost on the next stage of development. Besides early childhood has had a healthy lifestyle, then they will be free from attack various diseases that often occur in early childhood, such as diarrhea, fever, cough / cold, measles. Tuberculosis, ear infections, and skin diseases. Protected from potential accidents that always exist in the environment around them, such as falls, drowning, poisoning, stabbing sharp objects or thorns. Various capabilities of early childhood will be excavated and can be developed properly, so that young children can grow and develop optimally.

According Syahreni (2011: 3) behavior is an activity performed by an individual (person), both of which can be observed (visits) directly or indirectly. Health is a condition or good state, including physical, mental and social, not just free of the disease only. So that healthy behavior is the act of an individual or activity carried out by a person, either directly or indirectly, to maintain and improve their health and prevent the risk of disease.

According Notoatmojo (2007: 118-121) behavior is an activity of man himself. Healthy behavior is a response to a person / organism to stimuli associated with illness and disease, health care systems, food, and environment. Health according to the Law on Health of the Republic of Indonesia Number 39 of 2009 is good health, both physically, mentally, spiritually and socially to enable more people to live socially and economically productive.

Based on the above understanding concluded that healthy behavior is a response individual (organism) to the stimulus or object associated with illness and disease, health care systems, food and beverage as well as the environment, so that a person must obtain the substances in accordance with their needs, exercise routine, time to rest and enough sleep, perform dental and oral care, personal hygiene and the environment, and prevent accidents.

Establish a healthy lifestyle is easier than changing the health seeking behavior. Once again forming healthy behaviors in early childhood is not the duty of parents alone, but also the school. Between school and home must work together so that young children receive education about healthy lifestyles, so it can be a guarantee for the future of a healthy body. Of course, compared to the school, the parents have a greater role in shaping healthy behaviors. Because parents are

educators first and foremost.

Early childhood have the ability to learn very quickly. Modeling theory Bandura (Alwisol 2009: 292) states that children learn from how adults treat them. Early childhood also learn from what they see, hear, and experience of an event. Early childhood learning through its observations on an activity undertaken of parents or teachers. Kids learn from what they hear from their parents and the adults in their neighborhood. Early childhood will imitate the activities of the parents so that they gain experience on an activity. If parents familiarize healthy behaviors early on, then the child will be familiar with these healthy behaviors. For example, parents get children to dispose of waste in place, then these habits will persist until the next development stage.

### ***Factors Affecting Healthy Behavior***

Some things that need to be taught to children to develop healthy behaviors, namely maintaining personal hygiene and cleanliness of the environment and keep the things that are dangerous to health. Environmental hygiene is the cleanliness of the place of residence, work or play, and public facilities. Children can be taught about the cleanliness of the environment early on. The simplest of activities that can be done early childhood is littering in place; put a shoe in place; put the dirty cutlery in place; footwear if you want to leave the house; shut your mouth when coughing and sneezing; away from cigarette smoke, cooking smoke, burning garbage, smoke in motor vehicles; clean up toys; and defecation (BAB) and urination (BAK) at toilet. Additionally parents can involve early childhood in activities associated with the maintenance of environmental hygiene such as tidying up toys, sweep the house, raking, mopping the house, and others.

Personal hygiene is the cleanliness of the body and clothing. The activities to maintain personal hygiene will be described as follows, bath performed at least two times a day in morning and afternoon. The child is bathed with soap and clean water. Shampoo, wash hair with a special Shampoo for child regularly performed at least two days. Combing the hair with a comb so proper use of natural oils in hair can spread to all parts of the hair. Combing the hair can also clean and stimulate hair growth and improve blood circulation to the hair and scalp.

Clean the outer ear every day using a washcloth in the bath. Do not forget to clean behind the ears. Avoid cleaning the hole in the

inner ear may be harmful. Because earwax can come out by itself when we chew food. Dental care, by brushing your teeth to remove food debris attached to the teeth. The rest of the food was not cleaned can cause broken teeth that interfere with children's ability to chew food. In order for children accustomed to taking care of their teeth, rub your child's teeth as soon as the first tooth erupts and do brush your teeth regularly two times a day, at morning and at night before bed. In order for your child's teeth healthy, keep children from food / sugary and carbonated drinks, such as candy, chocolate, and soft drinks (soft drinks containing soda).

Washing hands, because germs and viruses can survive up to two hours on the surface of the skin, desks, doorknobs, toys, and others. So that can cause diseases such as diarrhea, cough, runny nose, and fever. Foot hygiene can be maintained used to wash the feet every time after traveling, after wearing shoes for long, when it was about to get into bed or when going off to sleep. Change clothes, to teach early childhood replace clothes that are worn while out of the house and replacing clothes that are worn all day. Although apparently not dirty but there a lot of dust, sweat, and dirt.

Nutritional needs, providing the right foods at school-age children should be viewed from many aspects, such as economic, social, cultural, religious, besides the medical aspects of the children themselves. The food in early childhood should be harmonious and balanced. Proportional means in accordance with the level of development of the child. Harmonized in accordance with the conditions of the economic, social, cultural and religion of the family. While balanced means that the nutritional value should match the needs based on age and the type of foodstuff such as karbohidrat, protein and fat.

Need for sleep and activity, with age, a child needs to sleep on the wane. If as a baby, most of the time spent with the child's bed, then after three years of age, most children no longer nap. The change is due to the need sleeping child has been "transformed" into a figure that is very active. This happens because the child is developing all the capabilities that exist within him, including satisfy curiosity great.

### **METHOD**

This research is a descriptive study by Sugiyono (2012: 29) is a method used to describe or analyze the results of the study but not used to make broader conclusions. The research method

is a survey that is used to measure symptoms that exist without investigating why the symptoms are there and to obtain an overview of the characteristics of the population. Selecting a population using probability sampling techniques as sample gives an equal chance to be taken to every element of the population, character differences that may exist on any element or elements of the population is not an important thing for plan analysis. PAUD Purwomukti so selected for the sample population. Data collection techniques using research instrument in the form of observation sheets are arranged in the form of a questionnaire. Data have been collected and analyzed and processed using simple statistics that percentage. Assessment criteria health behaviors divided into three: high, low and medium.

**Table 1.** Assessment of Health Behavior

No	Value Range	Criteria
1.	68 – 100 %	High
2.	34 – 67 %	Medium/adequate
3.	0 – 33%	Low

## RESULTS AND DISCUSSION

The results of a questionnaire distributed in Purwomukti, apparently the result of eating and drinking behavior 75%, 78% self-cleaning behavior, 82% of personal hygiene behavior, and the behavior of the balance of sports and activities 65%. Fourth these behaviors are in high criteria. Environmental hygiene behavior being 58% are in sufficient criteria / medium. The results of these data has been input for Purwomukti to evaluate the activities or programs related to healthy behaviors early childhood.

Evaluation suggested by looking at the behavior and environmental hygiene are still in pretty criteria. According Notoatmojo (2007: 122) Attitudes toward environmental hygiene is a person's response to the environment as a determinant of human health. Humans are always alive and in an environment, such as the neighborhood, a place to learn, a place to perform physical activities and sports or recreation place. Humans can change, improve, and develop the environment to obtain maximum benefit from that environment. However, it often happens that man, consciously or not due to ignorance and negligence or reason for some reason, even pollute the environment even sometimes also damage the environment.

In order to continue to achieve good health healthy people have to live on a regular basis.

Healthy living required environment clean and healthy. Wherever human beings will always be together with the environment, both at the time of learning, working, eating and drinking and the rest remained united with the human environment. Therefore, the environmental conditions need to be properly addressed in order not to damage your health as prevention efforts that do start early, both in the family and school environment.

Purwomukti early childhood as a partner, parents should continue fostering environmental hygiene practices through parenting programs, causing continuity in learning and habituation of environmental hygiene behavior of young children. Because children see, hear, and modelling an activity that occur repeatedly and will form a specific pattern on the child so that they are good at doing it. Parents and educators should continue to give examples of environmental hygiene behavior in early childhood so easily imitated and followed by children. Doing ways interesting and fun, like a child's play because the world is a world of play. Through the game, children will feel delighted in imitating so willing to do the healthy behaviors.

Healthy behavior the other, the behavior of eating and drinking, the behavior of self-cleaning, conduct personal hygiene, and behavior of sports and balance activities are within the criteria of the high does not mean negligible, but need the efforts of the school to continue to support that healthy behaviors more perfect. Among other things that needs attention is the breakfast in the morning before going to school, drink milk every day, shower twice a day, brushing teeth morning and before bed, wash every other day, wash hands before eating, cutting the nails, take out the garbage, cleaning feet after play, making the bed, helping clean up the home environment, clean up the dishes after meals, tidy up toys, and take a nap.

Early childhood program Purwomukti already held washing hands before eating and continued eating together in the form of rice, vegetables and side dishes every day. After that the children wash dishes and glasses are worn. Brushing your teeth after meals. Once a week, cutting nails and also always remind children to put toys away and dispose of waste in place. Other healthy behaviors that cannot be done at the agency should be made by parents in the home such as bathing, shampooing, brushing your teeth before go to sleep, drink milk, and take a nap.

## CONCLUSION

Healthy behaviors early childhood in PAUD Purwomukti been counted fairly well, and should continue to do the coaching and mentoring so that healthy behaviors can become a lifestyle for early childhood. Program activities in Purwomukti could also be a reference for other agencies if found healthy behaviors early childhood in a poor condition. The need for cooperation between the school and parents for shaping the behavior of early childhood cannot be done by one party alone. Healthy behaviors should be done systematically and continuously in order to create the next generation successor to the nation that qualified for growing development of optimal early childhood depends on healthy behaviors that do.

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