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Belitung Nursing Journal Purba, E. R. V., Lusmilasari, L., & Hastuti, J. (2020). Belitung Nursing Journal, x(x), xxx -xxx <https://belitungraya.org/BRP/index.php/bnj/index>  
ORIGINAL RESEARCH SCHOOL HEALTH PROMOTION: A QUASI-EXPERIMENTAL STUDY ON CLEAN AND HEALTHY LIVING BEHAVIOR AMONG ELEMENTARY STUDENTS IN JAYAPURA, PAPUA, INDONESIA Ellen Rosawita Veronica Purba 1\*, Lely Lusmilasari2, Janatin Hastuti3 1 Department of Nursing, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia 2 Department of Child and Maternal Nursing, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia 3 Department of Health Nutrition Science, Faculty of Medicine, Public Health, and Nursing, Yogyakarta, Indonesia Corresponding author: Ellen Rosawita Veronica Purba, S.Kep., Ns Gedung Ismangoen, FK -KMK UGM, Jl. Farmako, Sekip Utara, Yogyakarta 55281 Email: ellen.purba5@gmail.com Mobile: 081344135683 Article Info: Received: 26 March 2020 Revised: 28 April 2020 & 16 November 2020 Accepted: 18 November 2020 DOI: <https://doi.org/10.33546/bnj>.

781 Abstract Background: The Indonesian government has launched a clean and healthy living behavior program as one of the efforts for school health promotion. However, the healthy behaviors of the elementary students are considered low. Objectives: This study aimed to examine the effect of a audiovisual-based education on the knowledge and attitudes of clean and healthy behavior in elementary students. Methods: This was a quasi-experimental study with a pretest-posttest comparison group design conducted from 1 October to 17 October 2018.

A total sample of 272 students was selected using purposive sampling, with 136 assigned in an experimental group (audiovisual group) and a comparison group (poster only group). Knowledge and attitudes of clean and healthy living behavior were



measured using validated questionnaires. Data were analyzed using a paired t-test and independent t-test. Results: There was a significant effect of the interventions given in the experimental and comparison group on knowledge and attitude of clean and healthy living behavior ( $p < 0.05$ ).

However, the experimental group showed a higher mean score compared to the comparison group in knowledge and attitudes, which indicated that the use of audiovisual-based education was more effective than the use of poster alone in improving the knowledge and attitudes of clean and healthy living behavior. Conclusion: The students who received audiovisual-based education had higher knowledge and attitudes of clean and healthy living behavior than those who only received poster-based education. This study provides input for pediatric and community nurses to provide better health education for the community, specifically for school health promotion.

KEYWORDS health education; health behavior; knowledge; attitudes; students ; Indonesia; nursing © 2020 The Author(s). This is an Open Access article distributed under the terms of the Creative Commons Attribution-NonCommercial 4.0 International License which allows others to remix, tweak, and build upon the work non-commercially as long as the original work is properly cited. The new creations are not necessarily licensed under the identical terms . ISSN: 2477-4073 BACKGROUND Clean and healthy living behavior, or called *Perilaku Hidup Bersih dan Sehat* (PHBS), is a set of actions that make a person or family able to help themselves maintain their health (Proverawati & Rahmawati, 2016).

Inappropriate PHBS can cause diarrhea and other health problems (Nazliansyah et al., 2016). Besides, according to Danari et al. (2013) and Koem (2015), lack of physical activity, lack of consuming fruits and vegetables, excessive food portions, and fast food intake in children result in overweight or obesity. PHBS is one of the programs conducted by the Indonesian government for health promotion.

However, based on the Basic Health Research of Ministry of Health of the Republic of Indonesia (2013), elementary children who performed PHBS were low, such as correct handwashing with soap was 47%, consuming risky foods once per day (sweet foods 53.1%, salty 26.2%, fatty 40.7%, burned 4.4%, preserved animals 4.3%, flavoring 77.3%, coffee 29.3%, and caffeine other than coffee 5.6%), and doing physical activity gratified as active was 73.9% and less active was 26.1%. The acceptable standard results of the PHBS criteria are at 32.3%, with the highest proportion of DKI Jakarta (56.8%) and the lowest in Papua (16.4%).

Data from Jayapura City Central Statistics Agency (2013) show that the implementation