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Original Article

Education on Healthy Household Practices in Efforts to Prevent Stunting: Case Study in Sidomulyo Village, Tanjungpinang

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Abstract

Clean and healthy living behaviours (PHBS) are habits practised by individuals or families that enable them to take independent action on health issues and play an active role in health initiatives both within the family and in the community. PHBS can start with oneself and one's family through clean and healthy habits in daily life. The implementation of PHBS is also an important step in preventing various diseases in children, especially diseases that are difficult to prevent, one of which is stunting. The target audience for this outreach programme was housewives in Kampung Sidomulyo RT 002/RW 13. The outreach programme was conducted through presentations and discussions. Before the outreach programme was implemented, a *pre-test* questionnaire was administered to determine the level of knowledge about PHBS related to stunting. Then, outreach material on household PHBS and clean water was provided. Following the presentation of the material, a discussion session and *post-test* were conducted to assess the level of understanding of the material provided. The results of the respondents' knowledge before the PHBS counselling (pre-test) were 5.12%, and the results of the respondents' knowledge after the PHBS counselling (post-test) were 5.94%. Socialisation of PHBS to housewives has been proven to increase their knowledge about the importance of implementing clean and healthy living behaviours in the household environment. This increased understanding plays an important role in encouraging the adoption of daily healthy habits, which not only maintain family hygiene and health, but also serve as a strategic step in preventing stunting in children. With better knowledge, housewives can play an active role as the main drivers of family and community health.

Keywords: PHBS; Stunting; Clean Water; Housewives.

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Introduction

Clean and Healthy Living Behaviour (PHBS) is an important concept in creating a healthy and productive generation (Mashita et al., 2024). Clean and Healthy Living Behaviour (PHBS) is an important step in preventing various diseases in children, especially diseases that are difficult to prevent, one of which is stunting. This disease can inhibit nutrient absorption, decrease the metabolic process, disrupt eating patterns, and ultimately affect children's health status. If not immediately addressed and balanced with adequate nutritional intake, this condition can cause severe dehydration, hunger, and growth retardation. Of the ten PHBS indicators, there are three that influence the reduction of disease risk, namely washing hands with soap, using healthy toilets, and consuming clean water (Hasanah & Arifah, 2024).

One of the missions of health promotion is to empower individuals, families, and communities to live healthy lives through community empowerment programmes. Therefore, health promotion targets can be achieved through the empowerment of individuals, families, and groups or communities (Adriany et al., 2021). The importance of implementing PHBS is also emphasised by the World Health Organisation (WHO), which states that one of the main strategies for improving public health is through disease prevention by changing behaviour (World Health Organization. Regional Office, 2020) The WHO points out that PHBS programmes can reduce the burden of infectious diseases, such as diarrhoea, influenza, and respiratory tract infections, which are often associated with poor hygiene.

Effective collaboration among healthcare professionals is key to creating quality services, making the development of interprofessional cooperation a priority in healthcare facilities. Among the various forms of collaboration, the relationship between doctors and nurses plays an important role in improving the quality of care. Healthcare services in hospitals involve teams of professionals with common goals, clear rules, and diverse expertise, which will be optimal if each member contributes maximally (Manurung et al., 2023).

Method

The target audience for this outreach programme was housewives in Kampung Sidomulyo RT 002/RW 13. The outreach programme was conducted through presentations and discussions. Before the outreach programme was implemented, a pre-test questionnaire was administered to determine the level of knowledge about PHBS in efforts to reduce stunting. Then, outreach material about household PHBS and clean water was provided. After the educational materials on PHBS and clean water were provided, a discussion session and post-test were conducted to assess the level of understanding of the materials that had been provided.

Results

Sidomulyo Village is part of Batu IX Sub-District, Tanjungpinang Timur District. Tanjungpinang Timur District is the district with the largest area and the largest population compared to other districts in Tanjungpinang City. The land area of Tanjungpinang Timur Subdistrict reaches 60.02 km^2. Its eastern border is with Bintan Timur Subdistrict, Bintan Regency; its western border is with Tanjungpinang Kota Subdistrict; its southern border is with Tanjungpinang Barat Subdistrict; and its northern border is with Toapaya Village, Bintan Regency. Most of the area of Tanjungpinang Timur Subdistrict consists of land with a relatively flat terrain (Statictic, 2021).

Table 1. Frequency Distribution of Respondent Characteristics

Characteristics	Number	Percentage
Age		
< 40	7	41.2
41-50	5	29.4
> 50	5	29.4
Total	17	10
Occupation		
Housewife	16	94.1
Labourer	1	5.9
Total		100

Table 1. shows that the majority of respondents were aged under 40, with 7 people (41.2%), followed by 5 people (29.4%) aged 41-50, and 5 people (29.4%) aged> 50. Meanwhile, the most dominant occupation is housewife, with 16 people (94.15%), and labourer, with 1 person (5.95%).

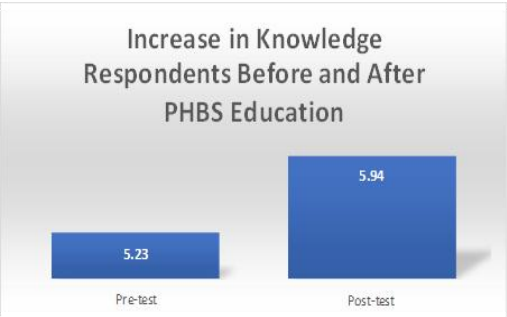

Figure 1. Graph of Respondents' Improvement Before and After Pre- and Post-Tests

The increase in the percentage of respondents' knowledge also varied, with most respondents experiencing an increase. The results of the respondents' knowledge before the PHBS counselling (pre-test) were 5.12%, and the results of the respondents' knowledge after the PHBS counselling (post-test) were 5.94%.

Table 3. Questionnaire questions about knowledge of healthy lifestyles and clean water Pre- and post-test

No.	Question	Pre-test	Post-test
1.	What is PHBS	17	17
2.	Diseases that can arise from not maintaining the environment	17	17
3.	Clean water quality	16	17
4.	The relationship between water and stunting	16	17
5.	What is stunting?	17	17
6.	Clean water is important for preventing stunting	7	16

Based on the Table, there were six questions used as parameters to measure participants' knowledge about clean and healthy living behaviours. The questions most frequently answered correctly were questions 1, 2, and 5 about what PHBS is, diseases that can arise from not maintaining the environment, and what stunting is, with 17 out of 17 participants answering correctly in the pretest and 17 out of 17 in the posttest. The question with the most errors was question number 6 about why clean water is important to prevent stunting, with 7 out of 17 participants answering correctly during the pretest and 16 out of 17 participants answering correctly during the posttest. The average knowledge of participants before and after the socialisation of clean and healthy living behaviours in Kampung Sidomulyo RT 02/RW 13 increased.

Discussion

The results obtained show a significant difference between *the pretest* and *posttest* scores. This indicates that the socialisation programme that was implemented had a significant impact, as seen from the increase in the pretest score from 5.23 to 5.94 in the posttest. However, this can be interpreted as an increase in the level of knowledge among the community, considering that the scores of all participants were already high. During the question and answer session, participants were able to answer questions well and comprehensively. In

other words, the participants who attended the outreach programme had a good understanding of the material.

According to research by B. S. *et al.*, (2020) a person's comprehension and mindset are influenced by age. A person's mindset and comprehension will develop as they get older, which means they will acquire more knowledge (B. S. et al., 2020). Another study also found that age and knowledge influence a person's clean and healthy lifestyle behaviour (Febriawan et al., 2024). According to Di et al., 2020, as a person ages, it will influence their behaviour in implementing PHBS in the household.

According to research conducted by Nurhanifah *et al.* (2023), as a housewife, a person plays an important role in managing the home, including cleanliness, sanitation, and food management (Nurhanifah et al., 2024). The application of good PHBS skills at home can prevent the transmission of disease, create a healthy environment, and maintain family welfare. The work of a housewife requires the implementation of Clean and Healthy Living Behaviour (PHBS) because mothers play an important role in maintaining the cleanliness of the home environment, family health, and preventing various diseases through daily healthy habits.

The educational material consisted of explanations about clean and healthy living patterns in the household. At the beginning of the activity, the presenter first asked the respondents questions about the general meaning of PHBS, with the aim of ascertaining their understanding. At the start of the activity, the presenter conducted a pre-test before delivering the material to determine how well the respondents understood the material that was to be presented. After receiving information and education, the presenter conducts an evaluation by asking questions about the material that has been explained. This is done to determine the extent of the respondents' increased knowledge or understanding. From the six questions asked by the presenter to the respondents, it was found that almost all respondents were able to answer and explain the material that was presented. This was evidenced by the respondents' enthusiasm in raising their hands when asked questions. In addition, the respondents were also active in asking questions, which also proved that they were enthusiastic about the health education material provided, so that the

material presented was well received, as evidenced by the significant difference between the pre- test and post-test results.

Education is necessary to increase a person's knowledge so that knowledge is easily remembered. Knowledge is the result of a process of recognition that occurs after a person perceives something through the five senses, namely sight, hearing, smell, taste, and touch. Most of human knowledge is obtained through the senses of sight and hearing. One very important component is cognitive knowledge, which contributes to a person's excessive actions (Yunika et al., 2022). Knowledge is a very important domain for the formation of behaviour, and behaviour based on knowledge will last longer than behaviour not based on knowledge (Herman et al., 2024).

Many diseases arise due to poor environmental conditions, one of which is stunting. Apriani's (2018) research confirms that stunting in toddlers can be dangerous and hinder children's growth and development. Direct causes of stunting include a history of infectious diseases and lack of nutritional intake, while indirect factors include family size, parental education level, income, and parental nutritional awareness. Various strategies to prevent stunting can be implemented, such as exclusive breastfeeding, a balanced diet, the implementation of healthy lifestyles, physical activity, the provision of supplements for toddlers, and regular monitoring of children's growth and development. Stunting has a short-term impact on brain development, physical growth, and metabolism (Zakiah et al., 2024). In the long term, it causes a decline in cognitive function, susceptibility to disease, and increases the risk of chronic diseases, which ultimately reduces productivity and the quality of human resources.

Access to water, sanitation, and hygiene (WASH) is a fundamental human right essential for health and well-being. Lack of access to these services increases the risk of disease, death, and malnutrition, including stunting. The provision of adequate sanitation facilities, clean water, and hygiene at home and in the workplace plays an important role in preventing diarrhoea, reducing child mortality, and protecting the health of pregnant women. Therefore, improving drinking water, sanitation and hygiene facilities is very important to prevent disease, reduce the risk of mortality, and reduce stunting, especially among vulnerable groups such as pregnant women and children (Martias et al., 2024).

Therefore, if clean and healthy living behaviours are not implemented correctly, it will be easy to contract germs. One of the diseases caused by neglecting PHBS is stunting. PHBS can be created not only because of support from family, environment, age factors, work and economic factors, but more importantly from the awareness of the individual themselves to change their behaviour to be cleaner and healthier as an effort to prevent various diseases and enjoy life with happiness.

Conclusion

The dissemination of PHBS to housewives has been proven to increase their knowledge about the importance of implementing clean and healthy living behaviours in the household environment. This increased understanding plays an important role in encouraging the implementation of daily healthy habits, which not only maintain the cleanliness and health of the family, but also serve as a strategic step in preventing stunting in children. Home-based health education programmes need to be expanded and their impact on actual behaviour. With better knowledge, housewives can play an active role as the main drivers of family and community health.

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