
Learning Clean and Healthy Lifestyle in Early Childhood through Hand Hygiene Dance

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Abstract

This research is motivated by the occurrence of a pandemic so that children are less active and their understanding of clean and healthy living habits, especially in washing hands, has not been carried out properly. In this study using a qualitative research approach where the type of research is descriptive qualitative. The purpose of this study was to find out how to inculcate clean and healthy living behavior through Hand Hygiene dance in TA Munajatul Khoir and find out teacher barriers in inculcating clean and healthy living behavior through learning Hand Hygiene dance in TA Munajatul Khoir. Data collection techniques used interview observation techniques, depth and documentation. The research subjects to be studied are parties in TA Munajatul Khoir, Kretek District, who have competence with this research, including school principals, teachers, staff and students at TA Munajatul Khoir kertek. This research uses triangulation research steps so that the research can check everything by comparing it with various sources of understanding, methods, or theories. The results showed that there were several stages in instilling clean and healthy living behavior in TA Munajatul Khoir, as well as an increase in the practice of washing hands after the children did hand hygiene dance lessons.

Keywords: clean and healthy lifestyle, hand hygiene dance, early childhood

Abstrak

Penelitian ini dilatarbelakangi oleh terjadinya pandemi sehingga anak kurang aktif bergerak serta pemahaman anak terhadap kebiasaan hidup bersih dan sehat khususnya dalam mencuci tangan belum terlaksana dengan baik. Dalam penelitian ini menggunakan pendekatan penelitian kualitatif dimana jenis penelitiannya

adalah deskriptif kualitatif. Tujuan dari penelitian ini adalah untuk mengetahui bagaimana penanaman perilaku hidup bersih dan sehat melalui tari Hand Hygiene di TA munajatul Khoir dan mengetahui hambatan guru dalam penanaman perilaku hidup bersih dan sehat Melalui pembelajaran tari Hand Hygiene di TA munajatul Khoir. Teknik pengumpulan data menggunakan teknik observasi wawancara mendalam dan dokumentasi. Subjek penelitian yang akan diteliti adalah pihak-pihak yang ada di TA Munajatul Khoir Kecamatan Kretek, yang memiliki kompetensi dengan penelitian tersebut, diantaranya adalah kepala sekolah, guru-guru, staf, dan siswa-siswa di TA munajatul Khoir kertek. Pada penelitian ini menggunakan langkah-langkah penelitian trigulasi sehingga penelitian dapat merechek semua dengan jalan membandingkan dengan berbagai sumber pemahaman metode, atau teori. Hasil penelitian menunjukkan bahwa ada beberapa tahap dalam meanamkan perilaku hidup bersih dan sehat di TA Munajatul Khoir, serta adanya peningkatan praktik mencuci tangan setelah anak- anak melakukan pembelajaran tari hand hygiene.

Kata Kunci : perilaku hidup bersih dan sehat, tari hand hygiene, anak usia dini

A. Introduction

In previous years various television and news media reported that the number of deaths from exposure to Covid-19 continues to grow every day. A total of 144,784 Indonesians died as of February 9, 2022.¹ Many cases of diarrheal disease also occurred before the Covid-19 pandemic and caused the children deaths in Indonesia.² Awareness of the importance of discipline for the sake of cleanliness and health of the body needs to continue to be done. On the other hand, parents complain that their children are less active and prefer to stay at home. Understanding terhadap child habituation clean and healthy life requires strengthening.

The recommendations of the Indonesian government to the public to always maintain personal and family hygiene and health continue to be encouraged. However, it will be useless without the support of various parties in a compact. The current challenge is how to help physical and spiritual growth and development after the Covid-19 pandemic has passed. One that plays an important role for the habituation of washing hands thoroughly in children is schools and kindergartens. As one of the important efforts that must be done in maintaining the sustainability of young people is to teach a clean and healthy lifestyle.

Young children are the next generation of the nation. It is on their shoulders that the Indonesian people will give up the civilization that we have built and will leave behind. For this reason, it is important to equip children with a good education so that they become whole people and become a better generation than their predecessors. The Covid-19 pandemic on the one hand has required children to do learning at home. But he also

¹ Safrezi Fitra, "Rekor Tertinggi, Hari Ini Kasus Covid-19 Bertambah 46.843 Kasus (Rabu, 9/2)," katadata.co.id, 2022.

² Dwi Handya Jayani, "Diare Penyebab Utama Kematian Anak Di Indonesia Pada 2019," katadata.co.id, 2021.

reminded people of the importance of maintaining a clean and healthy lifestyle in order to avoid various diseases.

The implementation of a clean and healthy lifestyle can be started from school and with the guidance of teachers in the classroom. One of the important habits in an effort to keep the body clean and healthy is to keep both hands clean. Lately, maintaining hand hygiene has increasingly become a public concern, especially since the Covid-19 pandemic. But after the Covid-19 pandemic has passed, this does not mean that the habit of washing hands has also stopped. Awareness of the importance of maintaining hand hygiene needs to continue.

One of the efforts that can be used as a solution to the problem of the development of clean living habits in early childhood is to provide activities that are interesting and not boring in delivering various materials about clean and healthy living habits. Learning in early childhood requires a special approach. Teachers need to design what activities are suitable for training children to become more familiar with ways to keep limbs clean and healthy.

A kindergarten in Central Java, Indonesia, is trying to implement training on one of the clean and healthy behaviors, which is to get used to cleaning both hands. One of the kindergarten teachers initiated a joint physical activity every week with a hand washing dance. The training was conducted in the classroom once for a week since the Covid-19 pandemic hit Indonesia. Therefore, researchers are interested in conducting research at the institution to determine the extent to which the success rate of clean and healthy life habituation behavior after Applied Learning Through hand washing dance. In addition, researchers are interested to know the effectiveness of Learning Through Dance Activities in improving clean and healthy behavior in children, especially for hand washing habits.

A related study was conducted by Ni Putu Crhistin Jayastrin in 2014. Concluded in the research that by applying the method of motion hand washing songs increase children's interest in carrying out the practice of hand washing.³ Furthermore, according to research conducted by Dewa Gede Juliawan's sister, Ni Ketut Ayu Mirayanti, Ni Ayu Parwati in 2019 concluded that through singing children become happy and easier to understand the teaching material presented.⁴ In contrast to the two previous studies, the research that researchers conducted this time more want to

³ Christin Jayastrin, "Pengaruh Bernyanyi Lagu Cuci Tangan Terhadap Pelaksanaan Teknik Mencuci Tangan Pada Anak Usia Prasekolah (5-6 Tahun) Di PAUD Kumara Loka Denpasar," *Coping: Community of Publishing in Nursing* 2, no. 3 (2014).

⁴ Dewa Gede Juliawan, Ni Ketut Ayu Mirayanti, and Ni Ayu Parwati, "Pengaruh Pendidikan Kesehatan Dengan Bernyanyi Lagu Cuci Tangan Terhadap Tindakan Mencuci Tangan Anak Prasekolah," *Journal Center of Research Publication in Midwifery and Nursing* 3, no. 1 (2019): 11–20, <https://doi.org/https://doi.org/10.36474/caring.v3i1.124>.

describe a different form of business conducted by kindergarten teachers in teaching children to wash their hands, namely through dance activities.

B. Method

This study uses a qualitative research approach, where the type of research is descriptive. The subjects to be studied are the parties in a kindergarten located in kretek Sub-District, in Bantul regency, Special Region of Yogyakarta province, Indonesia. The parties used as informants in this study include principals, teachers, staff, and students.

Data collection techniques in this study include observation, interviews, and documentation. Researchers used research instruments in the form of observation sheets and interview guidelines. The type of interview conducted is an in-depth interview. The data were observed in the form of forms of clean and healthy life recognition activities in schools, namely washing tagan before and after activities, children's habits when eating, children's habits cut nails, children's habits dispose of garbage, and so forth. In the study used several criteria to determine the level of development of students in carrying out the habit of living clean and healthy, namely: not yet developed or Belum Berkembang (BB), began to develop or Mulai Berkembang (MB), developed as expected or Berkembang Sesuai Harapan (BSH), and developed very well or Berkembang Sangat Baik (BSB).

Table 1. Child Behavior Assessment Criteria

No.	Assessment Rubric	Description
1	BB	not yet developed
2	MB	began to develop
3	BSH	developed as expected
4	BSB	developed very well

This study uses steps to check the validity of the data in the form of triangulation. With this technique, the researcher rechecked all the information and data obtained by comparing with various sources, data collection techniques, and theories. As the theory put forward by Anggito and Setiawan, data analysis was carried out before the researchers went into the field, during the researchers conducted research in the field, until the reporting of research results. Data analysis begins when the researcher determines the focus of research until the research report is completed.⁵

⁵ Albi Anggito and Johan Setiawan, *Metodologi Penelitian Kualitatif*, 1st ed. (Sukabumi: CV Jejak (Jejak Publisher), 2018).

C. Result and Discussion

This study resulted in two sub-discussions that describe how kindergarten teachers' efforts in cultivating and familiarizing clean and healthy behavior in children through dance, and how the results of training activities on clean and healthy behavior in children through hand hygiene dance.

1. Application of learning to live clean and healthy with dance hand hygiene in children

Researchers observed the cultivation of clean and healthy behavior in children has basically been implemented. Based on observations and information obtained from interviews, several ways to instill clean and healthy behavior there are 4 stages, namely:

a. socialization

Educators explain what are the behaviors of clean and healthy living in learners, then also explain the cause and effect if we do not do a clean and healthy life, and explain the benefits of habituation if done every day;

b. sticking clean and healthy behavior invitation poster

Among them are sticking pictures of hand washing steps in place of washing hands, pictures of throwing garbage in the trash;

c. doing fun activities together

Teachers choose activities that are interesting and can be done for students to convey clean and healthy living behavior for example; by singing, gymnastics, dancing, and so forth;

d. habituation

Habituation activities at school consist of routine, spontaneous, programmed, and exemplary activities.

The application of the habituation of children to wash their hands is considered not optimal. Since the pandemic, children have been asked to always wash their hands after doing various activities, but not all of them carry out with discipline. In addition, the way they wash their hands is also still not true.

One of the kindergarten teachers initiated a dance called Hand Hygiene dance. The implementation of the dance was held several times and managed to attract the attention of children. Since then, hand hygiene dance performed in schools every day on a regular basis. To start the dance activity, the children lined up neatly in the school yard before entering the classroom as usual. The teachers led the children to do gymnastics in advance. Hand Hygiene dance is performed after gymnastics. One of the teachers there is in charge of being a gymnastics and dance instructor, while the other as a line escort teacher.

Pict. 1

The Children are washing their hands



There are several steps in teaching hand hygiene dance in early childhood, including:

a. Preparation

At this stage, the preparation of the student's position and warm-up is carried out. Before the hand hygiene dance activity with students and teachers doing gymnastics with light movements. Teachers also consider the state of the student's feelings. If the child is not feeling well, or feeling less well entertain children first by persuasive way to improve the mood of students.

b. Apperception

After the children feel more ready and feel better, the next step is to do an apperception of the dance being taught. The teacher can tell or explain again about the importance of washing hands for body health. In this stage the teacher also uses media assistance such as photos or posters that display illustrations of good and correct hand washing procedures, or other illustrations that are still related.

c. Song/instrument selection

Before teaching dance movements, the teacher also selects the appropriate song or music. Songs played as instruments can be alternated every day. The teacher also designs the appropriate dance moves. Sometimes tucked also movement patterns on the floor. The teacher has planned in advance how many movements will be practiced to the children every day. For example, in one day the children practice two kinds of movements in a standing position and coupled with movement patterns on the floor.

d. Pelaksanaan tari hand hygiene

Hand hygiene dance is held together in a duration of approximately 10 minutes. The movements in dance are gradual, starting from the lightest movements and easily remembered by children, to more complicated movements. For example, starting with nodding, left and right footwork. On the sidelines of the dance movement that slipped movement with the position of people washing hands properly. The instrument or music is not too slow, not too fast, but preferably a song that contains a moral message.

e. Appreciation

After the gymnastics followed by the hand hygiene dance is finished, the teacher always rewards the child's good habits. By giving praise to children is expected to spur motivation and stimulate feelings of gratitude for the positive habits undertaken.

Pict. 2. Hand Hygiene Dance



As for some dance movements related to hand hygiene, among others:

a. Movement to take hand washing soap:

Move the right hand as if you were about to squeeze a soap bottle and keep the left hand still. Then accompanied by an adjustment of foot movement two steps to the right and two steps to the left;

b. Palm rubbing movements

Practicing how to rub the palms accompanied by foot movements to the right side and to the left side;

c. Rubbing movements of the back of the hand

Practicing how to rub the back of the hand accompanied by the movement of the foot to the right side and to the left side;

d. Thumb rubbing movements

Shows the position of rubbing both thumbs alternately right and left, accompanied by a two-step adjustment of the foot movement forward and backward;

e. Cleaning movements between fingers

Put the tips of the right and left fingers of both hands between the fingers. The position of the hands is interlocked. Pull the interlocking hands to the position next to the left hip and then move again from the hip to the top of the head, then from the top of the head towards the right hip, and so on alternately;

f. Fingertip and nail movements

Putting the tips of the fingers of the clenched right hand on the open palm of the left hand, positioned on the hip of the left hip. After that move rotate from the hips to the top of the head, from the top of the head to the right hip. Similarly, next, do with the opposite end of the left hand in the right hand;

g. Closing movement

Clasp the palms together in front of the chest.

2. Benefits of learning dance Hand Hygiene in children

Based on the results of the interview, it is known that the purpose of implementing clean and healthy living habits in schools is an effort so that not only students, teachers, and school residents can learn clean and healthy living habits, want to practice clean and healthy living habits, and play an active role in realizing healthy schools. Learning to wash hands properly is one way to introduce a clean lifestyle in children that can benefit their lives into adulthood. If you start from good habits at an early age, good character will also be formed. On the other hand, awareness of the importance of hygiene as a way to stay healthy is essential for optimal child development. Because with clean living behavior and a healthy body, children will avoid obstacles to growth and development, and avoid infectious diseases caused by bacteria and viruses.⁶

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To find out how the results of learning clean and healthy behavior through hand hygiene Dance Activities can be seen in several aspects of Child Behavior Assessment. The assessment in question is contained in the following table:

⁶ Interview with one of the teachers

Table 2. Assessment observation instrument sheet to measure the development of children's clean and healthy behavior through hand hygiene Dance Activities

No	Aspek Perilaku	Indikator	BB	MB	BSH	BSB
1	PHBS	The child is accustomed to washing hands with soap and running water			V	
		Children are accustomed to eating nutritious food				V
		Children are used to throwing garbage in its place			V	
		Children are accustomed to using healthy and clean latrines			V	
		Children are accustomed to having clean nails				V
		Children are accustomed to following the cooperation to clean the school environment				V
		Children are accustomed to joint Gymnastics			V	V

From the explanation in the table above, we can know that the assessment instrument shows the results of the development of clean and healthy behavior in children in a fairly good category, namely developing as expected (BSH) and developing very well (BSB). From the observation results also obtained the fact that the children follow the hand hygiene Dance Activities enthusiastically every day. Some parents also claim to have seen changes in the habits of their children who were initially unable to wash their hands properly are now able to change the way they wash their hands as directed by the teacher.

Nevertheless, the implementation of clean and healthy living behavior learning through hand hygiene dance still faces several obstacles. Some of the inhibiting factors include:

- a. Age factor and emotional maturity;

- b. The child's mood or mood changes. Sometimes children show enthusiasm, but sometimes they are also a bit lazy. The spirit of the child up and down or fluctuating;
- c. Lack of confidence in the child;
- d. Malnutrition or lack of nutritional intake. Lack of nutritional intake in children causes children's stamina tends to be weak and less eager to follow physical activities;
- e. Overweight. Some children who are overweight or obese show low self-confidence because it is more difficult to follow the movement;
- f. Less accustomed to physical exercise activities at home. Children who are not accustomed to exercise since the House *baisanya* more difficult to maintain the balance of his body in a certain position. As a result, it is difficult for him to follow the exemplified movements, as well as indecisive and awkward.

There are several other factors that hinder children from getting used to washing their hands with routine and discipline, including the weak supervision carried out by teachers to children. Teachers have difficulty paying attention to children's habits outside the classroom. Sometimes after children touch and throw garbage in its place, he does not wash his hands immediately afterwards, or washes his hands but in an improper way. Children also neglect hand hygiene after coloring, playing in the classroom yard, or touching objects around the school.

However, most of them have been done it well. Children find hand hygiene dance activities as part of an entertaining leisure activity. Moreover, the movement and music that changes every day can prevent saturation. Slowly the behavior of children changes with the passage of time. Because often hear and see examples of the right way then they are getting used.

Dance activity is one of the types of activities in physical education. The presence of physical education in the school curriculum is important. One of them is to help students develop the competence and confidence they need to get used to regular physical activity in everyday life.⁷ With involvement in Physical Education well taught in schools, young students can benefit greatly for the health of their body and spirit.

According to Walker, physical activity is beneficial to improve brain function and improve academic success in students. Research shows that students who are successful in school and confident that they have options for the future tend to understand the value of healthy living well.⁸

⁷ *Fundamental Motor Skills: A Manual for Classroom Teachers* (Melbourne: Department of Education and Early Childhood Development, 1996).

⁸ Catherine Walker, *Health and Life Skills for Kindergarten to Grade 9: Guide to Implementation* (Alberta: Alberta Learning, 2002).

Mollborn et al Said that healthy lifestyles in children can be transmitted between generations through healthy lifestyles of parents who are passed on to children, through behaviors that affect children and parents, or through the behavior of children in which there are parental contributions that affect.⁹ Therefore, support from parents is also very important to maintain children's discipline in maintaining personal hygiene and health. Parents should also practice a clean and healthy lifestyle at home, including how to wash their hands properly as recommended by the Ministry of National Health.

The role of the educator or teacher in this case is very important. Teachers are not only required to provide motivation to foster children's discipline, but also provide supervision. This proves the involvement of schools in the responsibility of maintaining the health of their students. But the role of parents is also no less important than the role of teachers and school.

D. Conclusion

After understanding how the implementation of clean and healthy behavior learning and teacher steps in teaching hand hygiene dance in early childhood, it can be seen that the cultivation of clean and healthy behavior through hand hygiene dance in early childhood goes well. Hand hygiene Dance Activities provide benefits for behavioral changes in children when washing hands. The role and support of parents is also expected to strengthen the expected results together.

Suggestion

This research still has many limitations and shortcomings in its implementation. For this reason, it is recommended that subsequent studies be able to uncover and examine more deeply related to communication patterns between schools and parents in realizing the achievement of common goals, especially related to Early Children Development and Early Children Health.

⁹ Stefanie Mollborn et al., "Health Lifestyles in Early Childhood," *Journal of Health and Social Behavior* 55, no. 4 (2014): 386–402, <https://doi.org/https://doi.org/10.1177/0022146514555981>.

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