IMPLEMENTATION HEALTHY AND CLEAN BEHAVIOR
IN HOUSEHOLD
(Case Study in District Tenggilis Surabaya City)

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Research summary

Clean and Healthy Behaviour is a program of the Government in Indonesia. Clean and Healthy Behaviour in the Household that are an effort to empower members of the household in order to know, willing and able to practice clean and healthy behaviour behaviors and actively participate in the movement in public health. Therefore, this study discusses the application of clean and healthy living behavior (case study in the district Tenggilis) with cross-sectional design approach, a qualitative descriptive method of sampling random sampling. Respondents are Tenggilis people in the district of Surabaya. Respondents were selected citizens Tenggilis. Primary data obtained directly from the respondent by means of observation, interviews, documentation and secondary data in the form of primary data obtained from the other party or the primary data that has been processed or presented. Data processed using quesionere.

Keywords: Behavior Clean and Healthy, , qualitative descriptive analysis.

INTRODUCTION

Background

Clean and Healthy Behaviour   is a program of the Government of Indonesia. Clean and Healthy Behaviour   in the Household is an effort to empower members of the household in order to know, willing and able to practice clean and healthy behaviour behaviors and actively participate in the movement in public health. Healthy and Clean include behavior that is practiced in achieving the public health status better with their disease control and prevention with the behavior of 10 that are:

1. deliveries assisted by health personnel
2. Giving exclusive breastfeeding
3. Considering toddlers every month
4. Using clean water
5. Wash your hands with soap and clean water
6. Using healthy latrines
7. Eliminating dd flick home once a week
8. Eat fruits and vegetables every day
9. physical activity every day
10. Do not smoke in the house
(Regulation of the Ministry of Health of the Republic of Indonesia)

Public health as a factor supporting the success of nation-building, it is important to be realized by the whole community. This condition is characterized by the state of society characterized, healthy behavior, and living in a healthy environment, as well as their awareness of the importance of the values of healthy life that manifests in proactive behavior to maintain and improve health, prevent the risk of disease, protect themselves from the threat of disease, and participation in public health movement (Indrawati, 2015).Common goals of this program is the empowerment of individuals, families, and communities in the health sector which is characterized by promoting healthy behavior and active role in maintaining, improving and protecting the health of themselves and the environment considering the local socio-cultural,

particularly during pregnancy, infancy and childhood -kanak, adolescents and women of childbearing age. (Syafrudin, 2009)

Empowerment of public health should start from households, due to a healthy home is an asset or development capital in the future that need to be maintained, enhanced and protected health. Development of Clean and Healthy Behaviors   in the order of the household is one of the strategic effort to mobilize and empower members of the household to live clean. Through this effort every household empowered to understand, willing and able to help themselves in the field of health by striving for a healthy environment, preventing and tackling health problems encountered, as well as utilize existing health services.

According to Law No. 36 of 2009 on Health that health is an investment that needs to be respected, protected, maintained and enhanced by every member of the household. Healthy condition can be achieved when a change of unhealthy behaviors into healthy behaviors and create a healthy environment in households. Household background sound can be realized if there is a desire, willingness healthy each household member can be realized if there is a desire, the will of each member of the household to maintain, improve and protect the health of disorders disease threats through the Clean and Healthy Behavior.In the Ministry of Health Decree No. 1193 / Menkes / SK / X / 2004 on Clean and Healthy Behavior. Program Behavior Clean and Healthy Behaviour   is a program that aims to provide a learning experience or creating a condition for individuals, families, groups and communities with open lines of communication, information, and educate to improve the knowledge, attitudes, and behaviors so that people conscious, willing, and able to practice Behavior Clean and Healthy.

Point of the problem

Based on the background can be formulated that will be examined are as follows: How to increase the knowledge, willingness and ability of household members in the implementation of Clean and Healthy Behaviour   in the District Tenggilis Surabaya?

Research purposes

Generally aims to increase the number of households in the district Tenggilis healthy. In particular is the increase of knowledge, willingness and ability of household members to implement the Clean and Healthy Behavior is to play an active role in the movement of Clean and Healthy Behavior of residents in the District Tenggilis.

Benefits of research

The benefits of the research are expected to become

1. Every member of the household aware of Clean and Healthy Behavior that can improve the health and does not get sick.

2. Households in District Tenggilis understand the Behavior Clean and Healthy, thus increasing work productivity of household members.

3. Can improve the health of household members in the District Tenggilis, so that the cost of treatment can be invested for other purposes (education, business, etc.).

LITERATURE REVIEW

Social action

Weber was very interested in issues concerning structure sociology broad social and cultural, but he saw that social reality is fundamentally made up of individuals and actions of social meaning. He defines sociology as:

An Knowledge that effort acquire interpretative understanding of the social action in order to thus get to a causal explanation of the direction and consequences. By "action" meant all human behavior, if the individual acts or along it gives meaning to the action subjectively ... ..action called social because of subjective meaning was attributed to him by individuals acting ... ..account behavior of others and therefore directed to the goal, (Johnson, 1986: 214)

2.2. domain Behavior

According to Bloom's behavior in three domains (domains / regions), although these areas do not have a clear and definite boundaries. The division of this region carried out for the benefit of educational purposes, namely to develop or improve the behavior of a third domain, which consists of cognitive domains (cognitive domain), affective domain (domain affectife), and psychomotor (psicomotor domain). (Notoatmodjo 2003 :).

In a further development by educational experts and for the benefit of the results of measurement, it is measured from the three domains:

1. Knowledge is a result of the idea, and this occurs after a person perform sensing to a particular object. Without knowledge of a person does not have a basis for making decisions and decisive action on the problem at hand.

1. Factors that affect a person's knowledge:

a. Level of Education, will generate a lot of changes such as knowledge, attitude and practice (Soekanto, 2002)

b. Socioeconomic, The higher the income level, the higher man human desire to be able to obtain information through the media is higher. (Soekanto 2002)

c. Jobs, jobs is a variable that is difficult is classified but is useful not only as basic demographics, but also as a method to perform the social economy. (Soekanto, 2002).

d. Experience, experiences systematically arranged by the brain, the result is a science (Soekanto, 2002).

e. Age, healthy reproductive age starting from age 20 to 35 years. While age is unhealthy reproduction was age less than 20 years and more than 35 years. (Manuaba, 1998).

2. Attitude (attitude)

Attitude is a form of evaluation or feeling reaction. Attitude is a person's response to a stimulus or closed certain object (Notoatmodjo, 2007).

3. Practices or action (Practice)

An attitude not automatically materializes in an action (overt behavior). To realize the attitude becomes a tangible actions necessary supporting factor or a condition that allows, among other facilities. A positive attitude towards immunization mothers should receive confirmation from her husband, and no immunization facilities are within easy reach, so that the mothers immunize their children. Besides the factor of the facility, as well as the necessary support (support) on the other hand, for example of the husband or wife, parents or in-laws, and others. (Notoatmojo, 2003)

2.3. Behavior Clean and Healthy

Clean and healthy living behavior   are all behaviors performed on the awareness that a family member or family can help themselves in the field of health and play an active role in health-related activities in the community. (Center Promkes MOH, 2011).   are efforts to provide learning experiences for individuals, families, groups and communities, with open lines of communication, providing information and educating, in order to improve the knowledge, attitudes and behavior, through the approach of advocacy, Bina Atmosphere (Social Support) and the Movement of Society (Empowerment) so as to implement ways of healthy living, in order to establish, maintaine improve public health (MOH 2011).

Interest in domestic   are:

1. Increasing support and active participation of health workers, cross-sector officials, the media, civil society organizations, NGOs, community leaders, PKK and the business world in the development of   in the household.

2.   Improving family's ability to implement   and berperanaktif movement in public health. Goal   in the structure of the household are all members of the family, namely: couples of childbearing age, pregnant women or nursing mothers, children and adolescents, the elderly and caregivers (MOH, 2011).   Program is a national program, which is made to all regions in Indonesia. Thus, the programs contained in the program does not make a difference   assessment indicators for regions or specific areas, such as coastal regions, rural areas or areas of the city.

In the implementation of   in Indonesia program also uses 10 indicators (index)   that must be practiced at home because it can reflect the overall ladder perliku clean and healthy life, the indicator is:

a.   Births assisted by skilled health personnel

Is births attended by skilled keehatan (midwives, doctors and the other medical personnel)

b. Giving breastfed babies

Are infants aged 0-6 months were given only breast milk without giving additional food or drink.

c. Considering infants and toddlers

Weighing babies and toddlers are meant to monitor the growth of each month.

d. Using clean water

Water is a basic need that is used daily for drinking, cooking, bathing, rinsing, cleaning floors, washing kitchen utensils, wash clothes, and so on, so that we do not succumb to disease or to avoid the pain.

e. Washing hands with soap and clean water

Unclean water contains a lot of germs and bacteria that cause disease. When used, the bacteria move to the hand. At dinner, the bacteria quickly into the body, which can cause disease. Soap can remove dirt and kill germs, because without soap dirt and germs still left in the hand.

f. Using healthy latrines

Latrine is a room that has a human waste disposal facilities consisting of a squat or a seating area with a goose neck or no neck goose (latrine) which is equipped with a septic tank and water for membersihkannnya.

g. Eradicate larvae at home

Free home larvae are household estela periodic inspection there are larvae of mosquito larvae.

h. Eat fruits and vegetables every day

Every member of the household to consume at least 3 servings of fruit and two servings of vegetables or vice versa every day. Eat vegetables and fruit every day is very important, because it contains vitamins and minerals that regulate the body's growth and maintenance.

i. Physical activity every day

Physical activity is doing the movement of the body which causes the energy expenditure which is essential for the maintenance of physical and mental health, and maintaining quality of life in order to remain healthy and fit throughout the day.

j. No smoking in the house

Each family member should not smoke in the house. Cigarettes are like chemical plants. In one of cigarettes smoked will be issued around 4,000 dangerous chemicals, including the most dangerous are nicotine, tar, and Carbon Monoxide (CO).

Research methods

Research design

This study design using quantitative descriptive to provide a clear and present a problem using the number on the application of Clean and Healthy Behavior of Households order. Cross sectional approach is a study where data collection at once at a time, meaning researchers merely observed each subject once and the measurement is made on the status of a character or a variable subject at the time of inspection. Subjects in this study are a community in the Village Tenggilis Tenggilis District of Surabaya Year 2018. Methods of making subjects in this study using purposive sampling technique (Sample aims), commonly used in qualitative research, that informants can provide information that is clear by the way first unit selection based on specific goals related to the answer to the question of the study (based on a specific purpose)

3.1. Population and Sample Research

3.1.1. population Research

The population in this study was Households residing in District Tenggilis. Subdistrict Tenggilis largely prosperous family had only a few small portion of families are still disadvantaged. Number of prosperous families were classified into low income families most numerous in the Village Tenggilis Mejoyo many as 16 families. An Insklusi criterion in this study was a prosperous family who settled in the District of Tenggilis Surabaya, while the exclusion criteria in this study were a prosperous family in the Village and Village Long Jiwo Tenggilis Tenggilis District of Surabaya. So the subjects examined in this study are the residents who live in the Village District of Tenggilis Surabaya.

(Source District of Tenggilis Mejoyo In Figures 2015)

3.1.2. Research samples

The samples in this study are some of the people who settled in the Village Tenggilis Mejoyo, Village Kutisari, Village Kendangsari, Village Long Tenggilis Jiwo in the District of Surabaya. The sampling technique by using proportional random sampling where samples every household in the District of Tenggilis Village Tenggilis Surabaya.

Samples in the District of Surabaya City Tenggilis of 100 Household proportionally. The sampling technique used in this research is proportional random sampling stratified random sampling when comprised of units having different characteristics or heterogeneous. This is done by identifying the common characteristics of members of the population, then retrieved and determined each stratum. Thus, the samples from each stratum as follows:

1. Village of Tenggilis Mejoyo much as 25 Household
2. Keluragan Kutisari total of 25 Household
3. Village of as much as 25 Household Kendangsari
4. Village of Long Jiwo much as 25 Household

3.2.   Data and Data Sources

Data and data sources needed in this research is primary data and secondary data. Primary data is the data collected directly by the researcher. Secondary data is data collected through second hand. Sources of data have been obtained in this study are:

1. Primary data (direct) is a data collection using the questionnaire in the following manner:

    a. Determining respondents

    b. Explaining the purpose of the study

    c. Doing inform koncent on respondents

    d. Explains how to charge

    e. Gave respondents the opportunity to ask

f. Asked respondents to fill out questionnaires

g. Giving credit for 5000 for each sample which has been filled in a questionnaire

2. Secondary data, is the data retrieval indirectly asked of Chief Lurah Tenggilis, head of sub-district health centers and Head Tenggilis Tenggilis. Secondary data may be the number of households in the Village Tenggilis Tenggilis District of Surabaya and geographical conditions in the Village Tenggilis Tenggilis District of Surabaya.

3.3. Data collection technique

a. Research Instruments

The research instrument is a tool - a tool that will be used to collect data in the form of questionnaires, observation forms or other complex forms to record data (Setiawan, 2011). Research data collection tool that is used to describe the behavior of a clean and healthy life is to use the check list. Check list is a list for downloading "check", which contains the name of subjective and some other symptoms as well as the identity of the target Observation of. Observations can just give a check mark (√) in the list that showed the presence of symptoms or characteristics of the target of observation (Notoatmodjo, 2010).

In this study, a check list that is used to describe the behavior of a clean and healthy life consisted of 20 questions about the behavior of a clean and healthy life Mejoyo Tenggilis Village, Village Kutisari, Village Kendangsari, and Sub District Area Long Jiwo Tenggilis Surabaya, Score to answer "yes" and a score for "no" value of 0. So the results of 20 answers to 20 questions with criteria scores 1 for "yes", it scores 0 for "no" value of 0. So the value of a maximum of 20 with criteria for "healthy household" if the number really 11-20, "household unhealthy" if the number of correct value 1-10.

Collecting data, researchers use a check list to find a picture of the behavior of clean and healthy life with instrument questionnaire has been implemented in Sub Tenggilis Mejoyo number 25 Household, Village Kutisari number 25 Household, Village Kendangsari number 25 Household, Village Long Jiwo number 25 Houses Stairs. Bringing the total number of samplesthe District of Surabaya City Tenggilis 100 Household.

b. Operational definition

Behavior of clean and healthy in 2006 is known as Healthy Behaviour (PHS), which are grouped into maternal and child health (MCH) and nutrition, environmental health, behaviour, business community welfare by 10 indicators of centers that delivery by health personnel, exclusive breastfeeding , nutrition, clean water, latrines, residential density, floor home, physical activity, not smoking and JPK. PHS term later changed to PBHS that has 10 indicators that change, namely:

1. deliveries assisted by health personnel
2. Giving exclusive breastfeeding
3. Considering toddlers every month
4. Using clean water
5. Wash your hands with soap and clean water
6. Using healthy latrines
7. Eliminating dd flick home once a week
8. Eat fruits and vegetables every day
9. physical activity every day
10. Do not smoke in the house

variables	Operational definition	Measuring instrument	result	Scale
Clean and Healthy Behaviour	All family health actions undertaken by The indicators: 1. Delivery by health personnel 2. Exclusive breastfeeding in infants aged 0-6 months 3. Liveliness parents in weighing babies and toddlers 4. Usage of clean water in the community 5. Kesadaranmasyarakat to mencucitangan with clean water and soap 6. Families who have a clean	Using cheklis sheet consists of 25 questions with: "yes" score of 1, answer "no" score of 0	1. Clean and healthy living behavior to "healthy household" if the number of true value 13 -25 2. Clean and healthy behavior for "household unhealthy" if the number of correct value 0-12	ordinal

	latrine
	7. Eradication of wiggler at home
	8. Pengkomsumsian fruits and vegetables every day
	9. Physical activity every day family members
	10. The habit of smoking in the house

c. Processing and analysis of data

Data processing is performed in this study, as follows:

1) *editing* (Inspection data)

2) *coding* (Coding)

3) Scoring (scoring)

4) *Tabulating*

5) *entery* data

analysis Data used in this study is Univariate analysis. Univariate analysis aims to explain or describethe characteristics of each study variable. This analysis illustrates tiapa and every variable (dependent and independent variables) using frequency distribution. This analysis is used to get an idea of the frequency distribution of the respondents as well as to describe each variable and presented in tabular form, narration and graphics (Notoatmodjo, 2010).

Custom Tables is an elaboration of figure score of the results of research instruments such as questionnaires. So as to describe their special relationship or association, and presents the selected data (selective) in the simple form. One of them using univariane table, the table describing the presentation of data on one variable.

RESULTS AND DISCUSSION

Research has been carried out through observation, interviews, questionnaires, and a literature review. As for the behavior of clean and healthy living in the District Household Tenggilis is an effort to empower members of the household to be aware and able to carry out a clean and healthy behaviour as well as play an active role in the movement towards a healthy society. The behavior of clean and healthy living in the household do to reach households that do 10 live clean and healthy behaviors, among others:

1. Births assisted by skilled health personnel, referred to midwives, obstetricians, and nurses because it has been certified and standardized by the ministry of health.

2. Giving exclusive breastfeeding, breastfeeding question is for six months, because breast milk is the most perfect baby food, because the content of macro and micro nutrients. Which included macronutrients are carbohydrates, proteins and fats while micronutrients are vitamins and minerals.

3. Considering toddler every month, referred to is weighing Balit each month, the results are incorporated into Card Towards Healthy, will clearly indicate the child's development, this status also reminded when to immunization.

4. Using clean water, clean water in question is a colorless and odorless, the connotation of clean water here does not mean to be drunk, because drinking water must be free of bacteria.

5. Washing hands with soap and clean water, which is intended to avoid from diseases caused by germs that stick in his hand. An obligation to hand washing is before meals and after defecation, after handling soiled items, before serving food, and after cleaning the ears, nose, and mouth.

6. Using healthy latrines, the question is privy to the goose neck model because this model avoids the possibility of contact between feces with flies. So with a model goose neck filled with water so the smell of feces can not get out.

7. Eradicate larvae at home once a week, which meant is cleaning the water tank in the bathroom and in the house once a week so that no mosquito eggs to hatch into adult mosquitoes that requires 10-15 days.

8. Eat fruits and vegetables every day, the question is to consume fruits and vegetables rich in vitamins, fiber, and minerals as anti-oxidants which is very important for our body.

9. Physical activity every day, that question is the activity to produce age-appropriate calories such as walking, cleaning the house, and sports.

10. Do not smoke in the house, the question is smoke in the house will be inhaled by all occupants of the house and more dangerous for health,

Goal clean and healthy life behavior of households in the district order Tenggilis Surabaya is a secondary target is the target that can affect individuals in families in the district Tenggilis for example heads of family, mother, and parents. So that the results of such research results of questionnaires completed by the head of the family or Mom Household Tenggilis District of the city of Surabaya.

4.1. Clean and Healthy Behavior in the Village Tenggilis Mejoyo

Behavior indicators of clean and healthy living in the Village Tenggilis Mejoyo District of Tenggilis of 10 (ten) indicators of hygienic behavior and healthy there are three indicators that have not yet reached the behavior of clean and healthy life is the habit of smoking in the house, active parents in weighing babies and toddlers and exclusive breastfeeding in infants aged 0-6 months. But already reached seven indicators of hygienic behavior and healthy, this is an achievement of indicators that are less healthy because there are behaviour such as smoking habits in the home.

Cigarettes are like chemical plants. In one of cigarettes smoked will be issued around 4,000 dangerous chemicals, including the most dangerous are nicotine, tar, and Carbon

Monoxide (CO). Besides the indicators of breastfeeding to infants during 0-6 months is very important for infants and immune-called exclusive breastfeeding.

4.2. Clean and Healthy Behavior in the Village of Long Jiwo

Behavioral indicators of clean and healthy living in the Village of Long Jiwo District of Tenggilis of 10 (ten) indicator of a clean and healthy life behavior, there are two indicators that have not yet reached a clean and healthy life behavior that is smoking in the house and exclusive breastfeeding in infants aged 0- 6 months. But already reached eight indicators of hygienic behavior and healthy, this is an achievement of indicators that are less healthy because there are behaviour such as smoking habits in the home.

Smoking can cause a neighborhood affected by exposure to smoke from cigarettes, like chemical plants. In one of cigarettes smoked will be issued around 4,000 dangerous chemicals, including the most dangerous are nicotine, tar, and Carbon Monoxide (CO). Besides the indicators of breastfeeding to infants during 0-6 months is very important for infants and immune-called exclusive breastfeeding.

4.3. Clean and Healthy Behavior in the Village Kendangsari

Behavior indicators of clean and healthy living in the Village of the District Kendangsari Tenggilis of 10 (ten) indicator of a clean and healthy life behavior, there are two indicators that have not yet reached a clean and healthy life behavior that is smoking in the house and exclusive breastfeeding in infants aged 0-6 month. But already reached eight indicators of hygienic behavior and healthy, this is an achievement of indicators that are less healthy because there are behaviour such as smoking habits in the home.

The habit of smoking in the house is an unhealthy habit and not as clean as a smoke-like plant chemicals. In one of cigarettes smoked will be issued around 4,000 dangerous chemicals, including the most dangerous are nicotine, tar, and Carbon Monoxide (CO). Besides the indicators of breastfeeding to infants during 0-6 months is very important for infants and immune-called exclusive breastfeeding.

4.4. Clean and Healthy Behavior in the Village Kutisari

Behaviora indicators of clean and healthy living in the Village of the District Kutisari Tenggilis of 10 (ten) indicator of a clean and healthy life behavior, there are two indicators that have not yet reached a clean and healthy life behavior that is smoking in the house and exclusive breastfeeding in infants aged 0-6 month. But already reached eight indicators of hygienic behavior and healthy, this is an achievement of indicators that are less healthy because there are behaviour such as smoking habits in the home.

Mengeleuarkan smoke cigarette smoke and can be inhaled by passive smokers (non-smokers) so that the environment around the house exposed to smoke. In one of cigarettes smoked will be issued around 4,000 dangerous chemicals, including the most dangerous are nicotine, tar, and Carbon Monoxide (CO). Besides the indicators of breastfeeding to infants during 0-6 months is very important for infants and immune-called exclusive breastfeeding

Results Can be seen some indicators that are dominant or high that awareness to wash hands with soap and clean water (100%), Family has a healthy latrines (100%), Combat wiggler (100%), and physical activity are do family members every day (100%). Several indicators are already good, that deliveries assisted by health personnel, active parents in weighing babies and toddlers, fresh water use by family members in the household, and consumption of fruits and vegetables every day. However, there are some indicators that are lacking or low, that there are family members who smoke who have the habit of smoking in the home (74%), and provide exclusive breastfeeding in infants 0-6 months (85%).

CONCLUSIONS AND RECOMMENDATIONS

Conclusion

Based on the results achieved and the stages of the research, it can be concluded that studies the behavior of clean and healthy living in the household run smoothly and well. Which is expected to give a promotional strategies, especially in the health sector to the public's understanding of the behavior of clean and healthy living in the District Tenggilis, to achieve this we need a health promotion strategy aimed at increasing the public's understanding of good hygiene practices and healthy , one initial way is to understand in advance the application of clean and healthy living behavior in households Tenggilis District of Surabaya.

Suggestion

Research hygienic behavior that future necessary promotion strategies Health through community service, Faculty of Medicine, University of Surabaya on strategy development Behavior Clean and Healthy Behaviour   in the surrounding communities is people District of Tenggilis by way of Advocacy , Bina Atmosphere (Social Support) Movement for Society (empowerment).

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