



ESSENTIAL HEALTHY SCHOOL ENVIRONMENT STANDARDS TO MAINTAIN CONDUCTIVE LEARNING ATMOSPHERE

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ABSTRACT

The school environment is one unit of the physical, mental and social environment of the school that meets the health requirements so that it can support the teaching and learning process properly and support the growth and development process of students optimally. A healthy school environment can be realized or maintained by involving all components of the school stakeholders. This study made use of a qualitative research design with descriptive analysis. Data were collected by conducting field studies, direct observation, and interviews with school stakeholders. This study found that to maintain school health, the essential healthy standards should be carefully and intensively implemented at schools. Therefore, this research implies that schools should maintain a healthy school environment so that students can study well and comfortably.

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1. INTRODUCTION

The learning process is very much influenced by the school and classroom environment. Having a good environment in conducting learning processes may certainly improve students' achievement because students can properly concentrate on learning when their environment is clean and healthy. A healthy environment is highly important for healthy living because it is one of the natural resources that is very meaningful for living things (Lewallen et al., 2015). It is an environmental condition that can support the growth and development of healthy living conditions (Sheffield et al., 2017). Moreover, a healthy environment can affect physical and spiritual health, therefore, it is necessary to avoid negative influences that can damage a healthy environment. Fostering a healthy school environment can be through intra-curricular and extracurricular activities. Extracurricular activities are mainly through physical education lessons or health education that are integrated into learning activities. This is essential to have a conducive learning atmosphere (Mantra, 2019).

The efforts to maintain the environment mean respecting the priceless gift from God. Understanding it is a gift, therefore, efforts are needed to continually preserve and maintain the cleanliness of the surrounding environment as well as possible (Sari et al., 2017). Cleanliness is part of faith, that's the slogan we often hear so far, therefore we must always maintain cleanliness wherever and anytime. Cleanliness is the state of being free from dirt, including dust, garbage, and bad smells. However, cleanliness is often taken lightly by students, and lack of awareness is the reason why there is still dirt in the school environment (Moyer et al., 2016). If the class is unhealthy, students could be engaged fully in learning activities. Continuous engagement and active participation in learning are the most essential things in learning processes (Handayani et al., 2019).

The schools should have a certain standard in maintaining a healthy environment starting from cleanness management for example rubbish management. The amount of garbage scattered in every classroom is the impact of hygiene problems that most often occur in the school environment (Vionalita & Kusumaningtiar, 2017). Whereas the beauty and comfort of the school environment is a reference point for the enthusiasm of students in achieving good

achievements. The cleanliness of the school environment is an important aspect to create a healthy school environment. If the environment is healthy then all living things around it will also be able to breathe properly. Moreover, students may learn the lessons better because they are in a healthy environment (Bartelink et al., 2018). When the classroom and the school are clean, fresh, and inviting atmosphere students will be willing to participate in the learning process more actively. It can be said that with positive learning conditions, students may attain higher learning achievement (Mantra et al., 2018).

A healthy school environment is needed to support the process of teaching and learning activities (Turunen et al., 2017). Therefore, it is important to familiarize the students, the teachers, and all the school staff with clean and healthy living behaviours. By having healthy living behaviour, a healthy environment can be maintained because it is supported by all stakeholders of the schools (Kilgour et al., 2015). As a matter of fact, the healthy standards should also be familiarized to the surrounding communities in order that they support the healthy environment of the schools (Persson & Haraldsson, 2017). This is due to the fact that teaching and learning activities are also influenced by the surrounding environment that is clean from any form of pollution. As a matter of fact, students' concentration is easily focused on the lesson if the school environment is clean and healthy.

Healthy living behaviour can be started in schools because outside the school environment, school children are expected to act as agents of change to create a healthy environment (Moyer et al., 2016). Therefore, students should be equipped with sufficient knowledge related to healthy standards and they should be trained intensively in practicing the standards properly. Practicing healthy standards in schools is one of the processes to make the students familiar with the healthy standards (Solomon et al., 2018). Consequently, students should also provide with a healthy school environment in order that they can share the information and the practical procedures of healthy living behavior in their home and their community.

Schools can only comply with healthy standards if adequate school facilities and infrastructure are supplemented. These may include the school buildings, toilets, canteen, schoolyard, parking, garbage disposals and also the provision of clean water. As a means of formal education, schools should be a comfortable place to learn so that knowledge can be absorbed maximally by students. Although cleanliness is sometimes considered unimportant, these small things can have a big impact on the teaching and learning process in schools. If the school is dirty, teaching and learning activities will be disrupted. Therefore, cleanliness is the most important thing to be done to keep the school environment healthy (Andriningrum & Gunawan, 2019).

Based on the descriptions above, it can be said that schools are formal and strategic institutions in preparing human resources who are physically, mentally, socially, and productively healthy. One of the factors that influence the success of the teaching and learning process in schools is the health status and condition of the school environment (Andriningrum & Gunawan, 2019). With the improvement of environmental health, it is also expected to improve personal health, because there are many benefits of healthy living (Kilgour et al., 2015). A clean school environment will greatly support the implementation of the teaching and learning process. The school environment consists of a building, a school canteen, a place for washing hands, bathrooms and latrines, garbage disposal, wastewater disposal, a yard, a school fence, and the last is the existence of school gardens.

Practically speaking, the requirements for a healthy school environment are the availability of clean and drinking water sources, the availability of water reservoirs, wastewater maintenance, toilet, and bathroom maintenance, maintenance of cleanliness and tidiness of classrooms, libraries, and other rooms (Minister of Health, 2006). Maintaining the cleanliness and beauty of the yard, as well as maintaining the cleanliness of the school canteen. However, in reality, there is still trash scattered about, both paper and snack packs inside and outside the classroom, as well as the lack of cleanliness of the facilities in the room such as tables, chairs, cupboards, and so on. There are still many schools that do not have food stalls or school canteens that meet health requirements. There is no place for hand washing that meets health requirements. There are still some schools that do not have garbage disposal sites and final waste disposal in accordance with health standards.

Health problems in schools become complex and varied related to the health of students which are influenced by various factors including the condition of the school environment and clean-living behavior. This proves that the cleanliness of the school environment is an important topic to be investigated. Therefore, considering the phenomena as described above this study was conducted to provide important information related with the healthy standards of healthy school environment.

2. RESEARCH METHOD

The assortment and use of a suitable research design depend on the nature of the variables under investigation. In this study, the author uses qualitative research methods. In this qualitative research, the researcher aims to understand the phenomenon of what actually happens related to the standards carried out in schools to keep the school environment clean and healthy. This research was conducted in a private elementary school in Bali. The



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school that is the object of research is a popular elementary school in Bali so the data collected becomes reliable data. Data collection techniques are carried out primarily, namely data obtained directly in the field through field research.

The qualitative data is obtained with good data collection techniques according to the type of data used in a study. The data technique used in this research is through several processes of direct observation and interviews with teachers and students at the school where this research is conducted, as well as documentation to support the accuracy of the research. Data analysis techniques are carried out by collecting data, sorting data, presenting data, and finally drawing conclusions. On the completion of the data analysis, and then the results of the findings were presented descriptively and argumentatively to establish valid and reliable findings.

3. RESULTS AND DISCUSSION

A well-Maintained healthy environment at schools is an effort to provide students with a healthy learning condition. School Environmental health is essentially an optimum environmental condition to establish a positive effect on the realization of learning activities at schools. Schools as formal institutions for learning should always maintain a healthy environment. With respect to a healthy environment, the interview excerpts to the teachers can be presented as the following.

"I think a clean and healthy school environment can make the learning atmosphere more comfortable so that students will find it easier to concentrate in the learning process. Therefore, all schools should be equipped with good infrastructures and facilities for a healthy environment" (Teacher A)

"I always try to make students always keep the classroom and school environment clean so that the school environment becomes healthy because I know that the health of the school environment is very important for the learning process at school" (Teacher B)

"If the school environment is clean and healthy, my students will be happier studying at school because they feel comfortable at school" (Teacher C)

"All students are expected to always try to maintain the cleanliness and health of the school environment by complying with school hygiene guidelines. They are told to throw garbage in the trash and always take care of their own health" (Teacher D)

"Students are taught to obey the hygiene and health rules that are always conveyed during the flag ceremony so that they always remember and get used to maintaining a healthy environment" (Teacher E)

All the teachers considered that a clean and healthy school is a school whose students and all staff continuously cultivate clean and healthy living behaviours, and have a clean, beautiful, cool, fresh, neat, orderly, and safe school environment. Clean and healthy schools prioritize the importance of healthy development through promotive and preventive activities, so as to encourage the independence of all school members and the community in the school environment to behave in a healthy life, maintain their health, and improve their health (Oostindjer et al., 2017).

Moreover, teachers also described that the efforts to realize clean and healthy schools can be achieved through a strategy of providing facilities and infrastructure, good management, dissemination of knowledge, and creation of ideal conditions by involving the participation of all parties and the community. Furthermore, healthy living behaviour can be implemented by organizing health education, health services, environmental hygiene, and health, as well as cultivating clean and healthy living behaviour (Morton et al., 2016). This can be achieved through the cultivation of clean and healthy standards. The standards should be fulfilled and carried out by all schools' parties and stakeholders to be successfully created a healthy living environment.

Healthy School standards are, among others: (1) having a clean, beautiful, orderly, shady school environment and having adequate knowledge, (2) having adequate and representative waste disposal and management sites, (3) having adequate clean water and meeting health requirements, (4) has a clean and tidy canteen for the staffs and the students, and provides a balanced nutritious menu, (5) having a closed sewer and does not cause unpleasant smells, (6) having classrooms that meet health requirements, (7) having representative classrooms with appropriate density ratio of the number of students, (8) having learning facilities and infrastructure that meet health standards, comfort and safety standards, (9) having rooms for the ideal school health units and sufficient and appropriate equipment, (10) having sufficient toilets with a ratio that is in accordance with the rules, (11) having school gardens that are also used for learning facilities, (12) having good learning curriculum for student growth and development, (13) having a school life that upholds family values, and (14) having a clean, hygienic and healthy lifestyle.

According to the Decree of the Minister of Health Number 1429 of 2006 concerning guidelines for implementing school environmental health, it includes school location, school building construction, building space, room air quality and noise, lighting, ventilation, school sanitation facilities, yard, and free of larvae. Regarding the location of the school, it must be in a healthy area. In addition, it is not located in a disaster-prone area, is not a former landfill or mining site, and is free of pollution. While relating to building construction, roofs ceiling and gutters, and lightning rods are installed properly. The windows can be opened and closed appropriately in an outward direction, and have rainwater drainage. The building spaces include the principal's room, classrooms, teachers' rooms, meeting rooms, school offices, library rooms/reading rooms, sports changing rooms, and warehouses. All rooms and facilities should be well-maintained and clean regularly to provide good sanitation for health.

Basically, all schools should have a clean and healthy school program with the objective to create schools that have a clean, beautiful, comfortable, orderly, safe, and tidy school environment (Duijster et al., 2017). A healthy school is a good state of body and soul. Healthy schools can be interpreted as educational institutions that have elements that are both outwardly (physically) and inwardly (spiritual). Healthy schools in principle focus on efforts to make the school have a normal learning environment both physically and spiritually. This is marked by a school situation that is clean, beautiful, orderly, and upholds family values within the framework of achieving physical and spiritual well-being for every school member (Turunen et al., 2017). A healthy school allows all students and staff to carry out useful, efficient, and effective activities at schools. Therefore, maintaining a healthy environment at schools becomes compulsory efforts to be conducted by all school members.

Practically, a healthy school environment is one of the elements that must exist, be fostered, and continuously developed so that the ongoing educational process achieves the expected results. Therefore, all school members must maintain the cleanliness of the school so that it can function properly as a forum for educating children so that they have environmental awareness and are willing to do something positive for the preservation of the school environment in particular and the environment. The cleanliness of the school environment is an important aspect of creating a healthy school environment. Having a healthy environment around the school certainly helps students to learn the lesson more comprehensively because they may have full concentration on learning activities without being distracted by unpleasant surroundings.

4. CONCLUSION

A healthy school environment is vividly important to well-maintained to provide students with a clean and healthy place for learning. To have a healthy school environment, students, teachers, and all school staffs have to work together collaboratively because this cannot be done merely by the students or the teachers. As a matter of fact, all school stakeholders should support healthy living behaviour at schools. All school infrastructures and facilities should be well-maintained and cleaned regularly to maintain their sanitation. The school environment must be created as comfortable and safe as possible by the school community itself. Moreover, schools are a strategic environment for education, empowerment, and civilizing for the process of promoting education and environmental health. Schools also have a role in the cultivation and dissemination of new ideas about health. Therefore, schools should always comply with healthy standards in order that students can directly learn and experience a healthy environment. This study suggests that all school components and stakeholders should always make efforts to support the provision of a healthy school environment.

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