

Analysis Of Knowledge on Clean and Healthy Living Behavior Of Kelambir Villagers

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ABSTRACT. *Access to clean water, eradicating mosquito larvae, and understanding the impact of smoking at home are crucial factors influencing the health and well-being of communities worldwide. These issues are especially pertinent in areas where knowledge and resources may be limited. The village of Kelambir is one such community where these concerns are paramount. This research aims to shed light on the knowledge and behavior of Kelambir Village residents regarding these key health determinants. Data was collected through questionnaires from 103 respondents interviewed. The results showed that the majority of respondents (89.3%) utilized clean water and had taken proactive steps to eradicate mosquito larvae (69.9%). Despite these positive actions, there were still respondents who depended on unsafe water sources (7.8%) and had not consistently taken measures against mosquito larvae (30.1%). Furthermore, approximately 55.3% of the respondents reported smoking at home, emphasizing a behavior that can significantly increase the risk of respiratory diseases.*

Keywords: *Knowledge, Kelambir Village, PHBS*

INTRODUCTION

Clean and Healthy Living Behavior (PHBS) is one of the essential aspects of maintaining individual and community health. PHBS encompasses several practices that foster a clean and healthy environment, including proper handwashing, effective waste management, environmental hygiene, and a balanced diet (Sukmadani Rusdi et al., 2021a). Implementing PHBS has a positive effect on physical health, plays a crucial role in preventing disease transmission, and enhances overall life quality (Fajaruddin Natsir et al., 2019).

Kelambir Village, one of the villages in Deli Serdang district, also faces both challenges and opportunities in implementing PHBS. In this context, the knowledge of Kelambir villagers about PHBS becomes pivotal in efforts to incorporate clean and healthy living behaviors as an integral part of daily life (Aminah et al., 2021). Analyzing the Kelambir villagers' knowledge on PHBS is a critical first step in devising disease prevention programs, elevating public health, and fostering a cleaner and healthier environment (Triya Jaya et al., 2021). With a deeper grasp of the community's understanding and perceptions regarding PHBS, more effective strategies can be crafted to boost the Kelambir Village community's awareness about the importance of clean and healthy living behaviors (Sugiritama et al., n.d.). Therefore, the outcomes of this study are anticipated to positively contribute to initiatives promoting the health and welfare of the Kelambir Village community and serve as reference material for stakeholders in crafting local health agendas (Suprpto & Arda, 2021).

Kelambir Village, situated in the Deli Serdang district, Pantai Labu sub-district, North Sumatra province, stands as a representation of a rural community setting with unique characteristics and challenges in implementing PHBS (Hartaty & Kurni Menga, 2022). In rural settings like Kelambir Village, age-old traditions often hold a significant influence over daily behaviors. Thus, research on PHBS knowledge in Kelambir Village bridges modern health concepts with an endeavor to merge traditional values and enhanced health practices (Sitorus et al., 2022). A profound comprehension of the local socio-cultural context can guide the creation of suitable and enduring PHBS interventions. This research holds particular relevance, especially in the realms of disease prevention and public health advancements (Wagola et al., n.d.).

Elevating the knowledge and understanding of PHBS among Kelambir villagers can yield manifold benefits. Firstly, it can curtail the risk of contagious disease spread, which can occasionally pose severe challenges in rural settings (Rusdiana et al., 2021). Secondly, it can boost the community's overall health and raise life expectancy. Moreover, improved health can have an affirmative ripple effect on economic productivity and overall life quality (Sukmadani Rusdi et al., 2021b). Hence, this research holds discernible relevance in community health and developmental endeavors, not only for Kelambir Village but also for other rural communities grappling with analogous challenges (Manyullei et al., 2022).

One potential hindrance to the PHBS application in Kelambir Village could be limited accessibility to health education and resources (Sasmitha et al., 2020). Health infrastructures, such as clinics and health centers, might either be inadequate or underutilized due to a knowledge gap or perceived irrelevance among villagers. The presence or absence of these facilities, coupled with the frequency of their usage, can be indicative of the community's receptiveness towards modern health practices (Suryani et al., 2020). Thus, understanding the prevailing health infrastructure and its utilization becomes paramount in framing more potent PHBS promotional strategies.

Ensuring the success of PHBS interventions in Kelambir Village mandates engaging with local figureheads and influencers, who can champion the cause of clean and healthy living. The village's traditional leaders can act as a bridge, connecting modern health methodologies with deeply-rooted customs, ensuring PHBS finds cultural resonance and garners broader adoption (Astuti, 2020). Collaborating with such leaders can facilitate community-centric interventions that resonate with villagers and stand a higher success chance (Sriyanah et al., 2023). Community engagement is undeniably pivotal. Kelambir's residents can themselves become PHBS proponents. Organizing regular community health assemblies, workshops, and drives can empower them with the requisite knowledge and skill set to sustain a clean and healthy milieu (Martini et al., 2022). Actively involving the community in the blueprint and execution of health initiatives can ensure these interventions squarely address the village's specific needs and challenges (Zulaikhah et al., 2020).

Furthermore, the role of technology and innovation cannot be sidelined. While rural domains like Kelambir Village might confront infrastructural and resource access challenges, technology can come to the rescue with pioneering solutions. For instance, leveraging mobile apps to educate villagers about PHBS or deploying drones for waste management surveillance can be effective strategies to ensure consistent and widespread PHBS adoption (Ilmiah Pengabdian Kepada Masyarakat Bidang Kesehatan et al., 2023). Understanding and advocating for PHBS in Kelambir Village is of paramount importance. With a blend of community participation, collaboration with local leaders, and innovative tech-driven approaches, there's immense potential to enhance the health and well-being of the

Kelambir Village populace, setting a benchmark for other rural regions in Indonesia and beyond (Febrianta & Hari Yuwono, 2021).

METHODS

This study will use a quantitative descriptive research design, which aims to describe and analyze the level of knowledge and behaviour of Kelambir Village residents regarding clean water, eradication of mosquito larvae, and smoking habits in the house.

Population and Sample

This study's population is all Kelambir Village residents from various age groups. To determine the sample, we will use the simple random sampling method. We sampled approximately 103 respondents from different age groups and socio-economic backgrounds to reflect the diversity of the population

Data Collection Instruments

1. **Questionnaire:** We use a structured questionnaire to collect data from respondents. The questionnaire will be divided into three sections: the first will focus on using clean water, the second will pertain to mosquito larvae eradication, and the third will cover indoor smoking. The questions in the questionnaire will be designed to measure respondents' knowledge, attitudes, and behaviours related to these three aspects.
2. **Data Collection Procedure**

Data collection will be conducted using the following steps:

1. **Questionnaire Development:** A questionnaire will be developed based on relevant literature and discussions with public health experts. After that, the questionnaire will be tested on several respondents to ensure readability and understanding of the questions.
2. **Data Collection:** The research team visits Kelambir Village and approaches randomly selected respondents. The team will explain the purpose of the study and provide questionnaires to respondents willing to participate. Respondents will be asked for information about PHBS to be filled in by the PHBS team.

- Data Analysis:** The data collected will be analyzed using statistical software such as SPSS. We will calculate frequency percentages and identify patterns and relationships between the variables in the questionnaire.

Research Ethics

In conducting this study, we will adhere to the principles of research ethics, including the privacy and anonymity of respondents. We will explain the purpose of the study to respondents and seek their consent before collecting data. The individual identities of the respondents will be kept confidential, and the data will be used for research purposes only.

Research Limitations

There are several limitations in this study. First, data collection methods that rely on questionnaires can present bias in respondents' self-statements. Second, the results of this study only reflect the conditions and behaviours of Kelambir Village residents at the time of the research and cannot be generalized to other populations outside the village.

RESULTS AND DISCUSSION

Table 1. Indicators of clean and healthy living behavior (PHBS) in Kelambir village residents

| Use of Clean Water | | Eradicates Mosquito Flies | | Flies No Smoking in the House | |
|--------------------|----|---------------------------|----|-------------------------------|----|
| Yes | No | Yes | No | Yes | No |
| 95 | 8 | 72 | 31 | 46 | 57 |

In this study, a total of 103 respondents were interviewed:

1. Clean Water Usage:

- Ninety-two respondents (89.3%) said they use clean water for drinking and cooking.
- Eight respondents (7.8%) admitted using well water or other sources that may not meet health standards.

2. Mosquito larva eradication:

- Seventy-two respondents (69.9%) said they had taken action to eradicate mosquito larvae around their house, such as draining potential breeding sites.
- 31 respondents (30.1%) admitted that they had not done so consistently.

3. No Smoking in the House:

- 46 respondents (44.7%) said they do not smoke inside the house.
- 57 respondents (55.3%) admitted that they still smoke inside the house.

Figure 1.

PHBS interview with Kelambir villagers



Discussion

1. **Use of Clean Water:** The high rate of clean water use (89.3%) is a positive for maintaining public health in the village. Using clean water for drinking and cooking is a very important practice to prevent diseases associated with contaminated water. However, further attention needs to be paid to the eight respondents (7.8%) who still use water sources that may be unsafe. It may be necessary to increase their understanding of the risks associated with unsafe water.
2. **Mosquito larvae eradication:** About 69.9% of respondents have taken action to eradicate mosquito larvae, which is also a positive step in reducing the risk of mosquito-borne diseases, such as dengue fever. However, there are 31% who have yet to take such actions consistently. This indicates the need for further education and public awareness of the importance of mosquito larvae eradication.
3. **Not Smoking in the House:** Although 44.7% of respondents said that they do not smoke inside the house, there are still 55.3% who smoke inside the house. Smoking inside the home can negatively impact indoor air quality and increase the risk of respiratory diseases, especially in children and non-smoking family members. Therefore, further efforts are needed to educate the public about the dangers of indoor smoking and encourage healthier practices.

The results of this study can serve as a foundation for public health programs in the village to improve knowledge and healthier behaviours related to clean water use, mosquito larvae eradication, and indoor smoking control.

CONCLUSIONS

This study highlights the level of knowledge and behaviour of Kelambir villagers regarding three pivotal aspects of health: clean water use, mosquito larvae eradication, and indoor smoking practices. Most respondents displayed a commendable understanding of clean water usage and had already initiated steps towards mosquito larvae elimination. Nonetheless, there's an evident gap in the complete execution of mosquito larvae eradication measures. Alarmingly, a significant segment of respondents continues to smoke indoors, an act detrimental to health.

In light of these findings, it's imperative that:

1. **Community Outreach:** Organize educational sessions in Kelambir Village, emphasizing the consequences of indoor smoking and the advantages of a smoke-free home environment.
2. **Water Safety Campaigns:** Increase awareness about the benefits of clean water consumption and the potential threats of using unsafe sources.
3. **Mosquito Eradication Workshops:** Conduct hands-on workshops showcasing effective methods for consistent mosquito larvae eradication.
4. **Regular Health Checks:** Establish periodic health check-ups in the village to monitor and ensure residents' well-being, while also using these opportunities to spread awareness.

In conclusion, by instilling a robust sense of community education and enhancing awareness on safe water consumption, consistent mosquito larvae eradication, and the dangers of indoor smoking, we can significantly uplift the health standards of the Kelambir Village community and mitigate the onset of preventable diseases

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