

ABSTRAK

Latar Belakang: Perilaku Hidup Bersih dan Sehat (PHBS) merupakan upaya strategis Kementerian Kesehatan untuk meningkatkan derajat kesehatan masyarakat serta menjadi salah satu indikator pencapaian Sustainable Development Goals (SDGs) 2015-2030. Sekolah dasar berperan penting dalam pembentukan perilaku hidup sehat sejak dini. Data nasional tahun 2018 menunjukkan bahwa penerapan PHBS di sekolah masih tergolong rendah. Rendahnya tingkat pengetahuan, sikap, dan tindakan kesehatan pribadi siswa, disertai keterbatasan sarana dan prasarana, menjadi faktor yang menghambat keberhasilan penerapan PHBS di kalangan anak usia sekolah.

Tujuan: Mengetahui pengaruh pengetahuan, sikap, dan tindakan kesehatan pribadi terhadap penerapan PHBS pada siswa Sekolah Dasar Negeri Sumurboto.

Metode: Penelitian ini menggunakan desain observasional analitik dengan pendekatan *cross-sectional*. Data dikumpulkan melalui kuesioner. Data dianalisis menggunakan uji Chi-Square dan uji korelasi Spearman untuk mengetahui hubungan antarvariabel, serta uji regresi ordinal untuk melihat pengaruh ketiga variabel terhadap penerapan PHBS.

Hasil: Hasil penelitian menunjukkan bahwa siswa memiliki pengetahuan baik (76,10%), sikap positif (95,50%), tindakan kesehatan pribadi baik (94,30%), dan penerapan PHBS baik (87,50%). Terdapat hubungan positif dengan kekuatan korelasi lemah antara pengetahuan dan penerapan PHBS ($r = 0,316$; $p < 0,05$), serta hubungan positif dengan kekuatan sedang antara sikap ($r = 0,412$; $p < 0,05$) dan tindakan kesehatan pribadi ($r = 0,501$; $p < 0,05$) dengan penerapan PHBS. Ketiga variabel independen berpengaruh signifikan terhadap penerapan PHBS ($p < 0,05$).

Kesimpulan: Terdapat hubungan positif dan pengaruh yang signifikan antara pengetahuan, sikap, serta tindakan kesehatan pribadi dengan penerapan Perilaku Hidup Bersih dan Sehat (PHBS) pada siswa sekolah dasar.

Kata kunci: Pengetahuan, Sikap, tindakan kesehatan, PHBS, Siswa sekolah dasar.

ABSTRACT

Background: Clean and Healthy Living Behavior (CHLB/PHBS) is a strategic initiative by the Indonesian Ministry of Health aimed at improving public health and serving as an indicator of the achievement of the Sustainable Development Goals (SDGs) 2015–2030. Elementary schools play a crucial role in shaping healthy behaviors from an early age. National data from 2018 indicate that the implementation of CHLB in schools remains low. Limited knowledge, attitudes, and personal health behaviors among students, along with inadequate school facilities and infrastructure, are factors that hinder the effective implementation of CHLB among school-age children.

Aim: To determine the influence of knowledge, attitude, and personal health behavior on the implementation of Clean and Healthy Living Behavior (PHBS) among students of Sumurboto Public Elementary School.

Methods: This study employed an analytical observational design with a cross-sectional approach. Data were collected using questionnaires. Data were analyzed using the Chi-Square test and Spearman correlation test to determine the relationship among variables, as well as ordinal logistic regression to assess the influence of the three variables on the implementation of Clean and Healthy Living Behavior (CHLB/PHBS).

Results: The results showed that students had good knowledge (76.10%), positive attitudes (95.50%), good personal health behavior (94.30%), and good implementation of Clean and Healthy Living Behavior (CHLB) (87.50%). There was a positive correlation of weak strength between knowledge and CHLB implementation ($r = 0.316$; $p < 0.05$), as well as a positive correlation of moderate strength between attitude ($r = 0.412$; $p < 0.05$) and personal health behavior ($r = 0.501$; $p < 0.05$) with CHLB implementation. All three independent variables had a significant influence on the implementation of CHLB ($p < 0.05$).

Conclusion: There is a positive and significant relationship and influence between knowledge, attitude, and personal health behavior on the implementation of Clean and Healthy Living Behavior (CHLB/PHBS) among elementary school students.

Key Words: Knowledge, Attitude, Personal health behavior, Clean and Healthy Living Behavior (PHBS), Elementary School Students