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The Effectiveness of Sing a Song Method to Create Daily Routine Habituation of Healthy Living Activities in Children to Prevent COVID-19 Transmission

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ABSTRACT

Hands are members of the body that have the potential to transmit disease by holding objects that are contaminated by microorganisms. Children are considered carrier agents that have the potential to transmit the virus to family members, especially if the family members are elderly and have a history of the disease, therefore this is very dangerous if it happens. Children need to be given an understanding related to how to maintain personal health and hygiene, especially how to wash hands properly and correctly. The experiment of singing songs for hand washing habits consisted of several social test methods. The method used is divided into three schemes, namely (1) exemplifying singing songs, (2) daily routine observations, and (3) weekly evaluations. Each of these activities is repeated to get maximum results in instilling memories in children.

INTRODUCTION

This aspect of health and personal hygiene is a problem that is also used as the basis for the implementation of this work program. This health and personal hygiene are targeted by all groups, both children and the elderly, given the importance of maintaining personal health and hygiene to avoid dangerous diseases, especially the COVID-19 virus. However, research conducted by (Mardiyani et al., 2020) explains that it is difficult for adults to change habits, so it is judged that implementing education for children is the right step. The pandemic period provides an atmosphere for the community because every individual at this time is competing to maintain personal hygiene and health to avoid viruses and other diseases.

Hands are members of the body that have the potential to transmit disease by holding objects that are contaminated by microorganisms if not washed first with water and soap before touching food or drinks, bacteria and viruses will be eaten and enter the body causing a person to become infected. become sick (Fatonah, 2005; Rosidi, Handarsari, and Maheasy, 2010). This problem was raised as the background for implementing the work program because local children are used to playing together around the Teluk Tiram Village office and the habit of these children is

not paying attention to hand hygiene when they want to hold food or drinks, so this can be a source of other problems. such as diarrhea and others.

Health and personal hygiene, especially hand hygiene in children, is important considering that during this pandemic, many people are exposed to the COVID-19 virus without symptoms, so it has the potential to infect other people with congenital diseases. Children are considered carrier agents that have the potential to transmit the virus to family members, especially if the family members are elderly and have a history of the disease, therefore this is very dangerous if it happens. Children need to be given an understanding related to how to maintain personal health and hygiene, especially how to wash hands properly and correctly, considering that hands are a part of the body that has great potential to become a medium for transmitting bacteria and viruses so that children will realize the importance of hand hygiene to take care of others. from exposure to bacteria and viruses.

Children's knowledge of personal hygiene is considered to have a significant relationship to children's behavior when washing hands, evidenced by research (Pauzan and Fatih, 2017). Based on the work program activities carried out yesterday, it can be seen that the children of the Tanjung Berkas area previously did not know how to wash their hands properly and correctly, therefore it is necessary to provide education to these children so that children realize the importance of maintaining health and well-being. personal hygiene.

METHOD

The experiment of singing songs for hand washing habits consisted of several social test methods. The method used is divided into three schemes, namely (1) exemplifying singing songs, (2) daily routine observations, and (3) weekly evaluations. Each of these activities is repeated to get maximum results in instilling memories in children.

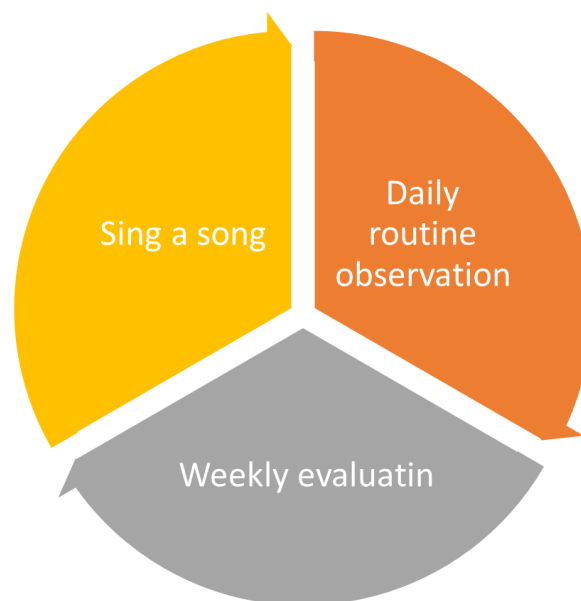


Figure 1. Schematic of the method carried out

The activity was carried out in an elementary school in one of the urban villages in the city of Banjarmasin. The children selected are from grades 1 to 3. The goal is that at this age it is considered easier to understand the concept of habit and more easily embedded both in terms of knowledge and daily practice.

RESULT AND DISCUSSION

One of the most effective ways to keep our bodies clean is to wash our hands. There are so many benefits of hand washing, it's a shame if you have to ignore it. The World Health Organization (WHO) states that our hands are the main route for the entry of disease germs into the body, therefore the habit of washing hands with soap will

reduce and prevent disease. Hand washing is a process of removing germs and invisible dirt (small particles) that stick to the skin of the hands using soap and water. Its purpose is to temporarily remove microorganisms and clean dust on the surface of the skin. The habit of washing hands regularly needs to be trained from an early age, with the hope that after children play or want to eat they will wash their hands and this habit will carry over into old age (Saputri, 2020).

According to Nurmaliza et al (2021), it has been scientifically proven that hand washing is one of the efforts to live a healthy life and can break the transmission of diseases such as diarrhea, respiratory infections, and bird flu, but it is important to maintain health by washing hands with soap as a disease breaker. Infectious diseases are often not understood by the wider community, even though the practice is still not widely applied in everyday life. At this time the practice of hand washing is less of a concern to the world, not only people in developing countries, but also people in developed countries mostly still forget to apply hand washing behavior, even though Hand Washing with Soap (CTPS) is one of the Clean and Healthy Living Behaviors. Healthy (PHBS).

The experiment of habituation of good and correct daily hand washing with the singing method was carried out to children because children are a group of people who are still very curious and it is important to be taught from an early age in order to foster a sense of care for personal hygiene and health (Mardiyani et al., 2020). Before the daily routine habituation is carried out, it is necessary to provide education about the procedures for hand washing, equipped with musical accompaniment so that children feel happy to remember the proper and correct hand washing procedures. The provision of this education was then evaluated for the understanding of the children regarding the steps of hand washing procedures, by asking the children to practice directly how to wash their hands that had been taught using water and soap, and on the following days the children The participants were re-evaluated their understanding and memory of the hand washing steps that had been taught. Evaluation activities are carried out once a week with daily monitoring for one month.

In the process of remembering, what often happens is that details of the procedure are missed. When this happens, it turns out that the children try to remember it by repeating the memorized song and then practicing it again. This activity is monitored when children go about their daily activities at school during recess. Likewise at the time of evaluation. At this stage, the scenario of community service becomes the basis for the need to wash hands afterward. The activity process can be seen in the queue for washing hands after mutual cooperation. When there is a friend who forgets, it is also seen that his friend reminds him with a song. Therefore, the method of singing songs can be said to be very effective for good and correct hand-washing habits.

CONCLUSION

The effectiveness test of the singing method showed an increase in the understanding of the children there, as evidenced by their independence in washing their hands after each time they carried out the mutual cooperation activity to collect garbage which was the main activity of the weekly evaluation. The children wash their hands according to the methods and information that has been conveyed. This proves that there is an increase in the understanding of these children and it is hoped that these children can remember and always practice this good and correct way of washing hands and teach the people around them.

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