

# Parental support is important to improve clean and healthy living behavior for school-age children during the COVID-19 pandemic



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## ABSTRACT

**Introduction:** School-age children are a critical age group because they are vulnerable to health problems that usually arise related to clean and healthy living behavior. The purpose of this study was to determine the relationship between parental support and clean and healthy living behavior as an effort to prevent covid-19 in students of SDN 1 Panglungan Wonosalam Jombang.

**Methods:** Analytical research design with "cross sectional" approach. The population was 40 students from class V and VI. A sample of 37 students was taken using the Cluster Sampling technique. The instrument used a parental support questionnaire and clean and healthy living behavior. Data analysis used Spearman Rank correlation statistical test with a significant level of  $\alpha = 0.05$ .

**Results:** The results of the study were obtained from 37 respondents, almost entirely (81.1%) had a good level of support and most (62.2%) had a clean and healthy lifestyle as a good covid 19 prevention effort. Spearman rank correlation test analysis obtained p value of  $0.01 < 0.05$ , then  $H_0$  is rejected and  $H_1$  is accepted.

**Conclusion:** There is a significant relationship between parental support and clean and healthy living behavior as an effort to prevent covid-19 in students of SDN Panglungan 1 Wonosalam Jombang. The role of nurses can provide nursing care in the form of education for children and parents, so that children are able to carry out clean and healthy living behaviors as an effort to prevent Covid-19.

**Keywords:** parental support, clean and healthy living behavior, covid-19.

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## INTRODUCTION

The outbreak of the coronavirus disease (covid-19) has been declared a public health emergency that is troubling the world.<sup>1</sup> The entry of the corona virus in Indonesia has had a major impact on people's lives, ranging from health, economic, social, religious and education life.<sup>2</sup> However, during the COVID-19 pandemic as it is today, there are still many people who underestimate their health, especially for young children who feel their immune systems are strong and cannot get sick.<sup>3</sup> Even though the covid-19 virus can attack anyone, be it young people, parents and even children.<sup>4</sup> School-age children are a critical age group because at that age a child is vulnerable to health problems. Health problems that usually arise are related to clean and healthy

living behavior.<sup>5</sup> Research conducted by Ramadhan, (2020) The obstacle faced by many teachers today is the implementation of the Covid-19 prevention strategy that has not been optimal. In addition, many students are not aware of following the health protocols that have been implemented in each school.<sup>6</sup>

Currently, 223 countries have been confirmed to be infected with the corona virus. WHO data as of August 5, 2021, the number of Covid-19 cases worldwide was 199,466,211 with 4,244,541 deaths. Indonesia through the Task Force for the Acceleration of Handling COVID-19 (National Task Force) recorded that on August 5, 2021, the total number of positive cases of COVID-19 was 3,568,331 people, recovered were 2,947,646 people, and 102,375 people died. East Java Province recorded 322,732 cases and 21,680 of them

died.<sup>7</sup> Meanwhile, according to data from the Jombang District Health Office, as of August 5, 2021, there were 9,983 positive cases of Covid-19 and 1,233 cases of death.<sup>8</sup> In the latest COVID-19 Task Force data on August 5, 2021, positive cases for children 6-18 years old reached 9.9 percent of the total.<sup>7</sup>

Initial data collection at SDN Panglungan 1 Wonosalam Jombang, obtained the number of students in grades V & VI totaling 40 students. The results of interviews with 5 students from class VI, when asked how parents at home teach their children. 3 students said that their parents usually reminded them to wash their hands before eating and after eating, while 2 students said their parents usually didn't remind them. While the results of interviews with parents obtained information that during

the current Covid-19 pandemic, children really need assistance in implementing clean and healthy living behavior during the Covid-19 pandemic. Parents said that children still rarely wash their hands with soap if they are not reminded.

According to Adiwiryo (2010), the factors that can affect the Clean and Healthy Lifestyle (PHBS) of schoolchildren come from support from parents, support from school friends, support from teachers in schools, and infrastructure. Parents have a role in educating, being a role model for children, giving advice, and reminding children to always maintain personal hygiene.<sup>9</sup> Based on the research conducted by Rompas (2018) on the role of parents with clean and healthy living behavior of school-age children conducted at SD Inpres Talikuran, it was found that most of the respondents with good parental roles and good PHBS, so there is a significant relationship between the role of parents with clean and healthy living behavior.<sup>5</sup> Dwigita (2012) states that parents are companion figures when children carry out daily life activities. Their role is very dominant and determines the quality of life of children in the future, so it is very important for them to know and understand the problems and health problems in school-age children which are quite broad and complex. The role of parents is very necessary in guiding, providing understanding, reminding and providing facilities to children so that children can get used to maintaining cleanliness and health. In addition, parents also have a significant role in supervising children in clean and healthy living behavior.<sup>5</sup>

The Minister of Education and Culture also gave a message for parents, students and teachers to maintain their respective health according to the protocol from the Ministry of Health regarding Covid-19, and to follow President Jokowi's call to study at home, work at home, and worship at home.<sup>10</sup> Policies issued by the government related to learning from home require teachers and parents to get used to a healthy and clean lifestyle with interesting strategies according to children's development, so that children do not get bored quickly. Getting used to a healthy and clean lifestyle means giving

children activities about healthy and clean living repeatedly so that it becomes a habit.<sup>11</sup> Getting used to a healthy and clean lifestyle in children is strongly influenced by parental participation. Parents determine the choice of quality health services for their children including the food they eat, the physical activities they do, emotional support, and the quality of the environment. Experiences given to children to support children's awareness about cleanliness help children become independent individuals. Therefore, getting used to a healthy and clean life for children can be done through the support of parents. In addition, getting used to a healthy and clean life can prevent various diseases and is expected to be able to break the chain of disease spread.<sup>4</sup>

## METHODS

### Background of Research

The type of research used in this study is analytic, because this study aims to test hypotheses regarding the relationship between variables. This research was conducted at SDN Panglungan 1 Wonosalam Jombang.

### Subject of Study

The population of this study were all students of class V & VI SDN Panglungan 1 Wonosalam Jombang with 40 children. The sample in this study were some of the students of class V & VI SDN Panglungan 1 Wonosalam Jombang. Sampling in this study is based on the following criteria: a. Inclusion criteria :1) Students living with parents. 2) Students who can read and write fluently. b. Exclusion criteria: 1) Students who are not willing to be respondents in the study. 2) Sick students. 3) Students who are absent. The sample size in this study of 37 respondents were taken using the cluster sampling technique.

### Instrument and Data Collection

Data collection was carried out using a questionnaire made by the researcher himself and consisted of 32 question items, namely 16 questions indicating parental support and 16 questions indicating clean and healthy living behavior as an effort to prevent Covid-19. In this study, researchers collected data after the research was declared ethically feasible by

the Health Research Ethics Committee of Nahdlatul Ulama University Surabaya and received a recommendation as well as permission from the Principal of SDN Panglungan 1 to conduct research. After being given permission to conduct research, the researcher collaborates with the homeroom teacher to inform students that research will be conducted in the class. because the study coincided with the school exam, the researcher asked the homeroom teacher for permission to distribute exam questions as well as a questionnaire sheet to do at home as well as an approval sheet to be signed by parents, due to the covid-19 pandemic, students were not allowed to work on exam questions in class. After the researchers distributed the exam questions, approval sheets as well as questionnaire sheets, the researchers explained the procedures for filling out the questionnaires and asked students to work on the questionnaire sheets carefully to be collected the next day. The researcher asked students to contact the researcher if there was something they did not understand about the questionnaire that had been distributed. The next day, after all the questionnaires were completed, the researcher collected all the questionnaires again.

### Data Analysis

The analysis used is Spearman Rank correlation statistical test using SPSS version 25.0 for Windows with a significant level of  $\alpha = 0.05$ . If the statistical test results show  $t < t_{table}$  then  $H_0$  is rejected, which means there is a relationship between the independent and dependent variables.

## RESULTS

Based on [table 2](#) below, it shows that 1 respondent who received less support entirely (100%) had less PHBS. Meanwhile, of the 6 respondents who received sufficient support, almost entirely (83.3%) or as many as 5 respondents had sufficient PHBS. Meanwhile, of the 30 respondents who received good support, most (73.3%) or as many as 22 respondents had good PHBS.

The results of statistical tests using Spearman's rho correlation showed that the significance value of  $p$  was 0.01. Because the  $p$  value  $< 0.05$ ,  $H_0$  is rejected

and h1 is accepted with a coefficient value of 0.515, so it can be concluded that there is a significant relationship between parental support and PHBS as an effort to prevent covid-19 for students at SDN Panglungan 1 Wonosalam Jombang.

## DISCUSSION

The results of the study Based on Table 1 show that almost all of the 37 respondents' parental support (81.1%) or as many as 30 respondents had a good level of support. This shows that the level of parental concern for children's PHBS is well cared for. Parents realize that children's behavior must be supported and cared for properly so that children can improve their behavior, especially in terms of clean

and healthy living, because parents are the main control of responsibility in the formation of children's character. This is in accordance with the statement of Fatimah, (2016) that parents are the main control holders and are responsible for the process of forming children's character. The role of parents is very important to provide understanding to children as the main provision before interacting with the social environment and for their development.<sup>12</sup>

The parental support questionnaire in this study consisted of 16 question items, consisting of 4 indicators including emotional support, reward support, instrumental support, and informative support.

The results of the first parental support questionnaire are instrumental support

with a percentage of 90.70%. Instrumental support is a very important component in parental support for children's behavior. Instrumental support includes economic functions, labor and time assistance to family members. This is based on Friedman, (2010) that parents are a source of practical and concrete help, which seeks to provide the facilities and equipment needed by each member of their parents.<sup>13</sup>

The results of the second largest parental support questionnaire were emotional support with a percentage of 87.16%. Parental care and attention have an important role in determining behavior in children, namely people who have a fairly close emotional bond with children. This is based on Friedman, (2010) Parents as a safe and peaceful place to rest and recover and help control emotions. Aspects of emotional support include support that is manifested in the form of affection, trust, attention, listening and being heard.<sup>14</sup>

The result of the third largest parental support questionnaire is informational support with a percentage of 83.27%. Informational support is one part of parental support which has an important role in achieving clean and healthy living behavior in children. Because children need a lot of important information from parents to carry out clean and healthy living behaviors. This is based on Friedman, (2010) Parents function as a collector (collector) and disseminator (spreader) of information about various things. Explains about giving advice, suggestions, information that can be used to reveal and solve a problem. The benefit of this support is that it can suppress the emergence of an understanding because the information provided can contribute suggestions and actions to individuals. Aspects in this support are advice,

**Table 1. Subject Characteristics.**

Characteristics	Frequency	Percentage (%)
Age:		
5 - 11	18	48.6
12 - 16	19	51.4
<b>Total</b>	37	100
Gender		
Male	16	43.2
Female	21	56.8
<b>Total</b>	37	100
Class		
V	14	37.8
VI	23	62.2
<b>Total</b>	37	100
parental support		
Less	1	2.7
Enough	6	16.3
Good	30	81.1
<b>Total</b>	37	100
clean and healthy living behavior as an effort to prevent covid 19		
Less	1	2.7
Enough	13	35.1
Good	23	62.2
<b>Total</b>	37	100

Source: /Primary Data, 2021

**Table 2. Cross tabulation of parental support with PHBS as an effort to prevent covid 19 for grade V and VI students of SDN 1 Panglungan Wonosalam Jombang.**

parental support	clean and healthy living behavior as an effort to prevent covid 19							
	Less		Enough		Good		Total	
	F	%	F	%	F	%	F	%
Less	1	100	0	0	0	0	1	100
Enough	0	0	5	83.3	1	16.7	6	100
Good	0	0	8	26.7	22	73.3	30	100
<b>Total</b>	1	2,7	13	35.1	23	62.2	37	100

Source: /Primary Data, 2021

suggestions, suggestions, instructions, and providing information.<sup>13</sup>

The results of the fourth largest parental support questionnaire were assessment support about showing a positive response, guidance and appreciation or feedback with a percentage of 79.22%. Assessment support is also a form of effective function of parents to improve clean and healthy living behavior in children. Appraisal support regarding awarding by showing a positive response that parents give will make children feel motivated so that it affects their behavior. This is based on Friedman, (2010) Parents act as a guide that is feedback, guide and mediate in the problem-solving process, as a source and validator of the identity of parent members which include providing support, attention, and appreciation.<sup>13</sup>

According to the researcher's assumptions, parental support is needed in the behavior of clean and healthy living in children. Especially during the COVID-19 pandemic, all student learning activities and activities are carried out at home with supervision from parents. Their role is very dominant and determines the quality of life of children in the future, so it is very important for them to know and understand the problems and health problems in school-age children which are quite extensive and complex, especially in terms of clean and healthy living.

Research results based on [table 1](#) shows PHBS as an effort to prevent covid-19 from 37 respondents, most of them (62.2%) or as many as 23 respondents have good PHBS levels. The questionnaire on clean and healthy living behavior in this study consisted of 16 question items, consisting of 9 indicators, namely eating nutritiously, exercising regularly, washing hands frequently, avoiding touching the face, wearing a mask, getting enough rest, coughing and sneezing etiquette, keeping the environment clean, avoid crowds and keep a safe distance.

The lowest clean and healthy behavior in students is that students rarely do regular exercise once a week. Based on interviews with the principal, because schools are conducted online, sports activities once a week at school are abolished. Children are only asked to do sports independently at home.

According to the researcher's assumption, by having a clean and healthy lifestyle, children can avoid COVID-19, which is currently a worldwide epidemic. This is in accordance with Prihantama's statement, (2020) The most effective way to prevent the corona virus is by implementing clean and healthy living behavior (PHBS). Some things that can be done with behavior are eating nutritiously, exercising regularly, washing hands frequently, avoiding touching your face, wearing a mask, getting enough rest, coughing and sneezing etiquette, keeping the environment clean, avoiding crowds and keeping a safe distance.<sup>14</sup>

Based on [table 1](#) shows that most (51.4%) or as many as 19 respondents are aged 12 -16 years or in the category of early adolescence. This period is a time when children need more support from their parents because children experience negative times that have not been seen in childhood. This is in accordance with Hurlock's (2003) theory that early adolescence is a negative period, because at this time there are negative attitudes and traits that have not been seen in childhood, individuals feel confused, anxious, afraid and restless.<sup>15</sup>

According to the researcher's assumptions, children's age is very easy to receive the information obtained, so that the age of children tends to have good PHBS. Based on research conducted at SDN Panglungan 1, children's age tends to be better because children are more obedient to their parents. This means that age is very influential on clean and healthy living behavior, because it is proven that many children have good clean and healthy life behaviors.<sup>16,17</sup>

The results of statistical tests using Spearman's rho correlation found that the significance value of p was 0.01, because the p value <0.05 then  $H_0$  was rejected and  $H_1$  was accepted with a coefficient value of 0.515 so it can be concluded that there is a significant relationship between parental support and PHBS as Covid-19 prevention efforts for students of SDN Panglungan 1 Wonosalam Jombang. This is in accordance with the research conducted by Rompas (2018) on the role of parents with clean and healthy living behavior

for school-age children conducted at the Talikuran Inpres Elementary School. the role of parents with clean and healthy living behavior.<sup>5</sup>

Based on [table 2](#), it shows that from 1 respondent who received less support entirely (100%) had less PHBS. Meanwhile, of the 6 respondents who received sufficient support, almost entirely (83.3%) or as many as 5 respondents had sufficient PHBS. Meanwhile, of the 30 respondents who received good support, most (73.3%) or as many as 22 respondents had good PHBS.

According to the researcher's assumption, parental support is very influential on PHBS in children, especially elementary school children. The higher the parental support, the better the child's clean and healthy living behavior, and vice versa, the lower the parental support, the lower the child's clean and healthy living behavior. when children receive support from their parents in terms of clean and healthy living, it will affect their clean and healthy living behavior, because parents are the closest people to children so that with parental support the child will be better at maintaining the cleanliness and health of themselves and their environment.<sup>18-20</sup>

Researchers cannot control filling out the questionnaire because respondents answer the questionnaire at their respective homes, so researchers need to explain the procedure for filling out the questionnaire clearly before giving the questionnaire sheet to the respondent. The researcher gave the researcher's cellphone number so that the respondent could contact the researcher if there were difficulties in the process of answering the questions on the questionnaire sheet.

## CONCLUSION

Parental support is important to improve clean and healthy living behavior in school-age children during the covid 19 pandemic, therefore parents must provide examples of behavior in implementing good health protocols so that children stay healthy and protected from the covid-19 virus. Suggestions for further research are to add variables, number of respondents, and expanding the research area.

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## CONFLICT OF INTEREST

No potential conflict of interest relevant to this article was reported.

## AUTHOR CONTRIBUTION

All authors similarly contribute to the think about from the investigate concepts, information acquisitions, information investigation, factual investigations, changing the paper, until detailing the consider comes about through publication.

## ETHICAL CONSIDERATION

This research has passed the ethical test of the Health Research Ethics Commission of the Universitas Nahdlatul Ulama Surabaya with certificate number 082/EC/KEPK/UNUSA/2021.

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