

**FACTORS INFLUENCING HANDWASHING WITH SOAP
BEHAVIOR AMONG JUNIOR HIGH SCHOOL STUDENTS IN
JAYA SUB-DISTRICT, ACEH JAYA DISTRICT**

Taufiq Karma^{1*}, Mazkina²

¹ Department of Occupational Safety and Health, Faculty of Health Sciences,
Universitas Abulyatama

² Department of Public Health, Faculty of Health Sciences, Universitas Abulyatama
E-mail: ¹⁾ taufiqkarma94@gmail.com, ²⁾ mazkinanakinana@gmail.com

Abstract

Handwashing with soap is a sanitation measure involving the cleaning of hands and fingers using water and soap to remove germs and interrupt their transmission. This practice is essential as hands frequently act as vectors for pathogens, transferring germs through direct or indirect contact. This research adopts a quantitative approach. The study population comprised all sixth-grade elementary school students, totaling 54 individuals. The sampling technique employed was purposive sampling, with the sample criteria being sixth-grade elementary school students. The study's findings indicate a significant relationship between knowledge factors and handwashing with soap behavior ($0.028 < 0.05$) and between attitude factors and handwashing with soap behavior ($0.040 < 0.05$). Based on these results, it can be concluded that both knowledge and attitude significantly influence handwashing behavior. This finding underscores the importance of promoting proper handwashing practices, particularly among children who are often engaged in activities that expose them to various germs. Diseases such as respiratory infections, worm infections, and diarrhea can be effectively prevented through proper handwashing with soap. Therefore, it is recommended that elementary school students in the Jaya sub-district adopt the recommended handwashing practices.

Keywords: Handwash, Soap, Water

1. INTRODUCTION

Cleanliness is the state of being free from dirt, including dust, litter and odors. In modern times, after Louis Pasteur discovered the process of transmitting disease or infection is caused by microbes, cleanliness also means free of viruses, pathogenic bacteria, and harmful chemicals. Cleanliness is also a sign of good hygiene. Humans need to maintain a clean environment and personal hygiene to be healthy, not smelly, not embarrassed, not spreading dirt or transmitting germs to themselves and others (Iskandar, 2018).

According to HL. Blum in (Murwanto, 2021), the determinant factor that plays a significant role is health behavior. Some of the behavioral factors that are at risk for diarrheal disease are sanitation behavior (environmental health) which is part of health behavior (Notoadmodjo, in (Murwanto, 2021)). One of the forms of sanitation behavior in question is the behavior of washing hands with soap (CTPS) (Ningsih, 2021). Handwashing with Soap Behavior is a Clean and Healthy Living Behavior (PHBS) in several settings including Household Settings, School Settings, Health Service Institution Settings, or in other words, Handwashing with Soap Behavior is a very important form of PHBS (Halim & Soedirham, 2018).

School children are the main asset or capital for future development that needs to be maintained, improved and protected (Wirawan, 2014). Children spend a lot of time at school in their daily activities, where they can learn to gain knowledge and learn to interact with peers and various events with other residents of the school environment. However, schools can also be a threat of disease transmission if not managed properly. Moreover, school-age children are also vulnerable to diseases, especially infectious diseases (Livana et al., 2020).

Health problems that interfere with or inhibit growth are generally infectious diseases which are major health problems of developing countries or areas with low economic status (poor) which are acute in nature with clinical manifestations that vary from asymptomatic to severe depending on the immune response and malignancy of the microorganism. Infectious diseases are always associated with microorganisms that are transmitted or spread directly or indirectly through intermediaries or disease vectors. Direct infectious diseases can be transmitted through the air (influenza, pneumonia, tuberculosis) and food (diarrhea, hepatitis); indirectly through injecting equipment (HIV/AIDS, hepatitis) and mosquitoes (malaria and dengue) (Livana et al., 2020).

Hand washing with soap is one of the sanitizing actions by cleaning hands and fingers using water and soap by humans to become clean and break the chain of germs (Nurmaliza et al., 2021). Hand washing with soap is also known as one of the efforts to prevent disease. This is because hands are often the agents that carry germs and cause pathogens to be transferred from one person to another, either by direct contact or indirect contact (using other surfaces such as towels, glasses) (Indonesian Ministry of Health, 2020).

This study aims to understand the factors influencing handwashing with soap among school children and determine its impact on diarrhea prevention. Researchers will investigate the relationship between various factors and handwashing behavior, assess the connection between handwashing and diarrhea risk, and develop strategies to promote effective handwashing practices among students to improve their overall health and reduce disease spread.

2. LITERATURE REVIEW

2.1. Problem Identification

Research on the factors that influence hand washing behavior with soap among elementary school students in Jaya sub-district, Aceh Jaya district aims to identify problems that may occur and provide deeper insight into these habits (Effendi et al., 2019). One of the problems that may be faced is the lack of understanding or knowledge about the importance of hand washing with soap among elementary school students (Fauzan & Fatih, 2020). Education and socialization factors at school and at home can play an important role in shaping their understanding of personal hygiene (Mustikawati, 2016).

In addition, accessibility to handwashing facilities and the availability of soap in schools can also be an issue (Nugroho & Fajriyah, 2014). If schools do not provide adequate handwashing facilities or lack a supply of soap (Hanafi et al., 2019), this can be a barrier for students to follow the habit of washing hands with soap regularly (Sianipar et al., 2021). Efforts to improve the infrastructure and supply of such facilities may be

necessary to create an environment that supports hygiene practices (Dahlan & Umrah, 2013).

3. RESEARCH METHODS

This research design uses a quantitative approach. The population in this study were all grade VI elementary school students totaling 54 students. The sampling technique used purposive sampling with the sample criteria in this study were grade VI elementary school students totaling 54 students (Dharma, 2011).

4. RESULTS AND DISCUSSION

Table 1. Spearman's rho Correlation of Attitude (X2) on Hand Washing with Soap Behavior (Y)

		Correlations		
			Knowledge	Handwashing Behavior
Spearman's rho	Knowledge	Correlation Coefficient	1.000	.298*
		Sig. (2-tailed)	.	.028
		N	54	54
	Behavior	Correlation Coefficient	.298*	1.000
		Sig. (2-tailed)	.028	.
		N	54	54

*Correlation is significant at the 0.05 level (2-tailed)

The results of research from 54 (100%) respondents, it is known that the majority have good knowledge about hand washing behavior by 31 (57.4%) and the results of research from 54 (100%) respondents, it is known that the majority understand the behavior of washing hands with soap by 41 (75.9%). Based on the sig. value for the effect of X1 on Y is 0.028 ($0.028 < 0.05$) with a coefficient value of 0.298, it can be interpreted as a strong enough influence so that it can be concluded that H1 is accepted, which means that there is an influence of knowledge (X1) on hand washing behavior with soap (Isnaini, 2020).

The results of this study are in line with research conducted by Fauzan & Fatih (2020), obtained statistical test results p value 0.001, where there is a significant influence between the relationship between knowledge about hand washing and hand washing behavior in public elementary school students in Bandung city. Another study was also conducted by Mila, et al (2022) regarding factors related to hand washing with soap behavior in Sambiroto 01 public elementary school students in Semarang City, obtained a p value of 0.025, which means that there is a relationship between knowledge and hand washing with soap behavior.

The results of research that supports this research were conducted by (Ary Kurniawan, 2019) at SDN 1 Petungsewu Malang, that health promotion about CTPS affects the level of student knowledge with a p value of 0.000 smaller than $\alpha \leq 0.05$. This shows that by providing counseling with audiovisual methods can increase students'

knowledge about hand washing with soap. Knowledge is a guide in shaping a person's actions, because knowledge occurs after a person senses certain objects.

According to the researcher's assumption, knowledge about HWWS is very important and really needs to be improved, especially for elementary school students in Jaya sub-district, Aceh Jaya district, because of the majority of students with good knowledge, it is very useful for individuals starting from as early as possible to avoid germs. And so that students get information about preventing diseases caused by germs in the hands can be prevented as early as possible.

Table 2. Spearman's rho Correlation of Attitude (X2) to Hand Washing with Soap Behavior (Y)

		Correlations		
			Knowledge	Handwashing Behavior
Spearman's rho	Knowledge	Correlation	1.000	.280*
		Coefficient		
		Sig. (2-tailed)	.	.040
	Behavior	N	54	54
		Correlation	.280*	1.000
		Sig. (2-tailed)	.040	.
	N	54	54	

*Correlation is significant at the 0.05 level (2-tailed)

The results of research from 54 (100%) respondents, it is known that the majority have a good attitude about hand washing with soap behavior by 33 (61.1%) and the results of research from 54 (100%) respondents, it is known that the majority understand hand washing with soap behavior by 41 (75.9%). Based on the sig value. for the effect of X2 on Y is 0.040 ($0.040 < 0.05$) with a coefficient value of 0.280 which can be interpreted as a strong enough influence so that it can be concluded that H2 is accepted, which means that there is an effect of attitude (X2) on hand washing with soap behavior (Y) in elementary school students in Jaya sub-district, Aceh Jaya Regency in 2023. Research conducted by Audria (2014) states that a good attitude will influence someone to take good action. Attitude is a person's feelings about objects, activities, events and other people. This feeling becomes a concept that represents someone's likes or dislikes (positive, negative, or neutral) for something.

The results of research conducted by Azzam & Sumardiyono (2016) explain that the analysis of the Relationship between Knowledge Level, Attitude towards Handwashing with Soap Behavior (CTPS) at SMPN 1 Surakarta and SMPN 6 Surakarta, obtained the results of student attitudes have a significant relationship with handwashing with soap behavior ($p < 0.001$), students with good attitudes have a probability to wash their hands with soap 4 times ($OR = 3.66$) compared to students who have a bad attitude, this can be seen in the proportion of students who have a good attitude (66.7%) who wash their hands with soap and only 35.4% of students who have a bad attitude. So it can be concluded that students who have a good attitude have a greater possibility to do handwashing with soap. However, Notoatmodjo (2010) said that a positive attitude towards healthy values is not always realized in a real action.

Furthermore, the results of research conducted by Heri & et al (2021) at SD Negeri 1 Sepauk, that there is an effect of CTPS counseling on student attitudes with a p value of 0.000 smaller than $\alpha \leq 0.005$. This shows that providing health promotion can change students' attitudes about HWWS. According to Maulana (2014), states that a person's attitude can change with the acquisition of additional information about certain objects through persuasion and pressure from his social group. Attitudes can be formed from social interactions experienced by individuals which are not only in the form of social contacts and interpersonal relationships as a social group but also include relationships with the surrounding physical environment and psychological environment.

According to the researcher's assumption that the attitude of elementary school students in Jaya sub-district, Aceh Jaya Regency is mostly good, basically the better the knowledge and attitude, the better the hand washing with soap behavior of elementary school students in Jaya sub-district, Aceh Jaya Regency and improve optimal health status.

5. CONCLUSION

Based on the results of the above research, it can be concluded that the knowledge factor and attitude factor show a significant value on hand washing behavior, this is because hand washing is something that is often done but not all human circles apply as recommended, especially among children who are still vulnerable to all the play activities they do. There are various diseases that can be prevented by washing hands with soap including, respiratory infections, worm infections, and diarrhea. It is recommended for elementary school students in Jaya sub-district to apply hand washing with soap behavior as recommended.

REFERENCES

- Azzam, A. M., & Sumardiyono, B. M. (2016). Hubungan Tingkat Pengetahuan, Sikap Terhadap Perilaku Cuci Tangan Pakai Sabun (CTPS) Pada SMPN 1 Surakarta dan SMPN 6 Surakarta. *Nexux Kedokteran Komunitas*, 5(2).
- Dahlan, A. K., & Umrah, A. (2013). Buku Ajaran Keterampilan Dasar Praktik Kebidanan. *Malang: Intimedia*.
- Dharma, K. K. (2011). Metodologi penelitian keperawatan. Jakarta timur: CV. *Trans Info Media*.
- Effendi, S. U., Aprianti, R., & Futubela, S. (2019). Faktor-Faktor Yang Berhubungan Dengan Perilaku Mencuci Tangan Menggunakan Sabun Pada Siswa Di Sd Negeri 08 Lubuk Linggau. *Journal of Nursing and Public Health*, 7(2), 62–71.
- Fauzan, & Fatih, H. (2020). Hubungan Pengetahuan Dengan Perilaku Cuci Tangan Siswa Di Sekolah Dasar Negeri Kota Bandung. *Jurnal Keperawan BSI*. Vol. 5, No.1. April 2017 di akses 29 maret 2023.
- Halim, E. C., & Soedirham, O. (2018). Perilaku Cuci Tangan di Kalangan Siswa-Siswi SMAK Santa Agnes Surabaya. *The Indonesian Journal Public Health*, 13(2), 208–219.
- Hanafi, O., Sari, S. M., & Hamid, A. (2019). Faktor–Faktor Yang Berhubungan Dengan

- Keterampilan Cuci Tangan Pada Anak Kelas Iv Dan V Di Sdn 179 Kecamatan Rumbai Kota Pekanbaru. *Jurnal Ners Indonesia*, 9(2), 171–181.
- Iskandar, A. A. (2018). Pentingnya Memelihara Kebersihan Dan Keamanan Lingkungan Secarapartisipatif Demi Meningkatkan Gotong Royong Dan Kualitas Hidup Warga. *Jurnal Ilmiah Pena*, 1(1), 79–84.
- Isnaini, A. (2020). *Hubungan Pengetahuan, Dukungan Orang Tua Dan Guru Dengan Perilaku Cuci Tangan Pakai Sabun (CTPS) Pada Siswa Kelas VIII di SMPN 15 Banjarbaru Tahun 2020*. Universitas Islam Kalimantan MAB.
- Livana, Setiaji, & Fitri. (2020). *Faktor-Faktor Yang Berhubungan Dengan Perilaku Cuci Tangan Pakai Sabun Pada Siswa SDN Di Kecamatan Simpang Pematang Kabupaten Mesuji Provinsi Lampung dalam Jurnal Ilmu Kesehatan Indonesia (JIKMI), Vol. 1, No.1. Lampung: Universitas Mitra Indonesia*.
- Mustikawati, I. S. (2016). Hubungan antara Pengetahuan mengenai Perilaku Cuci Tangan Pakai Sabun dengan Perilaku Cuci Tangan Pakai Sabun pada Ibu-ibu di Kampung Nelayan Muara Angke, Jakarta Utara. *Forum Ilmiah*, 13(2), 108.
- Ningsih, T. H. S. (2021). Gambaran Perilaku Cuci Tangan Pakai Sabun (Ctps) Pada Siswa Sekolah Dasar Kelas V. *MIDWIFERY JOURNAL*, 1(4), 219–225.
- Notoatmodjo, S. (2010). *Ilmu perilaku kesehatan*.
- Nugroho, B. S., & Fajriyah, N. (2014). Factors Associated with Implementation Handwashing in Third and Fourth Grades 21st State Elementary School in Talang Kelapa, District of Banyuasin in 2012. *Jurnal Ilmu Kesehatan Masyarakat*, 5(1), 71–76.
- Nurmaliza, N., Siagian, D. S., Herlina, S., Qomariah, S., Sartika, W., & Ratih, R. H. (2021). Cuci Tangan yang Benar Mencegah Penyebaran COVID-19 di RT01/RW01 Desa Sungai Segajah Jaya Kabupaten Rokan Hilir. *Indonesia Berdaya*, 2(1), 77–85.
- Sianipar, E., Ridwan, M., Ibnu, I. N., & Guspianto, G. (2021). Faktor-Faktor yang Berhubungan dengan Perilaku Cuci Tangan Pakai Sabun (CTPS) pada Mahasiswa Universitas Jambi Selama Pandemi COVID-19. *Jurnal Kesmas Jambi*, 5(2), 55–62.
- Wirawan, I. M. C. (2014). *Kata Dokter: Sehat Setiap Hari Ala@ Blogdokter*. PandaMedia.

Copyrights

Copyright for this article is retained by the author(s), with first publication rights granted to the journal.

This is an open-access article distributed under the terms and conditions of the Creative Commons Attribution license (<http://creativecommons.org/licenses/by/4.0/>).