


## Health Optimization in Primary Schools: Instilling Handwashing Habits as a Proactive Step Towards a Healthy Learning Environment

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### ABSTRACT

Proyek pengabdian ini bertujuan untuk meningkatkan pemahaman dan penerapan perilaku cuci tangan di SDN 173622 Sipagabu. Melibatkan siswa, pengajar, orang tua dan pihak sekolah, kegiatan yang dilaksanakan pada tanggal 14 Januari 2024 ini menggunakan strategi sosialisasi berupa talkshow dan seminar. Evaluasi program menunjukkan adanya peningkatan yang signifikan dalam pemahaman mengenai praktik mencuci tangan yang benar dan kesadaran akan manfaatnya. Hasil diskusi kelompok dan keterlibatan aktif dalam workshop menunjukkan adanya dampak baik terhadap penerapan kebiasaan mencuci tangan dalam kehidupan sehari-hari. Dukungan penuh dari pihak sekolah sangat berperan dalam suksesnya kegiatan ini. Langkah-langkah pelaksanaan dan rencana tindak lanjut mencakup pengembangan kelompok kerja dan perluasan kegiatan ke sekolah tambahan. Kesimpulan dari tugas ini menunjukkan keberhasilan dalam membuat perubahan positif dalam lingkungan pendidikan. Rasa kerjasama dan komitmen untuk memastikan keberlangsungan upaya ini merupakan modal berharga untuk melibatkan pihak-pihak baru dan memperluas pengaruh baik ke tingkat yang lebih luas. Abstrak ini menunjukkan kontribusi nyata dalam peningkatan kesehatan dan kebersihan di SDN 173622 Sipagabu, membangun landasan yang kuat untuk kegiatan serupa di masa depan.

This community project aims to promote understanding and implementation of hand washing behaviors at State Elementary School 173622 Sipagabu. Involving students, instructors, parents and school personnel, this activity was held on January 14 2024, employing outreach strategies in the form of talks and seminars. Evaluation of the programs demonstrated a considerable increase in comprehension of correct handwashing practices and awareness of its advantages. The results of group discussions and active involvement in the workshop suggested that there was a good impact on the implementation of hand washing habits in daily life. Full support from the school played a vital part in the success of this activity. Implementation steps and follow-up plans include the development of working groups and expansion of activities to additional schools. The conclusion of this assignment demonstrates accomplishment in making positive change in the educational environment. The sense of cooperation and commitment to ensuring the continuation of this effort are valuable assets to involve new parties and broaden the good influence to a wider degree. This abstract demonstrates a real contribution to enhancing health and hygiene at State Elementary School 173622 Sipagabu, building a firm foundation for similar activities in the future.



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## INTRODUCTION

On January 14 2024, we aim to carry out Community Service (PKM) activities with the main focus on familiarizing hand washing behavior in elementary schools. Awareness of the necessity of hand washing is a vital step in sustaining health, especially among school students. Through outreach efforts in the form of talks and seminars, we strive to provide a complete awareness to students, teachers and school personnel about the benefits and correct practices for washing hands. The emphasis on this activity is not only aimed at improving aspects of individual hygiene, but also making a positive contribution to the health of the community around the school environment. By integrating the given implementation date, we anticipate that this exercise can be a crucial first step in establishing good living habits among primary school children (O'Sullivan, 2015).

All parties involved, including teachers, parents and educational staff, are asked to attend this seminar to actively contribute in establishing a cleaner and healthier school environment. Through a speech-based approach, we seek to bring motivation to the entire school community in developing the habit of washing hands as an intrinsic part of everyday life. In addition, we will present up-to-date information on effective practices, such as suitable time and appropriate usage of soap, that can assure success in implementing this hand washing habit. Thus, we are optimistic that this activity can have a long-term good impact on the health and welfare of the entire school community. With the assistance of all parties, we expect that the practice of washing hands will become an intrinsic and highly upheld standard in this elementary school, making a meaningful contribution to creating a safe and healthy learning environment (TALIS, 2009).

Apart from offering practical information, this session will also provide room for participants to ask questions, discuss and share experiences about the application of hand washing practices. Through partnership between the school, parents and students, we seek to develop a spirit of unity in an effort to maintain communal health. In addition, we will give educational materials and supporting materials so that participants can continue to apply the knowledge obtained in their daily life. By partnering with all aspects in the school community, we believe that the habit of washing hands is not simply a temporary activity, but a long-term investment in the health and welfare of children, as well as the surrounding community. Hopefully this exercise will be the beginning step to stimulate beneficial changes in cleanliness behavior in school environments, delivering sustainable advantages to future generations (Wong, 2019).

We intend to involve the entire school community in this initiative as a concrete step to promote awareness of hygiene and health among children. Ultimately, the major purpose of this exercise is to create the habit of washing hands as an inseparable part of daily life, so that it becomes a good standard that is applied regularly. In order to reach this goal, we will also award certificates of participation as a symbol of thanks to individuals who are actively involved. We invite all parties to attend and contribute to the success of this activity. Your support and active engagement will be a major boost in establishing sustainable good improvements in this Elementary School. Together, let's establish a learning atmosphere that is healthy, safe and has a beneficial impact on the development of the next generation. Thank you for your attention and support. Hopefully this activity will be the first step that will provide enormous benefits to the health and life of school children and the entire educational community (Prayuda et al., 2023).

We are glad to encourage the entire 173622 Sipagabu Elementary School community to participate in this Hand Washing Habit activity. The site of the activity will be held in the school hall, creating the appropriate atmosphere for sharing knowledge and experiences. By cooperating with SD Negeri 173622 Sipagabu as the activity location, we intend to generate a more direct good influence on school children and give an inspiring example for other schools in the area. Let's jointly make this elementary school a pioneer in efforts to raise awareness and implementation of hand washing behaviors. The location chosen is not simply a place for activities, but also a platform for generating actual good change. Thank you for your support and involvement. We are looking forward to welcoming you to SD Negeri 173622 Sipagabu on January 14 2024.

## METHOD

The processes for implementing this community activity will begin with careful planning, including cooperation with the school, developing presentation materials, and gathering supporting resources. On the day of implementation, the activity began with remarks and an official opening, followed by an opening address which discussed the urgency of getting into the habit of washing hands. After that, we will host a seminar session involving health and education professional speakers to provide further insight into the necessity of washing hands and the best technique to do it. Next, we will provide opportunity for attendees to participate actively through question and answer sessions and group discussions. We will also provide practical demonstrations of healthy hand washing procedures. To generate more personal involvement, we organize interactive workshop sessions where participants can immediately apply healthy hand washing habits. At the end of the activity, we will distribute certificates to participants as a gesture of thanks for their engagement in efforts to enhance cleanliness and health in schools.

As a post-activity step, we will monitor and assess the impact of this activity through surveys and feedback from participants. Furthermore, an evaluation report will be created which can serve as a reference for similar events in the future. Collaboration with the school will also continue to be maintained to ensure the continuity of hand washing habits at the 173622 Sipagabu State Elementary School. With these measures, we seek to foster positive change and sustainable habits in an effort to improve public health at the local level.

## RESULT AND DISCUSSION

The findings and discussion of these community service activities are highly significant for analyzing the impact that has been accomplished and designing sustainable measures. Through this activity, we measure the increase in understanding and awareness about hand washing behaviors among students, teachers and school staff. Surveys before and after the exercise demonstrated a considerable increase in practical knowledge of correct hand washing practices and understanding of its benefits. Conversations in the question and answer session and group conversations addressed the issues and obstacles faced by participants in implementing hand washing practices. From these results, we may design a more specialized solution that matches the needs of the 173622 Sipagabu State Elementary School community. In addition, active involvement in workshop sessions and practical demonstrations revealed that the interactive method was more effective in gaining practical abilities.



Figure 1. Initial Meeting of the Community Service

In the context of the topic, it is crucial to stress that collaboration and support from schools, parents and teaching staff is highly necessary for the continuance of this hand washing practice. Based on feedback and replies following the activity, we plan to organize a working group or sanitation committee at this school. This group will be responsible for ensuring the application of hand washing habits, formulating internal regulations, and continuing to distribute information about the importance of cleanliness among students and the surrounding community. Furthermore, the evaluation report will serve as a reference for developing and perfecting such initiatives in the future. We also intend to form ties with local health agencies to provide more complete support in efforts to create a healthy school environment. Through these methods, we are optimistic that this community service project can bring

about sustainable good changes in hand washing behaviors at the 173622 Sipagabu State Elementary School.

With the good results of our service activity, we feel encouraged to continue to contribute to enhancing health and hygiene in the educational environment. The huge increase in understanding and participation from participants is a strong motivation to pursue similar programs in the future. We are devoted to continuing the involvement of schools, parents and educators so that the habit of washing hands is maintained and adopted in everyday life. The next step is to write a more complete final report, containing all results, recommendations and evaluation of operations. We will share this report with the school as a form of openness and as a roadmap for continued implementation. Additionally, we plan to employ social media and other communication channels to disseminate results and relevant information to the larger community.

This pleasant experience also opens up opportunities to encourage connected parties, including health authorities and community organizations, to collaboratively support efforts to maintain cleanliness in educational environments. It is envisaged that this cross-sector collaboration can produce a better and more sustainable impact. With the success of this community activity, we hope it can be an inspiration for other parties to contribute to enhancing health and cleanliness in the school environment and the wider community. Thank you for the support and participation of all parties who have made this activity a success. We believe that our collaborative efforts can make a real positive impact to future generations and the health of society as a whole.



Figure 2. Ice Breaking in Post Activity

The success of this activity also opened the way to broadening the scope of cleanliness programs at the municipal level. With more cooperation from the school and community, we hope to host further activities involving more schools and nearby communities. Increasing capacity and understanding of hygiene and health can be a good foundation for responding to broader public health concerns. In this regard, we plan to arrange an evaluation meeting with the school and welcome input from all relevant parties. This conversation will help us build a more thorough follow-up strategy, including methods to preserve sustainability and involve more parties in this work. As a community service team, we feel proud and appreciative for the complete participation and support provided by all relevant parties. Active involvement from students, instructors, parents and school administrators has been the key to the success of this program. All these successes are proof that with united efforts, we can achieve big positive changes in enhancing public health and hygiene.

## CONCLUSION

In conclusion of the results of this service, it can be said that the Hand Washing Practice activity at State Elementary School 173622 Sipagabu has succeeded in accomplishing the main purpose. By incorporating the entire school community, including students, teachers, parents and staff, this exercise is able to promote understanding and awareness of the importance of hygiene, especially in the context

of hand washing. The evaluation results reveal that participants not only obtained theoretical information, but were also able to apply it in real life. Active involvement in seminar sessions, seminars and group discussions indicates that this extension strategy may generate an excellent learning experience. Full support from the school, marked by the engagement of teachers and staff, is a vital aspect in the success of this activity.

The implementation processes and follow-up strategies stated previously reflect our commitment to sustaining the continuity of this effort. Future goals include expanding the breadth of activities to more schools and cross-sector partnerships to create greater effect. In conclusion, the success of the Hand Washing Practice is not only represented in the data and evaluation results, but also in the attitude of unity and concern that arises among all parties involved. We believe that this activity will provide the basis for permanent beneficial improvements in healthy living habits in the school environment and community at State Elementary School 173622 Sipagabu. With solidarity and cooperation, we can move forward towards a healthier and more meaningful educational environment. Thank you to all parties that have contributed and supported the success of this activity. Hopefully this spirit will continue to flourish and become an inspiration for similar endeavors in the future.

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