

## HEALTH, SAFETY AND ENVIRONMENTAL BEHAVIOR IN STUDENTS OF ELEMENTARY SCHOOLS IN BEKASI

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### Abstract

This study aims to obtain information based on data or facts that are true and reliable about supporting health care behaviour, safety, the environment in primary schools in Bekasi, this study took a sample of 8 schools namely SDN Teluk Pucung 1,2,3 and Harapan Baru 1- 5, The method used is a qualitative descriptive approach. The data collection techniques that I use are observation, interviews, documentation, and then to analyze the research results, the writer draws conclusions by inductive thinking. By using this analysis, the researchers present the results of the study that to foster health care behaviour, safety and the environment in primary schools must be supported by school facilities and programs, the results of which will have an impact on health care activities, safety, and the environment.

**Keywords:** Caring for Health, Safety, Environmental.

### INTRODUCTION

The environment is all external, physical and biological factors that directly affect the survival, growth, development, and reproduction of organisms, while what is meant by the living environment is the unity of space with all objects, power, circumstances, and living things, including it. Humans and their behaviour, which affects the continuity of life and human welfare in other living creatures (Mustofa 2000:72).

The Indonesian government is trying to make regulations related to population behaviour for sustainable development. Various regulations have been issued to preserve the environment, including: Law Number 32 of 2009 concerning Environmental Protection and Management. The law states that everyone has the right to play a role in environmental protection and management. So that it is regulated how everyone plays a role in the protection and management of the environment and is obliged to maintain the preservation of environmental functions, as well as control pollution and/or environmental damage. Law Number 18 of 2008 which regulates community participation in waste management. Law No. 26 of 2007 article 29 paragraph 1 which regulates public awareness of the provision of green open space. Presidential Instruction No. 13 of 2011 on energy and water saving. In the Presidential Instruction, it is stated that the heads of government (governors, regents, and mayors) should carry out socialization and encourage the community to implement energy and water savings with a target of electricity savings of 20% (twenty percent) of the average electricity usage and water savings of 10% of the average water use. Regulation of the Minister of Energy and

Mineral Resources No. 13 of 2012 on saving electricity consumption and Regulation of the Minister of Energy and Mineral Resources No. 15 of 2012 on saving ground water use. Regulation of the Minister of Public Works No.06/PRT/M/2011, the community is required to be responsible for providing clean water by using water according to the minimum need, utilizing rainwater, and reusing water that has been used for various activities.

The educational environment, in addition to being clean, tidy and safe, should be kept beautiful. Caring for the cleanliness, security, and safety of the environment does not always have to be expensive. As long as each individual has responsibility and awareness in caring behaviour, has a sense of clean, safe, healthy life, he will feel uncomfortable when the environment looks dirty, unsafe and uncomfortable. Therefore, Caring for the environment, health and safety has a strong relationship, if it is carried out together with a pattern of caring for the environment, health and safety, a clean, comfortable, peaceful and peaceful life will emerge in the community.

Students' concern for the environment, health, and safety is very necessary in order to create a conducive and comfortable atmosphere in the learning process. At this time, awareness of caring for the environment, health and safety is needed which aims to build a community of character. Especially the younger generation such as school students so that they can be integrated with school subjects and can be monitored directly by teachers. This is in accordance with Law no. 23 of 1992 concerning health that "school health is held to improve the ability to live healthy students in a healthy environment, so that students can learn to grow and develop harmoniously and optimally into quality human resources" (Depkes RI, 1992: 5).

One way to overcome this problem is by providing guidance on environmental, health and safety behaviour in schools. This coaching is a combination of education efforts and health and safety efforts consisting of the physical and mental environment. The physical environment of the school consists of the school and its environment, while the mental environment involves awareness to get used to a healthy and clean life and maintain the cleanliness of the school environment (Widyaningrum, 2016:5). One of the characters learning that must be given to students is the character of caring for the environment, health, safety. The character education is expected to be able to instil a caring attitude towards the environment, health and personal safety and be able to change student behaviour to be wiser towards the environment, health and safety in society...

## **METHOD**

This research is a descriptive qualitative research with the research subjects are teachers, and students. The object of this research is the implementation situation of Health Care Behaviour Education, Environmental Safety in elementary school students at SD Bekasi. This study uses data collection techniques in the form of observation, interviews, and documentation. Data analysis with data reduction, data presentation, and drawing conclusions. The validity of the data used triangulation of sources and techniques. The results showed that the education of environmental care behaviour in elementary schools in Bekasi (1) lacked school curriculum

development, namely student development programs that were integrated into subjects, and a culture of habituation in schools. Examples of self-development activities are picket activities and clean Fridays, habit of tidying up equipment after use, habit of throwing garbage in its place, (2) There are no facilities at school to support safety, such as fire reminder alarms, fire extinguishers, CCTV, knowledge of disaster hazards, Road crossing signs in front of the school, school guards on standby in front of the gate to control the entry and exit of guests to school, UKS utilization and provision of first aid are not maximized, these facilities should be held so that students are safe, and comfortable so as to create a child-friendly school. (3) The development of school health facilities and infrastructure has not been maximized, because there is no control over student snacks, school toilets are not clean and comfortable, some schools do not have sinks for habituation of students to wash their hands before eating and after playing.

## LITERATURE REVIEW

Self-discipline in the habit of throwing garbage from an early age can form a good habitual character and be sensitive to the environment.

### 1. Definition of Behavior

Behavior is the result of the interaction between "persons" (self) with the environment (environment). Persons or "person self" is something complex, because when responding to a stimulus or environment there are many physiological and psychological aspects of that person (Notoatmodjo, 2010: 8). Human behavior is a collection of behaviors that are owned by humans and influenced by customs, attitudes, emotions, values, ethics, power or genetics (Wikipedia.com). Behavior is an act or activity of the human himself which has a very wide range, including: walking, talking, laughing, crying, working, studying, writing, reading, and so on. From this description it can be concluded that what is meant by human behavior is all human activities or activities, either directly observed or not observed by outsiders (Notoatmodjo, 2010:9).

### 2. Understanding Health and Health Care

Notoatmodjo (2003) suggests that the measure of a person's level of health is not only seen from the physical, mental, and social aspects, but is also assessed from the productivity of his life economically. The fulfillment of a comprehensive health status, including increasing social and economic welfare, will certainly have added value in terms of life satisfaction for a person. It is necessary to understand more about the mental health aspect which consists of 3 (three) aspects which according to Notoatmodjo consist of mind, emotional, and spiritual. The ability to think logically reflects a healthy mind; a person's emotions that are expressed in a reasonable and controlled manner are a sign of having a good and healthy emotional level; a person's willingness to do good according to the norms and values prevailing in society as well as the ability to express praise, gratitude and amazement towards the greatness of the universe and the Creator reflects spiritual health in a person. Ideally, a measure of good

health includes several aspects, namely physical, mental, social, economic, cultural, and environmental.

Caring for health is the first step to create a sensitive community for themselves, the surrounding environment and the community. In order to get used to being concerned about health, there must be health education coaching. The key to health education lies in the health behavior of the people themselves. Health care behavior is defined as a personal way related to health maintenance, health restoration, and improvement of health status (Gochman, 1982; in Glanz, Lewis, and Rimer, 1997).

### **3. Understanding Security and Care for Security**

Security is a safe and peaceful state (Tarwoto and Wartolah, 2010). Safety not only prevents pain or injury but also keeps individuals safe in their activities, reduces stress and improves general health. Physical safety (biological safety) is a safe physical condition free from the threat of accidents and injuries (mechanical, thermal, electrical and bacteriological). The need for physical security is the need to protect oneself from hazards that threaten physical health, which in this discussion will focus on providing for safety or providing a safe environment (Fatmawati, 2014). The need for security is the need to protect oneself from physical harm caused by the results of social interactions that are intertwined. Threats to a person's safety can be divided into 4 forms of threats, namely mechanical threats, chemical threats, thermal threats and bacteriological threats. The need for security is seen from two contexts, namely the physiological context and interpersonal relationships. Physiological security relates to something that threatens a person's body and life. In the context of interpersonal relationships, it depends on many factors, such as the ability to communicate, the ability to control problems, the ability to understand, consistent behavior with others, and the ability to understand the people around them and their environment. The basic concept of safety is related to a person's ability to avoid danger, which is determined by the knowledge and awareness and motivation of the person to take preventive action. There are three important factors related to security, namely: the level of knowledge and awareness of the individual, the physical and mental ability to take preventive measures, and the physical environment that is harmful or potentially dangerous (Roper, 2002).

The view of human security itself according to the United Nations Development Program (UNDP) in the Human Development Report 1994 explains that there are 7 elements of security, namely economic security, individual security, food security, political security, community security, health security and environmental security. The elaboration of the definition and security threats is as follows:

No	Security Type	Definition	Threat
1.	Economic Security	Guaranteed basic income to support primary human needs.	Poverty, unemployment, debt, lack of income
2.	Individual Safety	Security from physical violence arising from social conflict and individual conflict.	Dari negara (penyiksaan), negara lain (perang), kelompok orang (ketegangan etnis), individu atau geng (kejahatan), industri, tempat kerja, atau kecelakaan lalu lintas
3.	Food Safety	Ease of getting basic food in terms of physical needs and economic needs	hunger, and lack of physical and economic access to staple foods
4.	Political Security	Living in a society that respects human rights and understands the obligations of being a good citizen.	Political or state oppression, including torture, disappearances, human rights violations, detention and imprisonment
5.	Community Security	Safe membership in the community, Like a country's policy community that deals with security issues. These can be hierarchical professional groups or networks consisting, for example, of politicians, military and civilian bureaucrats, and researchers.	From groups (oppressive practices), between groups (ethnic violence), from dominant groups (e.g. vulnerability of indigenous peoples)
6.	Health Safety	Prevent, treat and protect from disease and an unhealthy lifestyle.	inadequate health care, new and recurring diseases including epidemics, and pandemics, poor nutrition, and unsafe lifestyles
7.	Environmental Safety	Prevent, improve, manage and protect the environment from environmental risks, environmental conflicts and limited natural resources.	Environmental degradation, natural disasters, pollution, and depletion of natural resources

Of the seven elements of security can be formed a system of harmony in security. The result is forming a system that cares about the safety of humans.

Currently, the crime rate is very disturbing public order and security both in the real world and in cyberspace. Therefore, the participation of the community in realizing safe and comfortable conditions in the community must be instilled properly. In addition, the roles and obligations of the community in making a safe and comfortable situation have also been stated in the body of the 1945 Constitution, namely their obligations as citizens as regulated in Second Chapter 12 Article 30 paragraph 1 which reads "Every citizen has the right and participate in national defense and security efforts".

By being guided by the law, the attitude of caring for security is very much needed for all citizens.

In order to be embedded in life as a citizen, safety-caring behavior must be instilled from an early age, with various kinds of activities in school, in the family environment or in the environment of colleagues..

#### **4. Understanding the Environment and Caring for the Environment**

According to Law No. 32 of 2009, the environment is a unitary space with all objects, forces, conditions, and living things, including humans and their behavior, which affect nature itself, the continuity of life, and the welfare of humans and other living creatures. The environment is all external, physical and biological factors that directly affect the survival, growth, development, and reproduction of organisms, while what is meant by the living environment is the unity of space with all objects, power, circumstances, and living things, including humans. and behavior, which affects the survival and welfare of humans and other living creatures (Mustofa, 2000:72). What is meant by Environmental Care Behavior is a sensitive attitude to the environment in the community so that it has an impact on people's lifestyles. This must be planted from an early age, and continuously nurtured in order to produce a generation that cares about the environment. In environmental ethics there are principles that are used. The principles of environmental ethics according to Keraf (2007: 143-159) include respect for nature; the principle of responsibility; cosmic solidarity; compassion and concern for nature; no harm; live simply and in harmony with nature; justice; democracy; and moral integration. One of the principles of environmental ethics is compassion and concern for nature or the environment. According to the Central Statistics Agency (2014) it is divided into 6 indicators of environmental care, including water management, energy management, use of transportation, waste management, caring for the surrounding environment, and disaster mitigation...

## RESULT AND DISCUSSION

### Data

In this study, the authors use interviews, to students and teachers, documentation of activities at school. According to Lofland and Lofland (Moleong, 2007: 157) the main data sources in qualitative research are data sources in the form of words and actions, the rest are additions such as documents and others. The main data sources in this study were obtained through words and actions collected by researchers by conducting interviews with informants consisting of teachers and students. Another source of data obtained by researchers by conducting observations and documentation during the study.

**Table. 1 Observation Description**

No	Variable	Indicator	Description
		<b>Maintenance of Space and Buildings and Health Care Support Programs.</b>	
1.	Health Care Behavior	1. Lighting	<b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> Observation of 8 elementary schools in Bekasi in terms of lighting. Classrooms in 8 schools use circular windows, the light in the room is evenly distributed.
		2. Ventilation	<b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> Observation of 8 elementary schools in Bekasi In terms of classroom ventilation, every window already has adequate ventilation.
		3. WC (Latrine for defecation and urination School latrine ratio* Elementary School : Male 1:60, Female 1:50, Minimum area per latrine unit is 2 m <sup>2</sup> . Latrine must be walled, roofed, lockable, and easily accessible cleaned, Clean water is available in each latrine unit, Squat toilet latrine with goose neck, Dipper, Clothes hanger, Trash can)* <b>Sanitary facilities</b>	<b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> Observation of 8 elementary schools in Bekasi The ratio of latrines in schools is not up to standard National School Sanitation, there are no trash cans in the toilets, and clothes hangers.
		4. Canteen/school stall	<b>Tuesday, 02/07/2019-Wednesday,</b>

			<p><b>10/07/2019</b> Observation of 8 elementary schools in Bekasi for cleanliness, food safety, there is no standard set in schools.</p>
		5. Free from Mosquito Larvae	<p><b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> Observation of 8 elementary schools in Bekasi, there are no puddles and places for mosquito larvae to grow</p>
		6. Non-Smoking	<p><b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> There is no symbol of no smoking / smoke-free in schools.</p>
		7. Promotion of school hygiene and sanitation	<p><b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> Observation of 8 elementary schools in Bekasi there is no promotion of school hygiene and sanitation to sort out healthy snacks.</p>
		8. Washbasin (1 unit of hand washing facility for each classroom, 1 unit of hand washing facility for teacher's room, 1 unit of hand washing facility for UKS/M room) * Sanitary facilities	<p><b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> Observation of 8 elementary schools in Bekasi, from 8 schools only 1 school has a sink that functions properly. But not yet according to the National Standard for School Sanitation.</p>
2	Safety Behavior	Care	<p><b>Security and safety supporting facilities and activities</b></p>
		1. school health Clinic	<p><b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> Observation of 8 elementary schools in Bekasi, from 8 schools all have UKS rooms but they are not functioning properly. Inside the UKS it is still being used as a storage warehouse Goods.</p>
		2. First Aid Box	<p><b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> Observation of 8 elementary schools in Bekasi, from 8 schools all have first aid kits but inside there are no medical supplies for first aid.</p>
		3. Danger Sirens	<p><b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> Observation of 8 elementary schools in Bekasi, there is no danger siren facility at school</p>

		4. Availability of APAR	<b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> Observation of 8 elementary schools in Bekasi, there is no APAR readiness at school.
		5. CCTV	<b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> Observation of 8 elementary schools in Bekasi, there are no CCTV facilities in schools for monitoring teaching and learning activities.
		6. Security post	<b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> Observation of 8 elementary schools in Bekasi, out of 8 schools only 2 have a security post for monitoring the entry and exit of guests to school.
		7. Pedestrian crossing lights	<b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> Observation of 8 elementary schools in Bekasi, from 8 schools, none of them have pedestrian crossing lights.
		8. School Safe Zone Sign	<b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> Observation of 8 elementary schools in Bekasi, from 8 schools there has not been any renewal of school safe zone signs. (writing is unreadable)
3.	Environmental Care Behavior	<b>Environmental Supporting Facilities and Activities</b>	
		1. Separation of Organic and Inorganic Trash	<b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> Observation of 8 elementary schools in Bekasi, there is no waste separation between organic and inorganic waste
		2. Reduction of plastic waste	<b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> Observation of 8 elementary schools in Bekasi, not yet Supporting and socializing plastic waste reduction
		3. Adiwiyata Program	<b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> Observation of 8 elementary schools in Bekasi, not yet Supporters and Adiwiyata Programs in schools.
		4. Save Energy & Water	<b>Tuesday, 02/07/2019-Wednesday,</b>

			<p><b>10/07/2019</b> Observation of 8 elementary schools in Bekasi, there has been no socialization on how to save energy and water</p>
		5. Utilization of waste by recycling method	<p><b>Tuesday, 02/07/2019-Wednesday, 10/07/2019</b> Observation of 8 elementary schools in Bekasi, they have not used waste using the recycling method</p>

The results of interviews with teachers and students from the variable aspects of health care behavior at SDN Teluk Pucung 1,2,3 and Harapan Baru 1-5 many aspects of facilities and programs that need to be fulfilled so that health care behavior can be carried out properly, as for the facilities that need to be facilitated between other school sanitation facilities such as latrines that are in accordance with the National School Sanitation Standards i.e. latrines for defecation and urination, latrine ratio for primary schools i.e. Boys 1:60, Girls 1:50, Minimum area per latrine unit is 2 m<sup>2</sup> . The latrine must be walled, roofed, lockable, easy to clean latrine, Clean water is available in each latrine unit, Squat toilet latrine with goose neck, Has latrine supporting equipment, namely Dipper, Soap, Clothes hanger, Trash can. Has a sink in each room unit, 1 unit of hand washing facilities for each classroom, 1 unit of hand washing facilities for the teacher's room, 1 unit of hand washing facilities for the UKS and Laboratory rooms. And there is a need for a school hygiene and sanitation promotion program so that students can sort out healthy and nutritious meals, and the school canteen has food standards that can be consumed at school, there is a need for no smoking signs in the school area so that schools are not contaminated with cigarette smoke.

The results of teacher and student interviews regarding the safety-caring behavior variable concluded that many security facilities in schools were inadequate, such as UKS and Security Posts which were not functioning properly, fire extinguishers were not available to anticipate small fires, CCTV to monitor school activities, alarm sirens when there is an emergency hazard, a pedestrian crossing light to make it easier for students to cross the road, and a school safe zone so that motorists reduce speed in that zone.

And the results of teacher and student interviews regarding the Environmental Care Behavior variable, the researchers concluded that there was no supporting program for environmentally concerned behavior, such as Adiwiyata activities, separating organic and inorganic waste, utilizing waste for recycling, and reducing plastic waste in schools.

## CONCLUSION

Based on the results of the study, it can be concluded that the behavior of caring for health, safety, the environment in elementary school students in Bekasi has not been maximized because the supporting facilities are not adequate and the behavior program for health care, environmental safety and has not been implemented properly. This research can be a reference for schools and the government to improve these facilities and programs.

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