

Empowering Young Learners: Teachers as Role Models for Clean and Healthy Living at Salsabila Preschool

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Abstract. *The problem regarding the lack of knowledge level of PAUD Salsabila Banda Aceh students regarding clean and healthy living behavior (PHBS) is due to the lack of attention of teachers in providing information about PHBS and this factor is due to the lack of training regarding PHBS for teachers. This research aims to determine the role of teachers in instilling clean and healthy living behavior in PAUD Salsabila Banda Aceh students. This research uses qualitative methods with descriptive research type. The subjects in this research were school principals and teachers at PAUD Salsabila Banda Aceh, and to complete the research the author used a sample of PAUD Salsabila Banda Aceh consisting of 9 boys and 2 girls. Data collection techniques use observation, interviews, and documentation. The research results show that the role of teachers in instilling clean and healthy living behavior (PHBS) in PAUD Salsabila Banda Aceh is very influential and impactful and can be felt by every student, even though there is no significant impact, the changes that occur are real. The teacher's task in instilling clean and healthy living behavior (PHBS) in PAUD Salsabila Banda Aceh is that the teacher acts as a role model and guide to students regarding clean and healthy living behavior (PHBS). Some obstacles occurred in the process of implementing clean and healthy living at PAUD Salsabila Banda Aceh, super active children which can disrupt during the teaching and learning process, limited toys that make students bored and health practice tools are still lacking for implementation of clean and healthy living behavior (PHBS).*

Keywords: *teacher role, clean living, healthy living, behavior, preschool*

1. Introduction

Health is a form of God's gift that must be maintained and interpreted together, an obligation to strive for a healthy life in terms of daily life, both personal health and environmental health, which is a shared responsibility. Law One of the basic needs for a child to be raised is the fulfillment of health, both spiritual and physical. Students as students in early childhood education institutions (PAUD) have a responsibility. Students must play a role in creating a healthy life, starting with a clean and healthy lifestyle for themselves (Rachmawati, 2007).

The application of parenting patterns will be formed when children are given repetitive activities in a way that is appropriate and easy for children to accept. Implementation strategies that can be accepted by children involve elements of love, understanding, understanding the child's condition, and involving example. Children will do it without feeling forced so that it will become a habit. Parental involvement in instilling habits of clean-living behavior at an early age is very important.

Clean and healthy living behavior (PHBS) is a movement that was designed by the Ministry of Health of the Republic of Indonesia to improve the quality of health by always maintaining personal hygiene and the surrounding environment. Currently, efforts to

create a healthier generation still appear to have many challenges for many parties, because clean and healthy living behavior (PHBS) among children and families in Indonesia is still very low (Joesyiana, 2018). Then, to provide awareness of clean and healthy living, it should be taught from an early age. Providing teaching things from an early age will become a compulsion, once you get used to it will become a habit, and producing children who have this habit will not be as easy as turning the palm of your hand. Moreover, maintaining cleanliness and health is very urgent, because if you are negligent in maintaining cleanliness and health, there will be many impacts that will return to you, these impacts will be in the form of health diseases such as worms, poor nutrition, dysentery, diarrhea, infections, obesity and so on (Agave, 2020)

Among them is being a person of good character and noble morals. Education cannot be separated from life, because education is the future, and education can change the cultural mindset, awareness, feelings, and conscience of the nation, including regarding habits for clean and healthy living behavior (PHBS), and in other cases, the students at PAUD Salsabilla Banda Aceh. Health is one of the keys to human productivity in activities, and a healthy society is a critical point for reducing poverty, economic growth, and long-term economic development.

Regarding the role of the teacher, in this case, he has a big responsibility in the teaching and learning process, namely educational responsibility and also learning responsibility. Becoming a teacher is the spearhead, teachers are required to have the basic abilities needed as educators, mentors, and instructors, and these abilities are reflected in competence (Sukma, 2018). Eriana explained that teacher competency will show the teacher's quality in teaching is the spearhead, teachers are required to have the basic abilities needed as educators, mentors, and instructors, and these abilities are reflected in competence. Eriana explained that teacher competency will show the teacher's quality in teaching (Sukma, 2018).

Apart from teachers, parents in the family play an important role as the first educators and is important for a child's growth and development. Parents (parents) do this role with a positive and effective pattern of action or parenting. Family involvement in a child's education is a must, the form of education in the family is nurturing (Khafidah & Pajriah, 2022). Parents are not only leaders in a family, but beyond that, people are required to have the ability to develop the potential possessed by children, therefore, parents must open themselves to learn to understand the world of children in all its complexity (Khafidah & Raden, 2020). Teachers are an important component in the overall education system that must receive central attention, first and foremost. This figure will always be in the strategic spotlight when talking about educational issues because teachers are always related to any component of the education system. Teachers are the most dominant and most important factor in formal education in general because for students' teachers are often used as role models and even as self-identifying figures (Sulistiani et al., 2020).

2. Method

The research method includes a detailed description of the study's design, population, and sample (including the technique of choosing a sample), the research instrument and data collection technique, and the data analysis. In this section, each researcher is expected to be able to make the most recent contribution related to the solution to the existing problems. Researchers can also use images, diagrams, and flowcharts to explain the solutions to these problems.

The descriptive approach is a research method that examines and describes current conditions or events to provide a systematic, factual, and accurate description, picture, or painting of the facts, characteristics, and relationships between the phenomena being researched such as interviews, observations, and document studies. During the implementation of the research, the researcher is directly involved in the situation being studied and tries to understand every aspect from the point of view that will be documented (Rachmawati, 2007).

The subjects in this research were school principals and teachers at PAUD Salsabila Banda Aceh. To see the need to complete the research, the author used a sample of PAUD Salsabila Banda Aceh, consisting of 9 boys and 2 girls, as well as 2 teachers and 1 principal. Researchers use data collection techniques by utilizing observations and interviews as follows:

1. **Observation:** Observation is a systematic process of observing and collecting data directly from a phenomenon or situation that is being observed. In the context of this research, observation is used to obtain information about the behavior, interactions, or characteristics of research objects or subjects without direct intervention from the researcher. Observations can be carried out directly by researchers or with the help of tools such as cameras or other recording devices. This method allows researchers to gain a deep understanding of observed phenomena from a natural and contextual perspective.
2. **Interview:** An interview is an interaction between a researcher and a respondent to obtain direct information about a topic or phenomenon. In collecting data through interviews, researchers involved the school principal and two teachers who taught in the class. Interviews are often used to understand in depth a person's views, experiences, attitudes, or knowledge related to the research subject. Interviews can be conducted in structured, semi-structured, or unstructured form, depending on the degree of freedom in questions and responses desired by the researcher. This method allows researchers to explore complex and in-depth points of view from respondents, as well as obtain rich and contextual data.
3. **Documentation:** Documentation is a process or activity for collecting, storing, and organizing information or data in written, visual, or digital form. In a research context, documentation involves the collection and storage of various types of material relevant to the study, such as notes, photos, videos, audio recordings, written documents, or other materials that can support the analysis and interpretation of research results. Documentation has an important role in ensuring the availability of data for further use, as well as ensuring transparency and validity in the research process.

Data analysis is a systematic process for organizing, interpreting, and presenting information obtained from data collected in a research or study. The steps in data analysis include data management, application of statistical models, interpretation of results, and conclusions (Suryana, 2008). Data reduction is an important initial step before carrying out further data analysis in the research process (Sukma, 2018).

3. Results and Discussions

Government schools to support programs to improve human resources as a whole, through improving the quality of early childhood education, the Salsabila PAUD educational institution which is located on Jl. Tgk Abu Lam U, No 7, City Hall complex,

Kampung Baru, Baiturrahman District, Banda Aceh City, Aceh Province. Salsabila PAUD was founded on January 1, 2007, with notarial deed No. 6, on municipal government land with a land area of 400m² with a building area of 50 m².

Based on the results of the data that the author has obtained, the author can inform that PAUD Salsabila Banda Aceh has a fairly spacious environment which is very good for the growth and development process of students, apart from that, PAUD Salsabila Banda Aceh has several play facilities both indoors and outdoors which makes students very comfortable and happy when they are at PAUD Salsabila Banda Aceh. As well as providing rubbish bins which can encourage students to implement a system of clean and healthy living behavior, namely throwing rubbish in its place.

As teachers here, our responsibility is to be companions and role models for our students. I try to provide a positive influence that helps in their development. In my opinion, teaching clean and healthy living behavior (PHBS) to young children is something that must always be accompanied, regardless of the situation. Because PHBS is very important for their health and behavior in the future. Apart from teaching about religion, noble morals, creativity, and the basics of learning, we also emphasize and apply PHBS to students at PAUD Salsabila Banda Aceh.

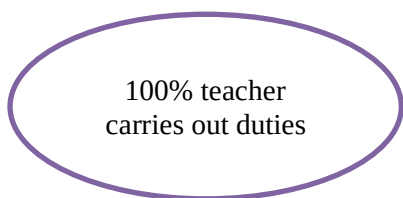


Figure 1. The observation results of teachers at PAUD Salsabila Banda Aceh

Based on the data seen in the picture above, it can be concluded that the teachers at PAUD Salsabila Banda Aceh consistently carry out their duties well and have a significant positive impact on the development of students. As previously mentioned, the presence of teachers is very important in every child's educational institution, considering the differences that exist between children both in the learning process and in implementing clean and healthy living behavior (PHBS).

Table 1. Research observation results

Indicator	Yes	No	Usually
The role of teachers in shaping life behavior clean and healthy (PHBS) at PAUD Salsabila Banda Aceh is very influential.	✓		
Activities to instill clean and healthy living behavior (PHBS) in PAUD Salsabila Banda Aceh are necessary significant handling from the school principal	✓		

Based on Table 1, the role teachers and school principals have a significant influence in instilling clean and healthy living behavior in students at PAUD Salsabila Banda Aceh. Teachers have a role that has a big impact on the development of their students. Problems in the PHBS aspect, such as a lack of cleaning equipment and only one trash can, are also obstacles. However, the teachers at PAUD Salsabila Banda Aceh are quite experienced in teaching and implementing clean and healthy living behavior to their students. However, the addition of hygiene and health equipment is highly expected both as a learning example and for application in the PAUD environment.

Table 2. Research observation results

Indicator	Yes	No	Usually
Clean and healthy living behavior (PHBS) in PAUD Salsabila Banda Aceh is often hampered due to a lack of awareness on the part of teachers.		✓	
Obstacles when teachers instill clean and healthy living behavior (PHBS) often occur due to the lack of facilities and infrastructure at PAUD Salsabila Banda Aceh.			✓

Based on the results of these observations, it can be concluded that the role of teachers is very vital for students in implementing the PHBS program, while the obstacles that occur are sometimes caused by limited resources and facilities available at PAUD Salsabila Banda Aceh. Increasing the implementation of Clean and Healthy Living Behavior (PHBS) is a strategic step in efforts to prevent disease and create healthy environment. Therefore, all stakeholders need to be committed to support and create health institutions that implement PHBS effectively optimal. PHBS can be defined as a series of health actions carried out consciously by individuals, families and communities as an effort to maintain personal health and play an active role in various promotive and preventive health activities. By implementing these solutions, it is hoped that teachers at PAUD Salsabila Banda Aceh can overcome the obstacles they face and provide a better learning environment for children.

Table 3. Research observation results

Indicator	Yes	No	Usually
Teachers at PAUD Salsabila find solutions to the obstacles that occur.	✓		
The solutions provided are very impactful clean and healthy living behavior at PAUD Salsabila	✓		

From the observations in the table, it can be concluded that the teachers at PAUD Salsabila Banda Aceh succeeded in finding solutions to overcome the various obstacles that occurred. The solutions they provide have a significant impact on clean and healthy living behavior at PAUD Salsabila Banda Aceh.

4. Conclusions

Based on information and also explanations from the description of the discussion of the contents of this research regarding instilling clean and healthy living behavior (PHBS) in PAUD Salsabila Banda Aceh, the role of teachers in instilling clean and healthy living behavior (PHBS) in PAUD Salsabila Banda Aceh is very influential and the impact can be felt by each student, although it does not have a significant impact, the changes that occur are real. The teacher's duties in instilling clean and healthy living behavior (PHBS) include: teachers act as role models who provide examples and provide guidance and direction to students regarding clean and healthy living behavior (PHBS).

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