

# Healthy lifestyle: What is the role of parents and the Health Service Unit program for elementary school students?

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## Abstract

**Received:**  
December 01, 2022  
**Accepted:**  
December 25, 2022  
**Published:**  
December 31, 2022

Healthy living behavior is the first step that must be applied to students so that they become habits in living adult life to always carry out and pay attention to healthy living behaviors which will later affect health and maximum learning outcomes. This study aims to determine the relationship between the role of parents and the school Health Service Unit (UKS) program on the healthy behavior of elementary school students. This research is of a quantitative type. The research sample consisted of students in grades V and VI of SD Negeri Mangunan which amounted to 34 grades V and VI. This data collection method uses documentation analysis and questionnaire techniques. After the data is obtained, the next step is to analyze the data to conclude the research conducted, to overcome the data using statistical techniques, data analysis was used in this study using descriptive analysis techniques with percentages. As for the hypothesis analysis using the multiple regression analysis tests. The results revealed that there is a significant relationship between understanding UKS program and the role of parents on healthy living behavior. It can be said that there is a relationship between the healthy living behavior of students from the UKS program at school and the role of parents.

**Keywords.** Elementary school, healthy lifestyle, Health Service Unit, role of parents.

## Introduction

Avoid contracting the disease and can prevent the body from becoming unhealthy and fit to carry out daily activities. Ambarwati & Prihastuti, (2019) explained that one of the healthy lifestyle behaviors that are easy to implement is the behavior of washing hands using soap and running water in daily life. Perform healthy lifestyle behaviors and balance them with the intake of a good diet with exercise and nutritional intake to increase the body's immunity to avoid disease, especially when dealing with covid-19 (Nopiyanto et al., 2020). Sanusi et al. (2020) revealed that healthy living behavior must be applied from an early age so that

children avoid habits and life irregularities that can cause weight gain in early childhood. Oktariani et al. (2021) say that clean and healthy living behavior (PHBS) is a step that must be taken to achieve optimal health status for everyone. Healthy conditions do not happen automatically, but efforts must always be made from unhealthy to healthy living and creating a healthy environment.

Healthy living behavior is good since children and has been taught since elementary school (SD). (Sepriadi, 2017) explains that the development of physical fitness and health in schools needs to pay attention to aspects of school conditions, geographical environment, and the economic status of parents of students that need to be taught from an

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**To Cite:** Fakhrurozi, Z.A., Sumarjo, Kriswanto, E.S., Gusdernawati, A. (2022). Healthy lifestyle: What is the role of parents and the UKS program for elementary school students? *Adv Health Exerc*, 2(2), 68-73.

early age. Tabi'in (2020) explains that if students can live healthy in a healthy environment so that they can learn, grow, and develop harmoniously, they are expected to become quality human resources starting from children so that it becomes a habit. able to live a healthy life. and has begun to be applied at the elementary school (SD) stage. (Aspiah & Mulyono, 2020) said that providing information related to healthy living habits starting from school age can affect life behavior and quality of life in children. He explained, that PHBS is a real manifestation of human life by applying the principles of the learning process, so that healthy living behavior will occur because the learning process obtained every day from the school, family, and community is the best. taught to children at the elementary school level. Besides being vulnerable to health problems, school-age children are also in very sensitive condition to stimuli so that they are easy to be guided, directed, and inculcated good habits, including clean and healthy living habits (Nasrullah et al., 2021).

Teaching healthy living behavior in Elementary Schools (SD) is expected to be able to make the initial foundation for children to be able to prioritize clean and healthy lives to maximize fitness and body health which will affect learning outcomes. Huliatunisa et al. (2021) explains that one way to teach healthy life behaviors to elementary school children usually starts with counseling and information and practice through the school's Health Service Unit (UKS). Khotimah et al. (2021) through UKS guides students such as washing hands with soap, not littering, and taking care of personal hygiene, so that students can increase awareness about clean and healthy living behavior. Kundaryanti & Hanny (2022) revealed that the UKS program to maximize PHBS in schools consisted of 8 indicators, namely: washing hands when running with soap and water, using latrines, and running water, exercising, eradicating mosquito nests, smoking behavior, weighing and measuring height. every semester, throw trash in its place.

Several literature studies reveal that the application of healthy living behavior to elementary school students apart from school through UKS coaching is one of the most optimal ways to implement it in the role of parents. Apriliani & Utami (2021) said that the role of parents is expected to be able to guide children to live healthy during the pandemic, therefore parents are required to understand all nutritional and health needs so that children avoid unhealthy lifestyle behaviors. Islamiyah (2021) reveals that if children in a

democracy are cared for by working parents, all parts of a healthy life are renewed spiritually, physically, and morally. Children in authoritarian parenting from working parents, still need to discuss and be guided in manners, encouraged in motoric/physical activity, also trained in toilet training while children in permissive parenting patterns from working parents, still have to be guided in all fields, spiritual, physical, and moral. (Rexmawati & Santi, 2021) explained that the parents of most students at Margasana Elementary School, Karamatwatu District, did not play a role in teaching PHBS, affecting how children were able to apply the healthy behavior given at school.

Based on the explanation above, it is revealed that healthy living behavior must be applied from an early age and it is better to try to maximize its application among elementary school children. Some results of a literature review revealed that the role of UKS in schools and the role of parents are important components that determine the success of implementing healthy living behaviors in children. The literature review explains the role of the UKS and the role of parents separately. Based on these problems, the authors highlight the importance of conducting new research by applying both to be able to maximize the results of healthy living behavior in elementary school children. This research has a fairly high level of novelty considering the role of these two important components is carried out in one research problem to reveal the results of their role in understanding and implementing healthy living behavior for elementary school children.

## Methods

The research used to determine: Understanding the UKS program with healthy living behavior. The role of parents in healthy living behavior Understanding the UKS program and the role of parents in healthy living behavior. This data collection method uses documentation analysis and questionnaire techniques. The population is the whole of the research subjects (Arikunto, 2006). If someone wants to examine all the elements that exist in a research area, then the research is a population study (Arikunto, 2006). The population referred to in this study were students in grades V and VI of SD Negeri Mangunan, amounting to 34 grades V and VI. After the data is obtained, the next step is to analyze the data to conclude the research conducted, to overcome the data using statistical techniques, data analysis was used in this study using descriptive analysis techniques with percentages. As for the

hypothesis analysis using the multiple regression analysis tests.

## Results

The results of the study will be divided into several sub-chapters regarding the variables of understanding the UKS program, the role of parents, and knowledge of students' healthy living behavior. Then after that, a t-test and multiple regression will be carried out in the explanation below.

### A. UKS program understanding variable

Data on the overall understanding of the UKS program was measured by a questionnaire totaling 21 questions. The results of the study obtained a minimum score of = 10; maximum score = 19; mean = 13.45; median = 13; mode = 14 and standard deviation = 2.27. The description of the results of the research on the understanding of the UKS program can be seen in Table 1.

**Table 1**

Description of UKS Program Understanding.

Interval	Category	n	%
16.85<X	Very good	3	9.09
14.58<X ≤ 16.85	Well	6	18.18
12.31<X ≤ 14.58	Enough	13	39.39
10.04<X ≤ 12.31	Not enough	8	24.25
X ≤ 10.04	Very less	3	9.09
Sum		33	100

Based on the tables and figures above, it is known that the understanding of the UKS program is mostly in the sufficient category with a percentage of 39.39%, followed by the less category of 24.25%, the good category of 18.18%, the very good category of 9.09% and the very good category less by 9.09%.

### B. Parental Role Variables

Data on the role of parents as a whole were measured by a questionnaire totaling 23 statements. The results of the study obtained a minimum score of = 54; maximum score = 78; mean = 64.06; median = 61; mode = 61 and standard deviation = 7.02. The description of the results of the research on the role of parents can be seen in Table 2.

**Table 2**

Description of the role of parents.

Interval	Category	n	%
75.59<X	Very good	4	12.12
67.57<X ≤ 75.59	Well	5	15.15
60.55<X ≤ 67.57	Enough	11	33.34
53.53<X ≤ 60.55	Not enough	13	39.39
X ≤ 53.53	Very less	0	0
Sum		33	100

Based on the table and figure above, it is known that most of the parental roles are in the less category of 39.39%, followed by the sufficient category of 33.34%, the good category of 15.15%, the very good category of 12.12% and the very poor category of 0.0%.

### C. Children's Healthy Life Behavior Variables

Data on children's healthy living behavior as a whole was measured by a questionnaire totaling 31 statements. The results of the study obtained a minimum score of = 78; maximum score = of 110; mean = of 94.27; median = 92; mode = 87 and standard deviation = 8.92. The description of the results of the research on children's healthy living behavior can be seen in Table 3.

**Table 3**

Description of healthy living behavior.

Interval	Category	n	%
107.65<Keatas	Very good	4	12.12
98.73<X ≤ 107.65	Well	6	18.18
89.81<X ≤ 98.73	Enough	12	36.36
80.89<X ≤ 89.81	Not enough	8	24.25
Kebawah ≤ 80.89	Very less	3	9.09
Sum		33	100

Based on the tables and figures above, it is known that most of the children's healthy living behavior is in the adequate category with a percentage of 36.36%, followed by the less category of 24.25%, the good category of 18.18%, the very good category of 12.12% and the very good category. Less by 9.09%.

## D. Comparisons according to the UKS and Parent Rules

The t-test was used to determine the significance of the relationship between the dependent variable and the independent variable. The results of the t-test can be seen in Table 4.

**Table 4**  
Comparisons according to the UKS and parent rules.

Model	Standardized Coefficients		t	p
	Beta			
(Constant)		3.432	0.002	
UKS	0.306	2.155	0.039	
Parents Rules	0.544	3.829	0.001	

Based on the table above, it can be seen that the variable understanding of the UKS program on healthy living behavior ( $x_1$ ) has a t-count value of 2.155, and the t-test result is positive. The value of t count (2.155)  $>$  t table (2.045), shows that the variable understanding of the UKS program partially has a positive and significant effect on the healthy life behavior of children in grades V and VI at SD Negeri Mangunan Sleman. The test results for the parental role variable on healthy living behavior ( $x_2$ ) is 3.829, and the t-test result is positive. The value of t count (3.829)  $>$  from t table (2.045), shows that the parental role variable partially has a positive and significant effect on the healthy behavior of children in grades V and VI at SD Negeri Mangunan Sleman.

## E. Multiple Regression Analysis

Multiple regression analysis was used to analyze the simultaneous relationship between the independent variable and the dependent variable. The results of multiple regression analysis can be seen in Table 5.

**Table 5.**  
Multiple regression analysis results.

Variable	Reg.	F	R	R <sup>2</sup>	p
Constant (A)	33.852	19.949	0.756	0.571	0.000
UKS ( $X_1$ )	1.200				
Parents Role ( $X_2$ )	0.691				

Based on the results of the regression analysis, the following regression equation is obtained:  $Y = 33,852 + 1,200 x_1 + 0.691 x_2$ . The test results were carried out by consulting the price of f arithmetic  $19.949 > f$  table (3.32) at a significance level of 5% and  $r_{count} = 0.756 > r (0.05)$  (32) = 0.344, thus it means that there is a significant relationship between understanding of the uks program and the role of parents in the healthy behavior of fifth and sixth graders at sd negeri mangunan sleman. Based on these results, it means that there is a direct and indirect correlation between the understanding of the uks program and the role of parents in healthy living behavior. The relationship obtained is positive, indicating that the better the child's understanding of uks and the better the role of parents, the better the child's healthy life behavior.

## Discussions

Based on the results of the analysis, it was revealed that the role of parents and understanding of providing uks information to elementary school children gave a significant relationship to the understanding of healthy living behavior for students. He continued, it was revealed that in schools the information delivery system carried out by uks guidance for healthy living behavior and added to the active role of parents in providing and participating directly in the implementation of healthy living was able to make students more pro and active in paying attention to how the implementation of healthy living would later affect the learning outcomes and make the initial foundation of children to continue to pay attention to healthy living behavior so that it becomes a habit in their life that will affect physical health and physical fitness.

The results of the study, when associated with several existing literature studies, have several similarities regarding the role of uks and parents in implementing healthy living behaviors for elementary school students. Lloyd et al. (2018) revealed that the healthy lifestyle program (help), consists of activities that are compatible with the national English school curriculum and promote messages in ways that can influence both the broader school culture and the specific behaviors of children and their families. Wahyuni (2022) UKS is one of the organizations that exist in elementary schools which is one of the foundations for understanding healthy living behavior given to elementary school children. He continued, it was explained that the UKS program, it was expected to

provide experiences and opportunities for students, especially in recognizing and implementing clean and healthy living behaviors in schools. Besides that, it increases students' knowledge and skills in carrying out preventive and promotive efforts for themselves and their peers while at school.

Utami et al. (2021) said UKS is all efforts made to improve the health of students in every path, type, and level of education starting from kindergarten/ra to sma/smk/ma. The purpose of holding the UKS program, in general, is to improve the ability to live healthily and the health status of students and to create a healthy environment to enable harmonious and optimal growth and development of children in the context of forming a complete Indonesian human being. Huliatunisa et al. (2021) says if a school with good UKS is a school that has implemented UKS with the characteristics of involving all parties related to school health problems, creating a healthy and safe school environment, providing health education in schools, and providing access to health services, there are policies and school efforts to promote health and play an active role in improving public health.

Aspiah & Mulyono (2020) said that healthy living behavior among elementary school students in cikelet village needs to be fostered, especially in terms of maintaining dental and oral health. One way that can be done to realize healthy teeth and mouth is to take the role of group 4 kkn pikelet village as a facilitator who provides direct direction to students and also the role of parents to provide counseling about the knowledge of the importance of always maintaining dental and oral health. Yulianingsih (2022) revealed that clean and healthy living behavior (phbs) is a collection of behaviors that are practiced based on awareness as a result of learning that makes a person or family able to help themselves in the health sector and play an active role in realizing public health.

A child's toileting ability is a child's ability to defecate and urinate independently. Toileting teaching is usually given by parents at home by paying attention to the readiness of children starting from physical, mental, and psychological. In addition to parents, there is also the role of teachers who in addition to increasing the knowledge and creativity of their students, also pay attention to the mental readiness of children, especially those who have just entered elementary school so that they can find out the extent to which children are ready to take part in education including their habits in toileting (Wulandari, 2021).

## Conclusion

Based on the results of the analysis that has been carried out, conclusions can be drawn if there is a relationship between the healthy living behavior of students from the UKS program at school and the role of parents. The results show that both of them greatly influence the healthy life behavior of children who are instilled early on. The results of the study have several limitations, including subjects or samples that only come from one school, so for further research, the authors suggest being able to maximize more samples and add other variables for reference to healthy living behaviors that are instilled from an early age, especially in elementary school students.

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