

## Pelaksanaan Perilaku Hidup Bersih dan Sehat Siswa di Sekolah Dasar Negeri Kebonbatur 1 Kecamatan Mranggen Kabupaten Demak

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### ABSTRAK

**Latar belakang:** PHBS di sekolah adalah upaya untuk memberdayakan siswa, guru, dan masyarakat lingkungan sekolah agar berperan aktif dalam mewujudkan sekolah sehat. Penelitian ini bertujuan untuk Mengetahui gambaran tentang perilaku hidup bersih dan sehat pada siswa kelas 4-6 di SD Kebonbatur 1. **Metode:** Jenis penelitian deskriptif dengan pendekatan *cross sectional*. Sampel yang digunakan ialah total populasi sebanyak 86 responden. Instrumen yang digunakan dalam penelitian ini adalah kuesioner. **Hasil :** Sebanyak 53 siswa (61,63%) siswa memiliki kebiasaan mencuci tangan dengan air yang mengalir dan memakai sabun yang baik. Sebanyak 45 siswa (51,74%) siswa memiliki kebiasaan mengkonsumsi jajanan sehat di kantin sekolah yang baik. Sebanyak 38 siswa (44,19%) siswa memiliki kebiasaan penggunaan jamban yang bersih dan sehat. Sebanyak 63 siswa (73,26%) siswa memiliki kebiasaan berolahraga yang teratur dan terukur. Sebanyak 44 siswa (50,9%) siswa memiliki kebiasaan memberantasan jentik nyamuk. Sebanyak 100 siswa (100%) siswa memiliki kebiasaan pengukuran berat badan dan mengukur tinggi badan siswa setiap bulan. Sebanyak 77 siswa (89,07%) siswa memiliki kebiasaan membuang sampah pada tempatnya.. **Kesimpulan:** Pelaksanaan perilaku hidup bersih dan sehat siswa di Sekolah Dasar Negeri Kebonbatur 1 Kecamatan Mranggen Kabupaten Demak sudah baik.

**Kata kunci:** PHBS, siswa, mranggen

### ABSTRACT

**Background:** PHBS in schools is an effort to empower students, teachers, and the school community to play an active role in creating healthy schools. This study aims to find out a picture of clean and healthy living behavior in grades 4-6 students at SD Kebonbatur 1. **Method:** This type of descriptive research with cross sectional approach. The sample used was a total population of 86 respondents. The instrument used in this study was a questionnaire. **Results:** As many as 53 students (61.63%) students had the habit of washing their hands with running water and using good soap. As many as 45 students (51.74%) students have the habit of consuming healthy snacks in a good school canteen. As many as 38 students (44.19%) students had the habit of using clean and healthy latrines. A total of 63 students (73.26%) students have regular and measured exercise habits. As many as 44 students (50.9%) students have the habit of eradicating mosquito larvae. As many as 100 students (100%) students have a habit of measuring body weight and measuring student height every month. As many as 77 students (89.07%) students have a habit of throwing trash in their place. **Conclusion:** The implementation of clean and healthy life behavior of students in Kebonbatur 1 Primary School, Mranggen District, Demak Regency is good.

**Keywords:** PHBS, students, mranggen