

## Hand Washing Movement Simulation to Increase Self-Efficacy Towards a Healthy Lifestyle in Children

<sup>1</sup>Dwi Hurriyati, <sup>1</sup>Dea Pertiwi\*

<sup>1</sup>Universitas Bina Darma, Indonesia

\*Corresponding author

E-mail: [deaprtwii2002@gmail.com](mailto:deaprtwii2002@gmail.com)

### Volume

6

### Issue

1

### Edition

May

### Page

380-386

### Year

2025

### Abstract

**Purpose:** To provide material on clean and healthy living to increase the understanding of students at SDN 17 Tanjung Batu about the importance of maintaining cleanliness in everyday life.

**Method:** This community service activity used two methods: the first was education, and the second was demonstration.

**Practical Application:** This activity is useful for providing children with knowledge about maintaining cleanliness through the Hand Washing Movement, helping them avoid disease.

**Conclusion:** The hand washing movement simulation to increase self-efficacy towards a healthy lifestyle in children significantly enhanced their confidence in practicing healthy behaviors. Through an interactive and engaging simulation, the children not only learned about the importance of hand washing in preventing the spread of disease but also felt more confident in making it a daily habit.

### Article History

Submission: 17-12-2024

Review: 23-12-2024

Accepted: 30-04-2025

### Keyword

Children;  
Self- Efficacy;  
Healthy;  
Lifestyle;

### How to cite

Hurriyati, D., Pertiwi, D. (2025).  
Hand Washing Movement  
Simulation to Increase Self-  
Efficacy Towards a Healthy  
Lifestyle in Children. Jurnal  
Pengabdian Masyarakat, 6(1),  
380-386  
<https://doi.org/10.32815/jpm.v6i1.2524>



## Introduction

Tanjung Atap Barat Village has been established since the expansion of Tanjung Atap Village which was inaugurated on 12 February 2007. Until now, the development and community have carried out the mandate to create a strong, intelligent, skilled and creative development that is imbued with morals, religion and good character. Tanjung Atap Barat Village is one of the administrative areas of Tanjung Batu District, Ogan Ilir Regency, South Sumatra Province. Geographically, this village is a lowland area,  $\pm 6$  M above sea level. Tanjung Atap Barat Village is bordered in the north by Tanjung Batu Timur Village and in the south by the Sugar Cane Plantation of Cinta Manis Business Unit, in the east by Tanjung Atap Village, in the west by Tanjung Batu Timur Village. The total area of Tanjung Atap Barat Village is 242.2 hectares, which is divided into Residential Areas, Lebak, People's Plantation Land and idle land, Village treasury land, Government Office Areas, and public facilities such as cemeteries, mosques, Posyandu, etc.

Currently, Tanjung Atap Barat Village has one primary school, SDN 17 Tanjung Batu. Education is a key aspect in the development of a nation. Education is an action taken by individuals with the intention of providing direction and guidance to the nation's future generations. The main goal of education is to create graduates who have good quality and ability to face the demands of society and advance the nation (Putri et al., 2023).

The Tanjung Atap Barat village government has provided hygiene facilities for the community, but there is a lack of awareness of environmental hygiene and a limited understanding of the importance of good health. This lack of knowledge can have a negative impact on the health of individuals and the community. Therefore, there is a need for psychoeducational activities that can increase the community's awareness and understanding of clean living. One of the activities that can be done is by providing an introduction to clean and healthy living behaviour aimed at elementary school children, so that they can learn to recognise clean and healthy living and behave properly from an early age.

Based on observations that have been made by the author, the author made observations on 12 November 2024, it can be seen that some children at SDN 17 Tanjung Batu, Tanjung Atap Barat Village, pay very little attention to the importance of personal hygiene, starting from dirty school clothes, lack of awareness of washing hands, many of them have scabies because of the lack of maintaining personal hygiene both in the home and school environment. Based on the results of an interview with Mr Firdaus as the principal on 12 November 2024, the school always tries to maintain cleanliness in the school environment and also always provides understanding to children about the importance of healthy living, but some children have not implemented it. The causes are lack of understanding regarding the importance of healthy and clean living, and lack of parental attention to children.

According to (WHO, 2014) health is a state of complete physical, mental, and social well-being and not just freedom from disease or weakness. The definition of health according to the Law of the Republic of Indonesia Number 17 of 2023 concerning Health (2023) states that health is a state of health of a person, both physically, mentally, and socially and not just free from disease to enable him to live productively. Clean and Healthy Living Behaviour (PHBS) in Schools is a set of behaviours practiced by students, teachers and the school community on the basis of awareness as a result of learning, so that they are independently able to prevent disease, improve their health, and play an active role in creating a healthy environment. One of the indicators used is by washing hands using soap.

Hand hygiene is the cornerstone of safe and effective health care. It is a cost-effective public health measure that protects against diseases such as pneumonia and diarrhoea and even covid-19 (Younie et al., 2020) (Rezkiki & Rahmiwati, 2020; Khan et al., 2017). The incidence of acute diarrhoea in Indonesia is still estimated to be around 60 million episodes each year and 1-5 per cent of them develop into chronic diarrhoea affecting Indonesian children (Mardhiati, 2010). According to the 2018 Riskesdas, the prevalence of diarrhoea in

children under five in Indonesia was 11.5% (Ministry of Health, 2018).

With one of the methods used, namely washing hands properly to increase children's understanding in maintaining hygiene patterns. There are 2 methods of washing hands, the first is washing hands with running water and using soap (handwash) and the second is using a liquid containing 60% - 70% alcohol (handrub). (Potter, 2015) explains that hand washing is the activity of cleaning hands by rubbing and using soap and rinsing them in running water. Hand washing is the process of rubbing both surfaces of the hands vigorously together using an appropriate substance and rinsing with water with the aim of removing as many microorganisms as possible. It also reveals that hand washing (also considered hand hygiene) is the single most important procedure in nosocomial infection control (Potter, 2015).

Lifestyle is influenced by several factors, namely learning, social and emotional factors and perceptual and cognitive factors. Lifestyle changes are influenced by perceptual and cognitive factors, namely when someone knows for sure about a healthy lifestyle and understands how to overcome problems that arise, then that person knows when to behave well and badly so that this can improve a healthy lifestyle. But if someone does not know for sure about a healthy lifestyle, they will not know how to overcome the problems that arise and do not know when good and bad behaviour. Self-efficacy can contribute to a better understanding of the process of health behaviour change and is therefore important for improving knowledge, behaviour and skills. A person with high self-efficacy will experience significant improvements in medication, low salt diet, physical activity, not smoking, and weight monitoring in accordance with what is expected. Vice versa, if a person with low self-efficacy will assume that the ability they have is not necessarily able to make them able to get the expected results (Amila et al., 2018).

According to Bandura in (Gufron & Risnawati, 2016), it says that self-efficacy is the result of a cognitive process in the form of a belief decision, or expectations about the extent to which the individual estimates his ability to carry out certain tasks or actions needed to achieve the desired results.

## **Method**

The community service activity employed two main methods: education and demonstration. The educational component was designed to equip children with essential knowledge about the importance of personal hygiene, particularly hand hygiene, as a preventive measure against various infectious diseases. During the education sessions, children were introduced to the concept of germs, how they spread, and the critical moments when handwashing is most necessary, such as before eating, after using the toilet, and after playing. Visual aids and interactive discussions were used to engage the students and enhance their understanding.

The second method involved practical demonstration, where facilitators demonstrated the correct steps of Hand Washing with Soap (HWWS) according to the guidelines provided by health authorities. This included wetting hands with clean water, applying enough soap to cover all hand surfaces, rubbing hands palm to palm and between fingers, cleaning under nails, and rinsing thoroughly. After observing the demonstration, the children were invited to practice the steps themselves under supervision. Facilitators provided guidance and corrections to ensure the children performed each step correctly. This hands-on approach helped reinforce their learning and boost their confidence in applying proper hygiene practices. By the end of the activity, all participants successfully demonstrated the ability to wash their hands effectively using clean water and soap. This combination of theory and practice not only improved their skills but also helped instill lifelong hygiene habits crucial for a healthy lifestyle.

## **Result**

The implementation of this scientific work programme by providing material about clean and healthy living to increase understanding to students at SDN 17 Tanjung Batu about the

383) Hand Washing Movement Simulation to Increase Self-Efficacy Towards a Healthy Lifestyle in Children, Hurriyati, D., Pertiwi, D.

importance of maintaining cleanliness in everyday life. This scientific work programme activity was carried out in the library room at SDN 17 Tanjung Batu with a total of 20 students.

Socialisation and practical activities for children were carried out on 13, 14 and 15 November 2024.

*Figure 1. Material Presentation*



First meeting activities. In this activity, the author presented material about healthy living behaviour through the poster media displayed, the author explained how healthy living behaviour is in the home environment and in the school environment. Children listen to the material provided by the author; they are active in answering various short questions given by the author. After the material was finished, the author showed a short-animated video about healthy and clean living for the children. After that, the author asked questions about what had been learnt during the activity.

In the second meeting, the author conducted proper hand washing practice for children. This activity was carried out behind the school where there was running water provided by the school for activities. This activity aims to make children know and be able to do hand washing activities correctly. Hand washing is the process of rubbing both surfaces of the hands vigorously together using an appropriate substance and rinsing with water with the aim of removing as many microorganisms as possible. It also reveals that hand washing (also considered hand hygiene) is the single most important procedure in nosocomial infection control (Potter, 2015).

At the meeting on the third day, the children did it in an orderly manner. The author gives a little game where the child who does the practice correctly will be given a prize by the author. The response of the children was very happy, and they also did hand washing activity with enthusiasm. The purpose of washing hands according to the Indonesian Ministry of Health (2008) is one of the elements of preventing transmission of infection. According to (Kristia, 2014) it prevents cross-contamination (person to person or contaminated object to person) of a disease or transfer of germs.

Figure 2. Handwashing Demonstration



In this activity, souvenirs were also distributed to all children who participated in the activity and prizes were also distributed to children who could answer questions from the author and practice properly and correctly. It can also be concluded that the children who participated in the activity were very enthusiastic, as evidenced during the activity they were eager to answer questions and understand the material that had been explained.

Based on the results of observations that have been seen during the 3-day activity, on the first day the children were less concerned about the surrounding environment and themselves, starting from untidy and dirty clothes, rarely washing hands, littering etc. Whereas after the second and third days of implementation, children were dressed neatly and cleanly, paid more attention to the school environment by throwing garbage in its place, and taking care of themselves to smell better and cleaner. Lunenburg in (Sebayang, 2017) Self-efficacy is an individual's belief in facing and solving problems he faces in various situations and being able to determine actions in completing certain tasks or problems, so that the individual is able to overcome obstacles and achieve the expected goals. According to Alwisol in (Renaningtyas, 2017), self-efficacy is a view or perception of oneself about how oneself can function in accordance with the situation at hand.

## Discussion

The scientific work programme effectively increased students' understanding of clean and healthy living at SDN 17 Tanjung Batu. The educational sessions helped children understand the importance of hygiene, while the handwashing demonstrations allowed them to practice proper techniques. By learning through both theory and practice, the children were able to confidently perform hand washing, a key step in preventing disease transmission (Potter, 2015).

The use of games and rewards during the third session further motivated the children, making the learning experience enjoyable and reinforcing the importance of hygiene. This approach helped boost self-efficacy, as children were more confident in applying what they learned. By the end of the programme, noticeable improvements in the children's personal hygiene and behaviour were observed, such as wearing cleaner clothes, washing their hands regularly, and taking better care of their surroundings.

These results demonstrate the effectiveness of combining education with practical exercises to promote healthier behaviours. The programme highlights the role of community-based initiatives in fostering long-term positive changes in children's health practices.

## Conclusion

Based on the socialisation and practical activities that have been carried out, it can be concluded that the hand washing movement simulation to increase self-efficacy towards healthy lifestyles in children is that this activity can significantly increase children's confidence

in carrying out healthy living behaviour. Through interactive and fun simulations, children not only learn about the importance of hand washing to prevent the spread of disease but also feel more confident in applying the habit in their daily lives. Hand washing movement simulations provide benefits in increasing children's self-efficacy towards healthy living habits, while teaching them practical steps in maintaining a healthy body.

### **Acknowledgements**

We would like to express our sincere gratitude to everyone who supported and contributed to the success of this scientific work programme.

First and foremost, we extend our heartfelt thanks to the principal, teachers, and staff of SDN 17 Tanjung Batu for their cooperation and support in facilitating this programme. Their assistance in providing the necessary space and resources was invaluable to the success of our activities.

We are also deeply grateful to the 20 students who participated in the programme with enthusiasm and dedication. Their active involvement and willingness to engage with the material greatly contributed to the success of the initiative.

Our sincere appreciation goes to the entire team for their hard work and collaboration in organizing and carrying out the educational sessions and hand washing demonstrations. The teamwork and commitment of each member made it possible to deliver an engaging and impactful programme for the children.

### **Reference**

- Rosdiyawati, N., Aisyah, I. S., & Novianti, S. (2023). Pengaruh Pendidikan Kesehatan Dengan Metode Simulasi Terhadap Praktik Cuci Tangan Pakai Sabun Pada Anak Sekolah Dasar Negeri Cibeureum Kota Tasikmalaya. *Jurnal Kesehatan komunitas Indonesia*, 19(1).
- Sultan, M. (2021). Membiasakan cuci tangan pakai sabun pada masyarakat saat pandemi covid-19 di Kompleks Perumahan Kota Samarinda. *Jurnal Abdimas BSI: Jurnal Pengabdian Kepada Masyarakat*, 4(2), 279-286.
- Hinga, I. A. T., & Adu, A. (2021). Edukasi Kebiasaan Cuci Tangan Dengan Penerapan Metode Bernyanyi Sebagai Upaya Pencegahan Penyakit Menular Pada Murid Sd Negeri Tuadale Kabupaten Kupang. *GEMASSIKA: Jurnal Pengabdian Kepada Masyarakat*, 5(1), 31-46.
- Simamora, F. A., & Hidayah, A. (2021). Penyuluhan tentang Cuci Tangan Pada Anak Usia Prasekolah di Wilayah Kerja Puskesmas Danau Marsabut. *Jurnal Pengabdian Masyarakat Aufa (JPMA)*, 3(2), 5-8.
- Caesar, D. L., Dewi, E. R., Mubaroq, M. H., Irawan, A. F., Suryaningtyas, A. F., Kurniasari, A., & Yunanda, S. (2024). Gerakan Cuci Tangan Pakai Sabun pada Siswa Sekolah Dasar. *APMa Jurnal Pengabdian Masyarakat*, 4(2), 113-121.
- Fajriah, F., Fitri, A. P., Andriani, D., Nuraida, N., Fadilah, R., & Nurkania, V. (2021). Penyuluhan Kesehatan Perilaku Hidup Bersih dan Sehat Melalui Kegiatan Mencuci Tangan Pakai Sabun dengan Media Permainan Tradisional Engklek pada Anak TK ABA Ciamis. *Kolaborasi: Jurnal Pengabdian Masyarakat*, 1(2), 121-126.
- Rahmawati, N. V., Utomo, D. T. P., & Ahsanah, F. (2020). Fun handwashing sebagai upaya pencegahan covid-19 pada anak usia dini. *JMM (Jurnal Masyarakat Mandiri)*, 4(2), 217-224.
- Ramadhan, G. E., Setiawan, R. A., & Rostarina, N. (2024). Edukasi Cuci Tangan Pada Anak Santri Di Raudhatul Athfal Al-Amanah. *Journal Of Human and Education (JAHE)*, 4(6), 122-126.
- Rizky, M., Putri, R. S., Khairunisa, N., & Anwar, M. K. (2021, October). Penyuluhan Pola Hidup Bersih Dan Sehat Melalui Cuci Tangan Pakai Sabun (CTPS) Untuk Mencegah Virus Covid-19. In *Prosiding Seminar Nasional Pengabdian Masyarakat LPPM UMJ (Vol. 1,*

386) Hand Washing Movement Simulation to Increase Self-Efficacy Towards a Healthy Lifestyle in Children, Hurriyati, D., Pertiwi, D.

No. 1).

Rosita, A., Dahrizal, D., & Lestari, W. (2021). Metode Emo Demo Meningkatkan Pengetahuan dan Sikap Cuci Tangan Pakai Sabun (CTPS) pada Anak Usia Sekolah. *Jurnal Keperawatan Raflesia*, 3(2), 11-22.

Nuryanti, A., & Setyaningsih, R. (2023). Upaya Pencegahan Penyakit dengan Cuci Tangan Pakai Sabun (CTPS) pada Anak Melalui Bercerita menggunakan Boneka Tangan. *Abdimas Universal*, 5(1), 43-48.