

Creating a Healthy Generation : PAUD Principal's Strategy in Creating Clean and Healthy Living Habits

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Abstract: This study examines the strategies the head of early childhood institutions applied in implementing Clean and Healthy Living Behavior in children aged 5-6. The method used in this research is qualitative, which is analyzed descriptively. The participants in this study were the head of PAUD and class B1 children aged 5-6 years, totaling 20 children at Buah Hati ECE, Langsa City, Aceh. The data were collected through observation, interview, and documentation. Data analysis techniques in this study are data collection, reduction, and conclusion drawing. The results showed that the principal applied the strategy of habituation, knowledge, and giving examples. All teachers apply the strategy, and it is influential in shaping PHBS behavior in early childhood. This research creates an ecosystem that supports children in practicing clean and healthy living behaviors at school and everyday life.

Kata Kunci:

Bersih, Sehat, Perilaku, Prinsip

Abstrak: Penelitian ini mengkaji strategi yang diterapkan kepala lembaga PAUD dalam menerapkan Perilaku Hidup Bersih dan Sehat pada anak usia 5-6 tahun. Metode yang digunakan dalam penelitian ini adalah kualitatif yang dianalisis secara deskriptif. Partisipan dalam penelitian ini adalah kepala PAUD dan anak kelas B1 usia 5-6 tahun yang berjumlah 20 anak di PAUD Buah Hati, Kota Langsa, Aceh. Data dikumpulkan melalui observasi, wawancara, dan dokumentasi. Teknik analisis data dalam penelitian ini adalah pengumpulan data, reduksi, dan penarikan kesimpulan. Hasil penelitian menunjukkan bahwa kepala sekolah menerapkan strategi pembiasaan, pengetahuan, dan pemberian contoh. Semua guru menerapkan strategi tersebut, dan berpengaruh dalam membentuk perilaku PHBS pada anak usia dini. Penelitian ini menciptakan ekosistem yang mendukung anak dalam mempraktikkan perilaku hidup bersih dan sehat di sekolah dan kehidupan sehari-hari.

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INTRODUCTION

Education and health are two things that go side by side where clean and healthy living behaviour is a reflection of the achievement of human resources that are able to preserve the earth. Healthy conditions can be improved through habituation of bad behaviour to good so that it can make the environment healthy and clean. According to the National Education Goals Panel (NEGP), health is one of the dimensions that should be built before children enter school (Kagan, Moore, & Bredekamp, 1998). Therefore, preschool institutions have an important role in providing an understanding of the dimensions of school readiness, as well as building children's readiness (Syarfina, 2017).



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One way to educate early childhood to behave in a healthy way is by creating a clean and healthy living behaviour (PHBS) program. PHBS is a collection of several behaviours carried out on the basis of awareness within humans as a form of learning (Sagala 2022). This learning makes a person, group or community able to provide assistance to themselves in the field of health and be able to play an active role in a process to realise health in the community. Indicators of clean and healthy living behaviour include washing hands with soap in running water, consuming healthy nutritionally balanced food, disposing of garbage in its place, using a clean and healthy toilet, weighing body weight and measuring height every month (Rozi, Zubaidi, and Masykuroh 2021). The habituation aspect is included in one of the socio-emotional developments. In early childhood, an example of habituation that is often taught is about healthy living behaviour, such as washing hands before eating and throwing rubbish

in its place (Tabi'in 2020). Launching from one of the research journal written by Asmara states that habituation of healthy behaviour can be done by healthy living behaviour can be done by maintaining the cleanliness of the body, cleaning the mouth and teeth, cleaning clothes, and environmental cleanliness. body, cleaning the mouth and teeth, cleaning clothes, and environmental hygiene (Khaeriyah and Kurniawaty 2021).

School principals have a strategic position as leaders and can instill the principle of habituation of clean and healthy living behavior (PHBS) in the school area. Through daily activities at school, information about clean and healthy lifestyles is disseminated to early childhood as quickly as possible. The greater the role of the school principal in disseminating information about clean and healthy living behavior, the more children will be able to practice at school. Schools also participate in the formation of clean and healthy behavior of students to improve health and support the achievement of learning objectives. Therefore, the Ministry of Education and Culture aims to improve the quality of learning and student achievement by creating a clean and healthy area (Yuniar 2021).

Getting used to clean and healthy living behaviors carried out by children, it is necessary to have promotive or health improvement carried out by schools to their students as an effort to prevent disease, because in early childhood this is an age that is vulnerable to contracting diseases (PAUD & ECD) With the application of clean and healthy living behaviors, as well as prevention efforts, it is hoped that children can grow and develop properly according to their age

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stages.

Early Childhood Education Institution Buah Hati PAUD is located in Sidodadi, Langsa Lama Sub-district, Aceh Province. This area is an area where the majority work as traders. The majority of residents in this area on average have their own businesses, be it small trading or having their own shops. this institution is not much different from institutions in other cities, this institution in addition to being active in various children's activities can also foster clean and healthy living behavior (PHBS) around the school environment in the right way The focus of health maintenance in the school environment is to monitor various environmental factors that are prone to disease and affect children's health (Yulisafira and Marlina 2022). This will certainly have a good effect on educational institutions, especially early childhood education institutions that do not directly provide education to students (Mardhiati 2019).

The benefits of PHBS in general are to increase public awareness to want to live a clean and healthy life, at school in carrying out PHBS is strongly influenced by the principal's strategy in order to prevent and overcome health problems, besides that by implementing PHBS, schools are able to create a clean and healthy environment (Ratna Julianti and Drs. H. M Nasirun 2018). Some examples of school PHBS indicators include: washing hands with soap in running water, consuming healthy nutritionally balanced food, disposing of garbage in its place, exercising regularly and measured, using a clean and healthy toilet, and weighing body weight and measuring height and using a clean and healthy toilet. This study aims to describe and examine more deeply the principal's strategy in implementing clean and healthy living behavior in children aged 5-6 years at PAUD Buah Hati.

RESEARCH METHODS

This research was conducted using a descriptive qualitative approach. Qualitative research methods are research methods used to research on natural object conditions, where the researcher is the key instrument, data collection techniques are triangulated, data analysis is inductive, and qualitative research results emphasize meaning rather than generalization (Abdussamad, 2021). This research focuses on finding data obtained from the principal as the main person in charge of the plan holder in the school organization, with the aim of understanding and examining events or problems that occur in Integrated PAUD Buah hati.

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Researchers chose this institution because they saw the existence of a clean and healthy living program. In addition, the habit of clean and healthy living behavior is applied not only to children, but also invites parents and teachers. Good cooperation between several parties such as parents, principals, teachers can facilitate the implementation of a program at school (Nurmahmudah, Puspitasari, and Agustin 2018). (Rozi, Zubaidi, and Masykuroh 2021). This research was conducted at Buah hati Integrated PAUD. The participants in this study were the principal and children aged 5-6 years in class B1 totaling 20 children.

The data collection techniques used were observation, interview, and documentation. Data were collected referring to indicators of PHBS in pre-school institutions, including: washing hands with soap in running water, consuming healthy nutritionally balanced food, disposing of garbage in its place, exercising regularly and measured, using clean and healthy latrines, and weighing body weight and measuring height. Data were analyzed by means of reduction, display, and verification. This study aims to describe how the principal's strategy in implementing clean and healthy living behavior in the educational institution.

RESULTS AND DISCUSSION

The results of observations made at PAUD Buah Hati show that the Principal has implemented PHBS in PAUD. The strategies implemented by the Principal to maximize PHBS in children aged 5-6 years are as follows:

Table 1. Implemented PBHS in PAUD

No	Description	Information
1	Strategy teacher Based on the results of the interview conducted with the teacher and head using habituation behavior formation	At school, the implementation of clean and healthy living behavior is carried out through habituation and activities carried out every day starting from the initial, core, and final activities.
2	Strategies Teachers use behavior	In providing this knowledge to children, teachers can do

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	formation with knowledge	it in their respective classrooms by using posters or showing animated films that explain clean and healthy living behaviors that are easily understood by children.
3	Strategies Teacher using behavioral assignment with assignment	The role of the teacher in carrying out environmental care activities is very necessary for students because the teacher as an informer provides information on the importance of maintaining environmental cleanliness and always reminds students to dispose of garbage in the trash.

1. Handwashing in Running Water with Soap

Based on the results of interviews conducted with the principal of Integrated PAUD Buah Hati, it has been found that the strategy carried out when washing hands in running water with soap uses the habituation method. This strategy is carried out as a teacher's effort to his students to form good behavior through habituation practices carried out repeatedly and continuously so that the habituation can be recorded in the child's brain memory so that the child will always remember with these efforts it is hoped that the child can do the activity well independently and usually done every day (Hidayat 2012).

This is in accordance with the results of observations conducted by researchers, which found the fact that class B1 can independently and consistently carry out hand washing activities in running water with soap. The principal of Buah Hati Integrated PAUD has prepared a water

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tap next to each class. On the faucet there is a hand sanitizer hand washing soap and hand cloth.

The habit of washing hands is carried out every day before shaking hands with the class teacher with a hand sanitizer so that germs on the hands die, so that it can break the chain of spreading viruses or diseases (Eka Dian Savitri, Endang Susilowati, Sukriyah Kustanti Moerad 2021). Then for the habituation of washing hands with soap in running water is carried out both after finishing learning activities while playing, after throwing away garbage, before eating, after removing mucus during a cold (flu), after finishing urinating or defecating.

The results of documentation conducted by researchers found facts that were in accordance with the results of the interview, that students have been able to carry out hand washing habituation activities properly and accordingly independently without any prompting from teachers or other people. Almost all participants have been able to do hand washing activities with the Hand Washing Standart operational procedure in Integrated PAUD Buah Hati.

According to the principal of PAUD Permata Bunda, this habituation activity aims to prevent the spread of disease or transmission through hands and also as infection control so that children stay healthy and avoid various diseases. Dirty hands become intermediaries for various bacteria that can enter our body so it is necessary to maintain hand hygiene (Hidayah and Maharani 2023). The documentation of the habituation of hand washing with soap flows as follows.



Figure 1. Children are seen washing their hands after eating

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2. Consume healthy, nutritionally balanced food

Accustoming children to eat healthy and nutritious food, based on the results of the interview with the principal explained that children are accustomed to bringing healthy food, such as fried rice, sponge cake, and fruit. The principal does not encourage children to bring instant noodles or other ready-to-eat foods to school. This regulation is carried out by the class teacher by checking the child's lunch, if they find the child bringing the ready-to-eat food 3 times in a row then the class teacher will contact the student's guardian.

The strategy implemented by the principal was seen when the researchers conducted observations, finding the fact that children were not allowed to snack and had to eat foods brought from home which were used as children's lunch. researchers also saw that almost all of the lunches brought by children were healthy foods, there were still one or two people who brought bad food such as indomi and fried sausages.

This habit aims to get parents used to preparing children's lunches with healthy foods according to the nutritional needs of children aged 5-6 years (Ningsih 2022). The regulation familiarizes children with healthy and nutritious food from an early age. Eating healthy and nutritious food can maintain the health and function of the body's organs, strengthen concentration and memory, and increase the body's thickness or immunity (Ningsih 2022). The documentation of activities to consume healthy and balanced nutritious food is as follows:



Figure 2. Children bringing food

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3. Disposing of garbage in its place

Based on the results from the interview with the principal, the principal said that the children were already independent in getting used to throwing garbage in its place. This independence is obtained from habituation and providing knowledge carried out by the principal and class teachers in teaching the importance of maintaining cleanliness and health.

The teacher's habituation strategy in the classroom accustoms children to be responsible for their own waste to be disposed of in the trash can. The strategy of providing knowledge is to show an animation about cleanliness and health which aims to teach children to protect the surrounding environment and educate how important it is for children to maintain their own health.

Based on observations made by researchers, it was found that children were accustomed to the habit of throwing garbage in its place. There is almost no garbage in Buah Hati Integrated PAUD because children are accustomed to being responsible for their personal waste and there are also examples of good behavior carried out by the school. The documentation of the activity of throwing garbage in its place is as follows:



Figure 3. Children throwing garbage in its place

4. Weighing and measuring height

Based on the results of interviews with principals regarding weighing and measuring height, Integrated PAUD Buah Hati has

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collaborated with student guardians and the nearest health workers, namely Posyandu, so for more detailed health checks will be carried out by Sidodadi village health workers. Health check activities are carried out by the school and Posyandu once a semester.

Based on the cooperation between the school and posyandu, it is known that there are children who need to be treated further and the school can inform parents for the growth and development of the child. The following documentation about weighing and measuring height is as follows:



Figure. 4 Collaboration between the Institute and Posyandu

5. Using a Clean Latrine

Based on the results of interviews with the principal regarding the habituation of children to defecate and urinate in healthy latrines at school, it was found that children were independent to defecate or urinate on their own without being accompanied by a teacher. It can be seen that when the toilet was not as clean as it is now, children still needed a teacher to accompany them to the toilet. But now that the toilet is clean, children are used to going to the toilet on their own without being accompanied.

The current strategy is to implement toilet training. This activity aims to prevent disease or break the chain of disease transmission, because by using a clean latrine, it cannot invite flies or insects that can transmit diarrhea, dysentery, thypus, worms, digestive tract diseases, skin diseases and other diseases (Nirwana 2021).

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The results of observations made by researchers found facts that have been in accordance with the results of the interview, that class B1 students have defecated and urinated in a healthy latrine or wc that is already available at the Integrated Integrated Integrated PAUD Buah Hati. This is also reinforced by the discovery of Toilet Training SOP data (attached) found directly by researchers during direct observation. Based on the results of interviews, observations and data / document collection that has been carried out by researchers, it can be concluded that one of the activities of clean and healthy living behavior in Integrated PAUD Buah Hati is BAK and BAB in a clean toilet or wc and almost all students have been able to do these activities well and still with direct supervision by the class teacher. Documentation regarding the cleanliness of the latrines of Buah Hati Integrated PAUD is as follows :



Figure 5. Provision of clean toilets

Of the five indicators that researchers discussed above, there are ways that Integrated PAUD Buah Hati does in carrying out clean and healthy living behavior (PHBS), namely:

1. Teacher strategies using habituation behavior formation

The habituation that can be seen is that children are able to wash their hands in running water before and after eating, when their hands are dirty, before entering class and when they go home. Forms of Implementation of Clean and Healthy Living Behavior.

Based on the results of interviews conducted with teachers and principals, the form of application of clean and healthy living behavior is

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carried out through habituation and activities carried out every day starting from the initial, core and final activities. In the initial or opening activities, children are accustomed to lining up first before entering the classroom. Then when they want to eat, children wash their hands first, after playing, when they see garbage scattered in the yard, children are taught to pick it up and throw it in the trash, not forgetting to distinguish between garbage.

Based on the description above, it can be concluded that the form of application of clean and healthy living behavior carried out by teachers is applied through habituation and activities carried out by parents and teachers every day such as always getting children used to washing hands, disposing of garbage, and consuming healthy snacks. According to Mulyasa (Edwita and Hasanah 2019) In the field of educational psychology, the habituation method is known as Operant Condition, which teaches children to get used to commendable behavior, discipline, study hard, work hard, be sincere, honest, and be responsible for every task that has been given. Furthermore, according to Syarbini, the role of teachers and parents is very large in fostering children's character in any pattern with one of them, can lead to maturity and maturity, so that children can control themselves, solve their problems and face the challenges of their lives. According to Syah (ROAS 2017), the habituation method is the process of forming new habits or improving existing habits. In addition to using commands, role models, and special experiences, habituation also uses punishment and reward. The goal is for students to acquire new attitudes and habits that are more appropriate and positive in the sense that they are in line with the needs of space and time (contextual). In addition, the meaning of appropriate and positive is in line with the prevailing moral norms and values, both religious and traditional and cultural (Kasmadi 2022). Based on the description above, it can be concluded that the purpose of the habituation method is to train children to develop character and discipline from an early age, so that children can grow with a better personality. The character and discipline in question is for children to apply clean and healthy living behavior in their daily lives.

2. Teacher strategy using behavior formation with knowledge

The strategy of providing knowledge is targeted at parents so that

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children can bring healthy food to school and pay attention to their weight and height. The school also prepares parenting sessions to discuss with guardians about the nutritional needs of children aged 5-6 years and parenting about stunting (Utomo 2018). In providing this knowledge to children, teachers can do it in their respective classrooms by using posters or showing animated films that explain clean and healthy living behaviors that are easily understood by children. After providing knowledge about clean and healthy living behavior activities, the benefits of these behaviors, and the dangers of not implementing these behaviors. As for the next strategy so that children can carry out clean and healthy living behaviors independently and disciplined, it is necessary to provide rewards and punishments given (Suryani, Tute, and Aje 2019).

Then giving rewards is given by the teacher to students if students are able to carry out all clean and healthy living behavior activities on that day, giving these rewards is usually in accordance with the creativity of each class teacher, usually in the form of giving a star stamp on the child's hand, giving a star picture to the child and others (Khairunnisa 2022).

3. For the indicator of throwing garbage in its place, the teacher first shows an example by throwing garbage into the trash can. Children see this as a behavior to keep the school environment clean. This example of behavior can be remembered and made a habit by children (Yudanti, 2021). Apart from being a teacher, the teacher acts as a good role model for students and the surrounding community so that a teacher is someone who is digugu and imitated. Teachers also play a role in developing students' skills and knowledge. The role of the teacher in carrying out environmental care activities is very necessary for students because the teacher as an informant provides information on the importance of keeping the environment clean and always reminds students to throw garbage in its place. Teachers have an important role in fostering the character of students who care about the environment, namely by not bringing plastic food packaging from inside or outside the school (Batur and Getasan 2005). To realize the implementation of the waste program teachers work with parents or guardians of students to meet and support the PHBS program at Integrated PAUD Buah Hati.

CONCLUSION

Principals have a special strategy in implementing clean and healthy living behavior so that early childhood can apply it in everyday life. Indicators that become a reference for PHBS in PAUD Institutions are washing hands in running water with soap, consuming balanced nutritious healthy food, disposing of garbage in its place, weighing body weight and measuring height, using a clean and healthy toilet. From these five indicators, the principal implemented PHBS through three appropriate strategies called 3P: habituation, knowledge, and example. With this practice, hopefully it can add new insights so that it can be applied by other PAUD institutions.

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