



# THE IMPLEMENTATION OF CLEAN AND HEALTHY LIFESTYLE EDUCATION FOR FAMILY BEFORE AND DURING THE COVID-19 PANDEMIC IN REMOTE REGIONS

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## Abstract

This study will describe the implementation of clean and healthy lifestyle education before and during the Covid-19 pandemic in remote regions. Family education is the foundation stone of children's character, which develops mentality, emotion, and character for a clean and healthy life. This is a descriptive study that combines qualitative and quantitative. The data will be collected through a questionnaire in the form of Likert scale and interviews and analyzed by drawing patterns using a Likert's continuum scale. The implementation of clean and healthy lifestyle education for families in remote areas is rarely implemented, considering parents apply a pattern of education that has become a tradition from their ancestors.

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## I. INTRODUCTION

Education in the family can be found in various places. (Stephen F.Duncan, H.Wallace Goddard, 2016) believed that family education is the primary education of

children, so education in the family is critical in child development. However, in China, family education has no benefit or does not contribute to the development of their children (Huang et al. 2020). This is because



the family's educational background influences children's development so that formal education will direct complete child development (Chen and Chen 2017).

Education in the family is informal education carried out by family members and parents who have an essential role in implementing educational methods in the family. The application of education in the family is also called homeschooling, where parents have an essential role in providing education for their children (Halpernetal.2001). The application of education in the family is supported by family stability, if there is a conflict in the family, the application of education will not be practical, and children's behavior will be formed less well (Vernon-Feagans, Willoughby, and Garrett-Peters 2016).

Parents in the household become the children's role models because exemplary is one of the methods in implementing education in the family. In addition, parents have a relatively stable personality and are more likely to be influential than their children (Crocettietal.2015). Parents also tend to give advice, exemplary, habituation, advice to children (Sahinidis et al. 2019).

Covid19 is endemic in all parts of the world and impacts all aspects of human life, and its handling is based on government policies that vary in each country (Bigateletal.n.d.). The Covid-19 pandemic changed family life, changed the family's education pattern, and was carried out without clarity on how long the education pattern was applied (Cluver et al. 2020). The family's education pattern during the Covid-19 pandemic has a significant position for children in the behavior and psychological development of children (Reimers et al. 2020). Therefore, parents must have a good understanding of the Covid 19 pandemic so that their children can implement it in behaving in the new normal period.

There are many ways that parents do in implementing education or parenting in the face of the Covid-19 pandemic and the new normal, which are related to clean and healthy living behavior, setting boundaries in socializing, and proactive parenting (Id et al.

2021). Parents play an essential role in maintaining children's health by providing education in the family about the importance of health and improving healthy living behaviors that can be imitated by their children (Coto et al. 2019).

Clean and healthy living behavior during the Covid-19 pandemic and new normal is fundamental to protect children and parents from infectious diseases (Purba 2020). A habit is needed in everyday life to realize a clean and healthy lifestyle, especially in remote areas. In essence, the implementation of clean and healthy living behavior needs support from various parties such as religion, social support, competence, and most importantly, habituation in family (Mizutani et al. 2016).

The family is the basis of the economic and social development of a nation. Because the family is a unitary family institution that prepares human resources that can be used in national development (Noor et al. 2014). The family situation greatly influences the development of human resources (Laura and Bradford 2014). Parents have a powerful influence on the development of mental and the personality of children. As it is evidenced by the research results of N. R. Matshalaga and G. Powell (2002), that the higher the percentage of not living at home with their parents, the higher the incidence of AIDS exposure and in turn will increase the number of births outside of marriage.

The implementation of education on clean and healthy living behavior in the family indeed uses measurement indicators used by the family according to their needs consisting of

exemplary, habituation, under parents' control, orders and prohibitions (Keluarga et al. 2014).

Based on the Guidelines for the Development of Healthy Lifestyles issued by (Minister of Health of the Republic of Indonesia 2011), Healthy Lifestyle has ten indicators as follows:

1. Giving birth must be assisted by healthcare assistance.
2. Exclusive breastfeeding for babies for six months, then breastfeeding

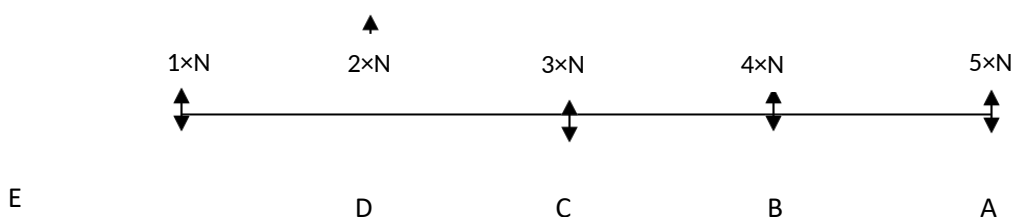
and complementary foods until the baby is two years old.

3. Do the baby weighing every three months
4. Use of clean water
5. Wash hands with soap
6. Using the toilet
7. Eradication of mosquito larvae
8. Eat vegetables that contain vitamin A
9. Exercise 30 minutes per day
10. Smoking is prohibited at home.

Therefore, it can be understood that the role of education in the family is very supportive in suppressing the spread of COVID-19 because the level of children's health correlates with the level of care in the family (Fahmy et al. 2015).

## II. METHODOLOGY

This study uses a survey technique that combines two research approaches, namely quantitative and qualitative. This is



Note:

- 1 is the respondent's value
- N is the respondent (Agung Nugroho, 2015)

The data that has been collected will be analyzed by using simple statistics and descriptive qualitative tests.

## III. RESULTS

Parents have an essential role in providing information and being responsible for the health of family members during and before COVID-19 pandemic. The family is an essential component in developing the child's personality. Parents pay attention with affection, educate, and raise children with full of sacrifices (Ardita Ceka 2016). This is in line with the results of the interview on July 23, 2021, that:

... the health and development of children is the responsibility of parents because

done to describe a case in-depth in real-life comprehensively (Yin, 2012). The sampling technique used in this study is a stratified cluster sampling technique used to select 850 families from remote regions in Indonesia. The indicators of the object in this research are:

- a. Crowding index
- b. Wash hands with soap
- c. Wearing a mask
- d. Home sanitation
- e. Personal hygiene (Fahmy et al. 2015)

Data collection techniques used in the study are interviews (verbal interaction), observation, and questionnaires. The data obtained from the interviews will be analyzed using textual techniques (W. Paul Vogt 2015). The form of the questionnaire used in this study is a Likert scale by analyzing the Likert scale continuum tool as follows:

education in the family is the basis for the development of a child's personality, especially the social order carried out by children during the COVID-19 pandemic (Zuma, interview 2021)

Thus, it can be said that education on a clean and healthy lifestyle in the family is essential so that children can behave in a clean and healthy lifestyle in the family in the face of the COVID-19 pandemic and the new normal (Purba and Gusar 2020).

The implementation of clean and healthy lifestyle education in families in remote areas can be applied through the following methods:

1. Exemplary

Parents apply the application of



education in the family using the exemplary method to their children by providing an example in a clean and healthy life. Parents, especially mothers, are the first and best teachers for their children and become role models in the family (ArditaCeka2016).

During this COVID-19 pandemic, children need parental guidance and example in complying with health protocols by implementing a clean and healthy lifestyle. However, applying clean and healthy lifestyle education in families in remote areas is categorized as relatively low. As stated by Mr. JaroAuda (internal Bedouin figure), that;

... we as parents do not have any clean and healthy living education that our children can emulate. During this covid 19 pandemic, we do not know what to do here to deal with covid 19... (interview, JaroAuda, 2021)

This is in line with the statement of Mr. Rasyid (a community leader in the Anambas community in the border islands of

Indonesia-Malaysia), that:

..Our clean and healthy life education is based on habits and there is no change both before and during this pandemic. Our children played as usual, like playing in the sea, looking for fish, and bathing without parents' controll. ...(interview, Rashid, 2021)

The results of the two interviews above illustrate that in the implementation of clean and healthy living education in remote areas, there is no difference before and during the pandemic. Parents in remote and outer areas give their children the freedom to carry out their daily routines without any monitoring from parent. The implementation of education, especially the exemplary method, uses a permissive pattern (Adawiah 2017).

The application of healthy lifestyle education in families on exemplary methods in remote areas is still relatively low. This is as illustrated in the following table:

Table 1 Accumulated implementation Healthy Lifestyle Education in the family with indicator of exemplary

No	Sub-indicators	Score	Average
1,	Crowd index	2201	2,15
2,	Wash hands with soap	1988	1,43
3,	Wearing a mask	1655	1,47
4,	Home sanitation	2321	2,30
5,	Personal hygiene	2111	1,44
Total		10276	
<b>Total Average</b>		<b>2055,2</b>	<b>2,4</b>

Based on the accumulated results of the implementation of healthy lifestyle education in families with indicator of exemplary, it can be concluded that the exemplary method applied in families in remote areas is in the 'rare category' or 'never category' with an average value of 2.4,

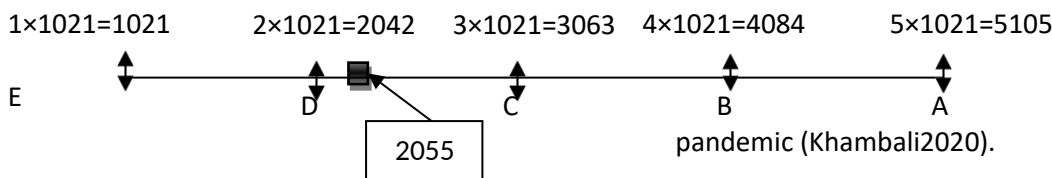
which is rounded up to 2.

From the accumulation results above, it can be seen that the highest total score is  $5 \times 1021 = 5105$  if all respondents answered "always". The results of research on the implementation of healthy lifestyle education in families with indicator of exemplary are



10276, so from the data, the 'always category' and 'often category' are:  $2055.5 \times 100 = 5105$  40.26% then what is expected is 40.26% by looking at the interpretation reference using the Likert scale as follows:

From the calculation results, the total



Based on the results obtained, the score of 2055.2 lies in the rare category area with a percentage of 40.26%. It can be concluded that the application of clean and healthy lifestyle education with the exemplary method is in a low category, meaning that parents rarely give examples to their children in implementing health protocols in dealing with the Covid-19 pandemic.

## 2. Habituation

Habituation is one of the educational methods that can be applied in the family. In applying education in the family, it is necessary to use methods to achieve goals (Khambali 2020). This method of habituation in the family needs to be implemented for children.

Parents determine and are responsible for the success of education in the family. The family environment primarily determines the formation of a child's character in dealing with the Covid-19 pandemic. This habituation is one of the methods standardized in implementing education in the family, which will direct children in implementing a clean and healthy lifestyle during the Covid-19

average is 2055.2, which means that giving an example for children to live clean and healthy is at a score of 2055.2 (between a score of 2042 and 3063 or between the 'rare category' and 'doubtful category'). For more details, see the Likert scale continuum tool as follows:

pandemic (Khambali2020).

However, living clean and healthy habits in remote areas during and before the Covid- 19 pandemic has not changed. This is because parents have never cared about living clean and healthy. After all, they think that the habits applied to their children are based on hereditary habits. The habits that are applied to children are different for boys and girls. The habits of parents who raise boys are not too strict and never controlled. When compared to girls, they are given the habit of cooking with their mother, looking for wood, cleaning the house, and so forth (Interview Results, 2021).

This is in accordance to the statement of Mr. Rasyid (a community leader in the Anambas community in the border islands of Indonesia-Malaysia), that:

..the habits that we apply are related to a clean and healthy lifestyle before and during the covid-19 pandemic. We think there is no difference or no special treatment....the habits we improve related to clean and healthy living are that women clean the house, cook, clean themselves. And for boys, we provide habits such as cleaning themselves, banning smoking and so forth. All we apply before and during covid-19 (Interview with Rasyid, 2021).



The implementation of healthy lifestyle education in the family on the habituation method in remote areas is still relatively low, this is as illustrated in the following table:

Table 2 Accumulated implementation Healthy Lifestyle Education in the family with indicator of habituation

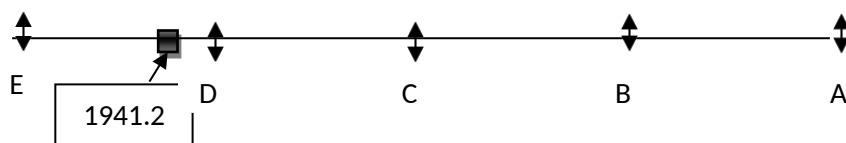
N	Sub-indicators	Score	Average
1,	Crowd index	1801	1,15
2,	Wash hands with soap	1888	1,43
3,	Wearing a mask Home	1855	1,47
4,	sanitation	1721	1,30
5,	Personalhygiene	1811	2,44
Total		9706	
<b>TOTAL AVERAGE1941,2</b>			<b>1,56</b>

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Based on the accumulated results of the implementation of healthy lifestyle education in families with indicator of habituation, it can be concluded that the habituation method applied in families in remote areas is included in the 'rare category' or 'never category' with an average value of 1.56 which is rounded up to 2.

From the accumulation results above, it can be seen that the highest total score is  $5 \times 1021 = 5105$  if all respondents answered "always". The results of research on the implementation of healthy lifestyle education in families with the indicator of habituation are 1941.2. Hence, from the data, the 'always category' and 'often category' are:  $1941.2 / 5105 \times 100 = 38.03$ , what is expected is 38.03% by looking at the interpretation reference using the Likert scale as follows:

From the calculation of 1941.2, it means that getting children to live clean and healthy lives is at a score of 1941.2, which is between a score of 1021 and 2042 or between the 'rare category' and 'never category'. For more details, see the Likert scale continuum tool as follows:



$1 \times 1021 = 1021$

$2 \times 1021 = 2042$

$3 \times 1021 = 3063$

$4 \times 1021 = 4084$

$5 \times 1021 = 5105$



Based on the results obtained, the score of 1941.2 lies in the 'rare category' area with a percentage of 38.03%. It can be concluded that the implementation of clean and healthy lifestyle education with the habituation method is in a low category, meaning that parents rarely familiarize their children with implementing health protocols, especially in facing the Covid- 19 pandemic.

The description above illustrates that the application of clean and healthy lifestyle education by familiarizing their children with implementing health protocols is in a low category, meaning that parents rarely familiarize their children with implementing health protocols in dealing with the COVID-19 pandemic.

3. Advisory

The spread of Covid-19 has taken away freedom and has disrupted daily human activities in all countries, especially Indonesia (Khambali 2020). Strengthening a clean and healthy lifestyle is one solution to raise awareness and clean and healthy living culture, especially during the Covid 19 pandemic. Advising children in the family is very important to instill the values of a clean and healthy lifestyle (Khambali 2020), so that children and families can live healthily and avoid the COVID-19 pandemic.

Advising children is one of the educational techniques that can be given to children to grow self-confidence (Sutrisno 2017). This is in accordance with the opinion of Muhammad Tholib in Kusuma,

Herwin Wijaya (2013) that the methods of children's education that can be implemented in the family are role models, storytelling, dialogue, habits, giving praise, giving gifts, practicing healthy competition, and giving encouragement and warnings. Communication patterns in the form of advice and warnings are fundamental to improving children's quality in the environment (Dorrance Hall et al. 2017).

The study results show that parents in remote areas at all times reprimand or advise their children if they make mistakes. It is just that related to a clean and healthy lifestyle, parents in remote areas do not pay special attention to their children. They never advise their children when they find their children smoking. Parents usually only advise their daughters not to go out at night, but sons are given freedom, and parents do not control them (interview, Aifi, baderi, 2021).

According to Mr. Jaro Amin, Budiman, and Sulatri (a resident of the inner Badui village), we have never advised our children related to healthy lifestyle education related to the Covid 19 pandemic. However, we always advise our children, especially girls, when they are lazy to clean themselves. Unlike the boys, we give them the freedom to decide how to live a clean and healthy life (interview, Mr. Jaro Amin Budiman, and Sulatri, 2021).

The implementation of healthy lifestyle education in families on the advice method in remote areas is still relatively low. This is as illustrated in the following table:

Table 3 Accumulated Implementation Healthy Lifestyle Education in the family with indicator of advisory

No	Sub indicators	Score	Average
1,	Crowd index	1701	1,34
2,	Wash hands with soap	1688	1,49
3,	Wearing a mask	1155	1,47
4,	Home sanitation	2721	2,30



5,	Personal hygiene	2811	2,44
Total		10076	9.04
<b>AVERAGE</b>			1,808

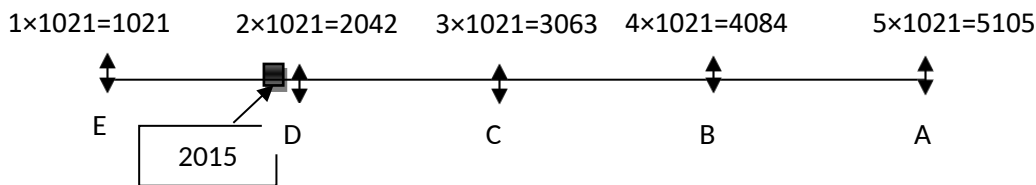
Based on the accumulated results on the implementation of healthy lifestyle education in families with the indicator of advisory, it can be concluded that the advisory method applied in families in remote areas is in the rare category or never category with an average value of 1,808, which is rounded up to 2.

From the accumulation results above, it can be seen that the highest total score is  $5 \times 1021 = 5105$  if all respondents answered "always". The results of research on the implementation of healthy lifestyle education in families with the indicator of advisory are

2015, so from the data, the 'rare category' and 'never category' are:  $2015 / 5105 \times 100 = 39.5$  so what is expected is 39.5% by looking at the interpretation reference using the Likert scale as follows:

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From the results of the calculation of the resulting score in 2015, it means that parents advise children about a clean and healthy lifestyle before and during the Covid-19 pandemic, which is in the 2015 score, which is between a score of 1021 and 2042 or between the 'rare category' and 'never category'. For more details, see the Likert scale continuum tool as follows:



Based on the results obtained, the score of 1941.2 lies in the rare category area with a percentage of 39.5%. It can be concluded that the application of clean and healthy lifestyle education with the advisory method is in a low category, meaning that parents rarely advise their children in implementing health protocols in dealing with the Covid-19 pandemic.

The description above illustrates that the implementation of clean and healthy lifestyle education by providing advice to their children in implementing health protocols is in a low category, meaning that parents rarely advise their children in implementing health protocols in the face of the Covid-19 pandemic.

#### 4. Giving sanctions

Giving sanctions is one of the methods applied in the family in the context of implementing education. Giving sanctions can be implemented to children or family members who violate applicable rules, harming themselves and others (Mann et al. 2016).

Giving sanctions is part of the parenting pattern that is expected in the family. The implementation of parenting or education in the family influences children's emotional development and behavior (Trillingsgaard and Sommer 2018). Giving sanctions is an essential thing carried out in the family to help the emotional development of children in the future. This is very different from parents in remote areas;





they never gives an ctions to their children if their child is found to have violated the rules (interview,2021)

This is different from parents in the interior of Papua that we, as parents still give sanctions to our children when they are found to have violated customary rules, even though we are not the ones who give the sanctions but the tribal chiefs who give them the sanctions. There is no difference

regarding clean living during and before the Covid-19 pandemic because we do not understand the disease exactly. Moreover, we donot understand the issue of vaccines (interview, Martaduin,2021)

The application of healthy lifestyle education in families with giving sanction method in remote areas is still relatively low. It is illustrated in the followingtable:

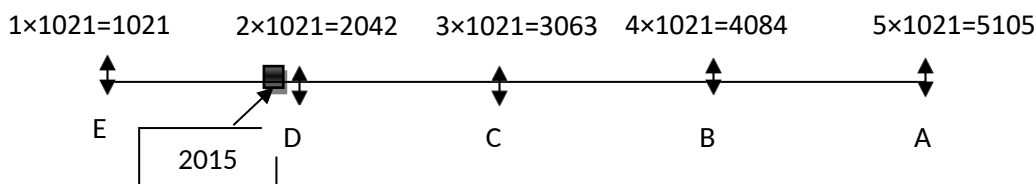
Table 4 Accumulated implementation Healthy lifestyle education in the family with indicator of giving sanctions

No	Sub-indicator	Score	Average
1,	Crowd index	1701	1,34
2,	Wash hands with soap	1688	1,49
3,	Wearing a mask	1155	1,47
4,	Home sanitation	2721	2,30
5,	Personal hygiene	2811	2,44
Total		10076	9.04
<b>AVERAGE</b>			1,808

Based on the accumulated results on the implementation of healthy lifestyle education in families with the indicator of giving sanctions, it can be concluded that sanctions on children applied to families in remote areas are in the “rare category” or “never category” with an average value of 1,808, which is rounded up to 2.

From the results of the calculation of

the resulting score in 2015, it means that parents give sanctions to children about a clean and healthy lifestyle before and during the Covid 19 pandemic, which is in the 2015 score, which is between a score of 1021 and 2042 or between the “rare category” and “never category”. For more details, see the Likertscale continuum tool as follows:



The description above illustrates that the implementation of clean and healthy lifestyle education by giving sanctions to their children in implementing health protocols is

in a low category. This means that parents rarely giving a nctionstheirchildreninimplementinghealth protocols in dealing with the COVID-



19pandemic.

5. Giving praise

According to Kusuma, Herwin Wijaya (2013), giving praise is one method of child education that can be implemented in the family. Giving praise is one method that can motivate children to learn (Muslimah Zahro Romas: 2016) and live a clean and healthy lifestyle.

Giving praise is very important and children who are not given praise will result different. Giving positive reinforcement or praise can form pleasant social relations so that it encourages the repetition of the desired action (Muslimah Zahro Romas: 2016). Giving praise to children in carrying out a clean and healthy lifestyle is very necessary so that the implementation of healthy lifestyle education becomes a routine both before and during the covid-19 pandemic.

The implementation of giving praise to children who practice a clean and healthy lifestyle before and during the Covid-19 pandemic for families in remote areas is in the very low category. Based on the results of interviews, parents never give praise to their children if their children practice a clean and healthy lifestyle such as washing hands with soap, wearing masks, house sanitation and personal hygiene (interview, adelia, 2021). As stated by Jaro Hendrawan in the Bedouin dialect, as follows:

*...Kami anujadikolot, Can pernah mere pujianka anak<sup>2</sup>kami. Sefertimamake masker jengngumahlengeun. Soalnapolahirup kami merupakan polahiruptinenemoyang kami anutetap kami jagasampeayuna. Jaditeuayaperubahanpolahirup kami baiksaencanjengpadamasapandemicovid 19... (...we as parents, never give praise to our children, such as wearing masks and washing hands. Because our lifestyle is the pattern of life of our ancestors which we still maintain until now. There is no change in our lifestyle both before and during the Covid-19 pandemic ... (Interview, Jaro Hendrawan, 2021)*

This is in line with Mr. Rasyid (one of the figures from the Anambas island), that:

The implementation of clean and healthy lifestyle education in the Anambas family is different from other educational methods. We, as parents, give freedom and are never even controlled, and never give praise. If our children do not smoke, wash their hands with soap, and follow the health protocols, we just give a smile and ignore what they do...  
 ... (interview, Nasrum, 2021)

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The implementation of healthy lifestyle education in families by using giving praise method in remote areas is still relatively low. As illustrated in the following table as follows:

Table 5 Accumulated implementation Healthy lifestyle education in the family with indicators of giving praise

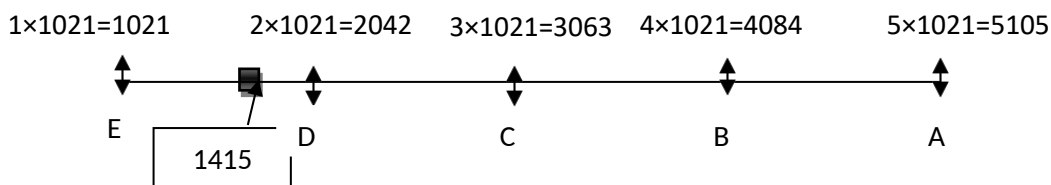
No	Sub-indicator	Score	Average
1,	Crowd index	901	1,1
2,	Wash hands with soap	1588	1,57
3,	Wearing a mask	1055	1,37
4,	Home sanitation	1721	1,90
5,	Personal hygiene	1811	2,04
Total		7076	7.98



<b>AVERAGE</b>	1415	1.59
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Based on the accumulated results of the implementation of healthy lifestyle education in families with indicator of giving praise or rewards, it can be concluded that giving praise method applied in families in remote areas is in the rare category or never category with an average value of 1.59, which is rounded up to 2

From the results of 1415, it can be said that healthy lifestyle education with indicator of giving praise in the family before and during the Covid 19 pandemic is at a score of 1415, which is between a score of 1021 and 2042 or between the rare category or never category. For more details, see the Likert scale continuum tool as follows:



The description above illustrates that implementing clean and healthy lifestyle education by giving praise to their children in implementing health protocols is in a low category. Parents rarely give praise to their children when their children implement health protocols in dealing with health problems during the Covid-19 pandemic.

#### IV. Discussion

The implementation of education and health in the family environment must be carried out to guarantee a healthy and safe family environment for family members (Yufiarti 2018). Education in the family is an important social determinant for health insurance (Purba and Gusar 2020). Family education has a significant influence on the progressor future of children (Sahinidis et al. 2019).

Clean and healthy lifestyle education is crucial to be implemented in the family to help children strengthen the desired behavior in facing the future, especially during the Covid 19 pandemic (Romas 2006). Children can develop healthily and it is also hoped that a clean and healthy lifestyle will become a tradition in the lives of children in the future. Children are in the period of development that has their privileges. This period is also known as the period of planting character education (Rohman.d.).

During the Covid-19 pandemic,

people is forced to change their lifestyle so that radically humans experienced sudden changes. Instilling children's character in implementing a clean and healthy lifestyle, it is necessary to instill the values of clean and healthy lifestyle education in the family because the implementation of education is one of the main tasks that must be carried out by family institutions (Tari and Tafonao 2019).

The family is the first educational institution for children to learn, taking actions like their parents gave them (Tari and Tafonao 2019). Parents in the family have an essential role in children's success in learning and adapting themselves during this Covid-19 pandemic (Trisnawati 2021).

Based on the research results in remote areas, it shows that families very rarely provide education on clean and healthy lifestyles to their children, both before and during the covid19 pandemic. They implement education patterns to their children based on the traditions of their ancestors. Even though the family is an institution that can predict their children's success, including in anticipating exposure to the Covid-19 disease for their children (Krapohl and Plomin 2016).

This is much different from the research results of (Forson, A. O., Arthur, I., & Ayeh- Kumi 2019) that the spread of worms that cause Intestinal Parasitic



Infections(IPI)inThailand, Uganda, Guatemala, and Egypt greatly influenced the behavior of parents, which means that parents protect their children from being exposed to Intestinal Parasitic Infections (IPI).

## V. CONCLUSION

The Covid-19 pandemic has hit all parts of the world but does not affect remote areas in Indonesia. Implementing clean and healthy lifestyle education in the family is a strategy to break the Covid 19 pandemic, and the cultivation of clean and healthy living characters is not carried out in families in remote areas. Parents in remote areas apply family education based on the traditions of their ancestors.

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