

Literature Study Of Factors Affecting Hand Washing Behavior In Pre-Age Children School

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ABSTRACT

Nowadays, hand washing behavior has not become a culture or habit that is applied in everyday life, especially in school and preschool age children. Factors that influence children's behavior in washing hands are age, gender, environment, parental roles, and information (Kustiyah, 2015). The method in searching for article data sources is carried out through the pubmed, google scholar and garuda databases (2015-2020) to retrieve relevant articles published in English and Indonesian. Search articles or journals using keywords and boolean operators (AND, OR NOT or AND NOT) which are used to expand or specify the search, making it easier to determine the articles or journals used. The keywords used in this study are hand washing behavior and preschool children. Literature Review is focused on original non-experimental research types, where research articles contain the results of actual observations where there are abstracts, introductions, methods, results, and discussions so that 5 journals are reviewed. The results of 5 journals reviewed, almost half (40%) stated that parenting is a factor that influences hand washing behavior in preschool children, and another small part is influenced by parental support, working mother behavior and mother's level of knowledge with a total 20% each. Based on a literature review of 5 research journals, it can be concluded that the factors that influence the behavior of preschool children in washing their hands include parental support, level of parental knowledge, behavior of working mothers and parenting patterns.

I. Introduction

One form of implementing health care is to carry out a clean and healthy lifestyle (PHBS) (Notoatmodjo, 2017). Clean and Healthy Living Behavior is all health behaviors that are carried out with awareness so that family or family members can help themselves in the health sector and play an active role in health activities in the community. One of the indicators of a clean and healthy lifestyle is washing hands with soap (MOH, 2016).

According to Ria, Mardjan & Abduh (2015), nowadays hand washing behavior has not become a culture or habit that is applied in everyday life, especially in school-age children and preschoolers. Health education given from an early age will form awareness for healthy behavior from an early age. Early childhood is in the fastest stage of physical and mental growth and development and the ability of brain memory is at the maximum level so that this stage must be used for activities such as health learning so that knowledge about health will remain embedded in the child until later adulthood.

Health problems in various countries, especially in developing countries are bacterial infections of the digestive tract. Various studies have revealed that increasing clean and healthy living behaviors such as washing hands with soap at important times can reduce the risk of disease.



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According to Priyoto (2015), the behavior of washing hands with soap is the cheapest and most effective health intervention compared to the results of other health interventions in reducing the risk of transmission of various diseases including bird flu, worms, influenza, hepatitis A, typhoid, and diarrhea, especially in babies and toddlers. Moreover, Indonesia is currently experiencing a pandemic period due to the outbreak of the Covid 19 virus that entered Indonesia since March 2019, so that hand washing is one of the right precautions to prevent the further spread of the Covid 19 virus, in addition to wearing masks and maintaining distance (Listiana, Solikhati & Fatmah, 2020).

According to the United Nations International Children's Emergency Fund (UNICEF, 2012) in Indonesia, diarrheal disease is the cause of about a quarter of the 130,000 annual deaths among children under five (Laksono, Aniroh, & Purwaningsih, 2017). Disease-carrying bacteria that are transmitted through dirty hands can be prevented by washing hands. Based on data from Basic Health Research (Riskesdas, 2010) diarrheal disease is the main cause of infant mortality (31.4%) and children under five (25%). Diarrhea can kill children because diarrhea often causes severe dehydration (lack of body fluids) (Haryati, Mardjan, & Ridha, 2013). Meanwhile, the spread of Covid 19 from March 2019 to July 2020 in Indonesia has reached 63,500 cases and has spread to 34 provinces (Maulidia, A & Hanifah, 2020).

Parents are the first teachers who teach children many things, including clean and healthy living habits at home. If parents apply clean and healthy living behavior, indirectly early childhood will imitate the habits they see in their parents. Parents have the role of educating, being role models, and also always reminding children to maintain a clean and healthy lifestyle (Maulidia, A & Hanifah, 2020). Children often spend their time playing, without realizing what children are doing is often close to germs that can cause disease and the lack of ability to wash hands in children often causes children to be susceptible to disease. Factors that influence children's behavior in washing hands are age, gender, environment, parental roles, and information (Kustiyah, 2015).

Learning in early childhood is not an easy thing. Children that age are still difficult to concentrate or pay attention properly when given a lesson because their world is still playing and oriented with themselves. Moreover, if the method or method of learning is only with lectures or words, they will surely get bored and eventually do not pay attention to the learning being conveyed (Haryati, Mardjan, & Ridha, 2013).

One of the creative media that can be used is singing. Singing is one element that creates joy and a cheerful atmosphere. Training, habituation and education at an early age will be more effective when singing is used. Besides not impressed patronizing, commanding or prohibiting and easy to remember. The world of children is playing and singing, so that when children are in kindergarten, activities cannot be separated from playing and singing with the aim of educating and developing children's skills (Lestari, 2012).

The application of the hand washing exercise method according to UNICEF in preschool age children is a method of promoting hand washing that is conveyed through dance and humming. This dance shows the correct hand washing technique, namely washing the palms, backs of the hands, between the fingers, nails, to the wrists. This dance has almost no verbal instructions but only by following easy dance steps, children can still learn proper hand washing techniques while having fun (Japan Committee for UNICEF, 2013).

II. Methods

In this study, researchers used a literature review design method in searching for article data sources through the Pubmed, Google Scholar and Garuda (2015-2020) databases to retrieve relevant articles published in English and Indonesian. Search articles or journals using keywords and boolean operators (AND, OR NOT or AND NOT) which are used to expand or specify the search, making it easier to determine the articles or journals used. The keywords used in this study are hand washing behavior and preschool children. Literature Review is focused on the original type of non-experimental research, where research articles contain the results of actual observations where there are abstracts, introductions, methods, results, and discussions so that 5 journals are reviewed.

III. Results and Discussion

General Characteristics of Literature

Table 1. General characteristics in research studies

No	Category	f	%
A	Publication Year		
1	2015	1	20
2	2016	1	20
3	2017	1	20
4	2018	1	20
5	2019	1	20
	Total	5	100
B	Research design		
1	Quantitative research with cross sectional approach	5	100
	Total	5	100
C	Research Sampling		
1	Total sampling	3	60
2	Simple random sampling	2	40
	Total	5	100
D	Research Instruments		
1	Questionnaire	5	100
	Total	5	100
E	Research Statistical Analysis		
1	Fisher exact	1	20
2	Chi Square	2	40
3	Spearman Rho	2	40
	Total	5	100

Based on table 1 above, it can be explained that a small portion of the research conducted by the literature review (20%) was published in 2015, 2016, 2017, 2018 and 2019. The research designs in this literature review are all (100%) research quantitative with a cross sectional approach. Most of the sampling techniques (60%) used total sampling and almost half (40%) used the simple random sampling technique. The instruments in this study were all (100%) using a questionnaire sheet. The statistical analysis of research in this literature review is almost half using the chi square and spearman rho tests, 40% each and a small portion (20%) using the fisher exact test.

Characteristics of Factors Affecting Hand Washing Behavior

Table 2. Factors influencing handwashing behavior in research studies (n=5)

No	Category	f	%
1	Parental support	1	20
2	Working mother behavior	1	20
3	Knowledge level of working mothers	1	20
4	Parenting style	2	40
	Total	5	100

Based on table 2 above, it can be explained that of the 5 journals that carried out a literature review, almost half (40%) stated that parenting is a factor that influences handwashing behavior in pre-school children, and another small part is influenced by parental support, the behavior of working mothers and the level of knowledge of mothers with a total of 20% each.

Based on the table above, it can also be explained that the discovery of the parenting style variable was obtained from literature review articles number 1 and 5, the parental support variable was found in the literature review article number 2, the parental knowledge variable was found in the literature review article number 3 and the behavioral variable working mothers are found in the literature review article number 4.

Parental support with hand washing behavior in Kindergarten children

Based on the results of the literature review, it shows that there is a significant relationship between parental support and children's hand washing behavior as evidenced by the acquisition of parental support scores on hand washing behavior, which is mostly supportive (35 respondents / 85.7%) and hand washing behavior is mostly good (27 respondents/77.1%). Based on Fisher exact test obtained p-value = 0.009 ($p = 0.05$). The conclusion is that there is a relationship between parental support and children's hand washing behavior (Susanto, Fitriana, 2015).

The results of this literature review show that parents are part of the family who are the main teachers for learning a child's behavior, feelings and thoughts. Parents who provide good support by providing motivation to children in getting children to wash their hands can form the habit of washing children's hands. Actions can be formed by habit or conditioning. The formation of children's behavior in washing their hands is realized by getting used to doing what is expected, an action will be formed, for example by motivating children to get used to getting up early, brushing teeth, washing hands, and so on.

Children at the preschool age stage are a period or stage of preoperational development. Children's thinking is still limited because they tend to be egocentric or think about themselves. According to Piaget, egocentric thinking is one of the limitations faced by children in the preoperational stage. Children are limited in their inability to understand more than one aspect of a problem at a time. Children will tend to use intuition, and not with logic in solving problems. This, if associated with the child's refusal to wash their hands, occurs because of the egocentric thinking of children who have not been able to think logically about the importance of washing hands, so that children will tend to refuse when their parents will help them to wash their hands every time they eat or wash their hands. after doing something for example, by showing uncooperative behavior.

This is where the important role of parents by providing support to children, the support given by parents to the behavior of washing hands in children is by providing motivation and encouragement to children, for example, parents tell children to wash their hands before eating, after playing, after defecating and so that children will be able to do good and right in personal hygiene, especially washing hands. Parental support can also be done by preparing the necessary facilities for washing children's hands, such as hand soap, running tap water and so on. In addition, listening to children's complaints if there are problems in the implementation of washing their hands, for example, children are lazy to wash their hands before eating, then parents can explore the child's feelings why they are lazy to wash their hands, then provide motivation to children.

The level of knowledge of working mothers about hygiene with hand washing behavior in pre-school children

Based on the results of this study indicate that the Chi-Square test obtained a calculated X^2 value of 19.862 degrees of freedom (dk) of 1, the value of X^2 table of 3.841 pValue of 0.000. Based on these results, it is known that X^2 count (19.862) > X^2 table (3.841) p (0.000 < 0.05) which means, H_0 is rejected and H_a is accepted, meaning that there is a significant relationship between the level of mother's knowledge about cleanliness and hand washing behavior in pre-school children in Karangasem Kindergarten Surakarta. The odd ratio (OR) value of 21.875 means that mothers who have a high level of knowledge of their children have the opportunity to have good hand washing behavior 21.875 times greater than mothers who have a low level of knowledge (Putri, 2016).

The results showed that most of the mothers had a high level of knowledge (55%). Mother's knowledge shows a picture of how mothers understand the meaning or importance of cleanliness. Cleanliness is an important thing for a mother to know in maintaining healthy family behavior. Knowledge of hygiene is very useful in preventing disease so that the family stays healthy. This shows that the mother has a good understanding of the meaning of cleanliness. Notoatmojo (2017) explains, good knowledge about cleanliness will make a person better understand the importance of health for himself and those around him, individuals with good knowledge about the importance of cleanliness will always maintain personal hygiene to avoid his condition or condition of being sick. Cleanliness is an important factor because good hygiene will minimize or minimize the presence of microorganisms that have grown more rapidly, and in the end, maximum hygiene will prevent someone from getting sick, one way is washing hands.

Mother's high knowledge is influenced by good education, the results of the study show that most of the mothers are high school graduates (65%). Education has an influence on mother's

knowledge. A good education will make it easier for mothers to absorb all information related to hygiene or the importance of washing hands. Good or bad quality of education will affect whether or not mothers understand the importance of hand washing for children.

According to Santrock (2011), children need knowledge about the relationship between stimuli, mental states and behavior that is clear at the beginning of their development. Children at the beginning of development need stimulation and clear behavior in their development, for that parents must really understand the condition of the child. Children in early development develop the knowledge that humans can be cognitively associated with external objects, events by seeing, hearing, liking, and remembering. The results showed that the higher the mother's knowledge, the more children's behavior in washing their hands, it can be seen that the mothers with high knowledge of the children had good hand washing behavior (63.6%). Mothers with low knowledge of most children have poor hand washing behavior (92.6%). This shows that the mother's knowledge has a great influence on the child's habit of washing hands. Parents do have a big responsibility for the development of children's behavior, including the habit of washing hands before and after eating.

The behavior of working mothers with the practice of washing hands in preschool children

The results of the study for the independent variable, namely the behavior of working mothers towards the practice of washing hands. in terms of working mothers, most of the mothers behaved well 28 people (40.6%) and mothers who behaved less well 31 people (59.4%). The results of the study for the dependent variable, namely the practice of washing hands in preschool children, mostly 27 children (39.1%) could not wash their hands, and 21 children (30.4%) could wash their hands. Based on the results of the chi square test analysis, the P value = 0.000 (α 0.05). The conclusion of this study means that there is a relationship between the behavior of working mothers and the practice of washing hands in preschool children at Al Husna Kindergarten and Strawberry Preschool and Daycare, Summersari District, Jember Regency, 2017 (Afifah, 2017).

The results of this literature review show that the mother's daily behavior can have a very large influence on the health condition of a child, one of the behaviors that affect the healthy condition is hand washing behavior. The results of this literature review show that in working mothers, most of the mothers have poor behavior, and vice versa, children who cannot wash their hands more than children who can wash their hands. This is because mothers spend more time at work, from morning to evening and only meet with children in the morning or evening, so mothers have less time to accompany children. Ideally, a good mother's behavior should be able to accompany the child throughout the day, by providing direct examples to the child how to wash his hands properly, at the right time to wash his hands, so that the child will automatically imitate his mother's behavior.

This also proves that in order to continue a strong generation, efforts are needed that can improve the health status of children. Children's health is very important for the child's future, so parents must maintain personal hygiene in children such as washing hands, by implementing conducive behavior that can support children's behavior or practice in washing hands properly and correctly. With examples of good mother behavior, children will also apply good and correct hand washing behavior, which in the end by washing hands properly and correctly will be able to prevent the spread of dangerous germs, such as diarrhea, vomiting, ARI and such as covid 19. which is currently endemic. In the end, it is hoped that the level of child health will increase which can reduce child morbidity and mortality.

Parenting patterns with a level of personal hygiene independence in washing hands in preschool children

In the parenting style variable, two literature reviews were found, namely the research of Sister Dina Dewi Anggraini and the research by Sister Mustika Diana Pratiwi. The two literature reviews show that there is a relationship between parenting patterns and the level of personal hygiene independence in washing hands in pre-school age children, both carried out by Mustika Diana, et al, 2018 (at TK Aisyiyah Bustanul Athfal Mojoroto Kediri in 2018 the p value was obtained 0.000 with an OR of 31.571 times), as well as those conducted by Dina Dewi et al, 2019 (The results of the analysis of the spearman's rho test of parenting with a level of independence in personal hygiene handwashing in TK Negeri Pembina Blora, with p value = 0.000 < (0, 05) (Anggraini, Sari, 2019).

The results of this literature review show that children really need parenting. If the parenting pattern of parents to children is not good, then the child will experience obstacles in himself that can interfere with the child's psychology. If the parenting pattern of parents to children is done well, there will be stable growth and development of children. The child's independence stage is related to parenting patterns. Parenting is how parents treat children, guide, educate and train self-discipline in children. Parenting patterns affect the formation of children's character. Parenting includes the interaction between parents and children in meeting physical and psychological needs. Children's independence is associated with the child's ability to do everything on their own, including washing their hands and not relying on the help of others.

Parents in implementing parenting will have various attitudes, both authoritarian, democratic, rational and so on which of course will be influenced by the personality characteristics of each parent as well as external influences, such as environment, age, education and culture and so on.

The results of a literature review conducted by Mustika Diana Pratiwi's brother show that parents prefer to apply rational parenting, where parents always base their actions on ratios or thoughts. Parents are also realistic about the child's ability, by giving the child the freedom to choose and take an action that the child wants by approaching the child in a subtle way. This parenting pattern will produce the characteristics of children who are independent, can control themselves and have good independence, including in terms of washing hands.

The results of a literature review conducted by Dina Dewi showed that parents who applied democratic parenting increased the child's level of independence in washing their hands the most compared to parents who applied authoritarian parenting. In this literature review, parents in this parenting pattern are democratic which is applied from an early age according to the child's ability, where parents always base their actions on mutual agreement with children and do not impose their will on children. Parents are also realistic about the child's abilities, giving the child the freedom to choose and take an action and approach the child in a subtle way. This parenting pattern will produce the characteristics of children who are independent, can control themselves, and have good relationships with the surrounding environment.

IV. Conclusion

Based on a literature review of 5 research journals, it can be concluded that the factors that influence the behavior of preschool children in washing their hands include parental support, parental knowledge level, working mother behavior and parenting patterns. This is statistically able to influence the behavior of pre-school children in washing their hands.

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