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**“HUBUNGAN EDUKASI PHBS MENGENAI CUCI TANGAN PAKAI  
SABUN TERHADAP PENINGKATAN PENGETAHUAN DAN  
PRAKTIK SISWA KELAS I SMPN 1 LILIRIAJA  
KABUPATEN SOPPENG”**

**ABSTRAK**

**Latar belakang:** Perilaku Hidup Bersih dan Sehat (PHBS), khususnya praktik cuci tangan pakai sabun, merupakan salah satu upaya preventif yang efektif dalam menurunkan risiko penyakit infeksi pada anak usia sekolah. Sekolah menjadi lingkungan strategis untuk penanaman perilaku kesehatan sejak dini. Namun, rendahnya pengetahuan dan praktik cuci tangan pakai sabun masih menjadi permasalahan di berbagai sekolah, sehingga diperlukan intervensi edukasi yang terstruktur dan aplikatif untuk mendorong perubahan perilaku siswa.

**Tujuan:** Penelitian ini bertujuan untuk menganalisis hubungan edukasi PHBS mengenai cuci tangan pakai sabun terhadap peningkatan pengetahuan dan praktik siswa kelas I SMPN 1 Liliriaja, Kabupaten Soppeng.

**Metode:** Penelitian ini menggunakan desain kuasi-eksperimental dengan pendekatan pretest–posttest. Subjek penelitian adalah seluruh siswa kelas I SMPN 1 Liliriaja yang dipilih menggunakan teknik total sampling. Pengukuran tingkat pengetahuan dan praktik cuci tangan pakai sabun dilakukan sebelum dan sesudah pemberian edukasi PHBS. Edukasi diberikan melalui penyampaian materi disertai demonstrasi dan praktik langsung. Analisis data dilakukan secara deskriptif dan

bivariat menggunakan uji Wilcoxon Signed-Rank Test dengan tingkat signifikansi  $p < 0,05$ .

**Hasil:** Hasil penelitian menunjukkan bahwa setelah diberikan edukasi PHBS, sebagian besar siswa mengalami peningkatan skor pengetahuan. Selain itu, mayoritas siswa juga menunjukkan peningkatan praktik cuci tangan pakai sabun setelah intervensi. Hasil uji Wilcoxon menunjukkan terdapat perbedaan yang bermakna secara statistik antara tingkat pengetahuan dan praktik siswa sebelum dan sesudah diberikan edukasi PHBS ( $p < 0,05$ ).

**Kesimpulan:** Edukasi PHBS mengenai cuci tangan pakai sabun memiliki hubungan yang bermakna dengan peningkatan pengetahuan dan praktik siswa. Edukasi yang disertai praktik langsung terbukti efektif dalam mendorong perubahan perilaku hidup bersih dan sehat pada siswa sekolah menengah pertama.

**Kata kunci:** PHBS, cuci tangan pakai sabun, pengetahuan, praktik, siswa SMP.



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***“The Association Between Clean and Healthy Living Behavior Education on Handwashing With Soap and the Improvement of Knowledge and Practice Among First-Year Students at SMPN 1 Liliriaja, Soppeng Regency”***

**ABSTRACT**

**Background:** Clean and Healthy Living Behavior (PHBS), particularly handwashing with soap, is an important preventive measure to reduce the risk of infectious diseases among school-aged children. Schools serve as a strategic setting for promoting healthy behaviors from an early age. However, inadequate knowledge and improper handwashing practices remain common among students, indicating the need for structured and practical health education interventions to promote behavioral change.

**Objective:** This study aimed to analyze the relationship between PHBS education on handwashing with soap and the improvement of knowledge and practice among first-year students at SMPN 1 Liliriaja, Soppeng Regency.

**Methods:** This study employed a quasi-experimental design with a pretest–posttest approach. The study population consisted of all first-year students at SMPN 1 Liliriaja, selected using a total sampling technique. Students’ knowledge and handwashing practices were assessed before and after the PHBS educational intervention. The education program was delivered through structured health education sessions accompanied by demonstrations and direct practice. Data were analyzed descriptively and inferentially using the Wilcoxon Signed-Rank Test with a significance level of  $p < 0.05$ .

**Results:** The findings showed that most students experienced an improvement in knowledge scores after receiving PHBS education. In addition, the majority of students demonstrated improved handwashing practices following the intervention. The Wilcoxon Signed-Rank Test revealed statistically significant differences in both knowledge and practice scores before and after the PHBS education ( $p < 0.05$ ).

**Conclusion:** PHBS education on handwashing with soap is significantly associated with improved knowledge and practice among students. Educational interventions combined with direct practice are effective in promoting clean and healthy living behaviors among junior high school students.

**Keywords:** Clean and Healthy Living Behavior, handwashing with soap, knowledge, practice, junior high school students.

